

# BIG FEELINGS

## Why Don't I Like Myself More?

**NEGATIVITY BIAS = The phenomena by which humans give more psychological weight to bad experiences than good ones.**

### **Matthew 22:36-39 (CEV)**

<sup>36</sup> "Teacher, what is the most important commandment in the Law?" <sup>37</sup> Jesus answered: Love the Lord your God with all your heart, soul, and mind. <sup>38</sup> This is the first and most important commandment. <sup>39</sup> The second most important commandment is like this one. And it is, "**Love others as much as you love yourself.**"

### **YOU CAN'T GIVE AWAY WHAT YOU DON'T HAVE!**

### **Genesis 3:6-7 (NLT)**

<sup>6</sup> The woman was convinced. She saw that the tree was beautiful and its fruit looked delicious, and she wanted the wisdom it would give her. So, she took some of the fruit and ate it. Then she gave some to her husband, who was with her, and he ate it, too. <sup>7</sup> At that moment their eyes were opened, **and they suddenly felt shame at their nakedness.** So, they sewed fig leaves together to cover themselves.

### **Genesis 3:8-10 (NLT)**

<sup>8</sup> When the cool evening breezes were blowing, the man and his wife heard the Lord God walking about in the garden. So, they hid from the Lord God among the trees. <sup>9</sup> Then the Lord God called to the man, "**Where are you?**" <sup>10</sup> He replied, "I heard you walking in the garden, so I hid. **I was afraid** because I was naked."

### **YOU MUST GET HONEST WITH YOURSELF AND GOD ABOUT WHERE YOU ARE!**

**LET THE ONLY VOICE THAT MATTERS DEFINE WHO YOU TRULY ARE!**

## **Romans 12:2 (NIV)**

<sup>2</sup> *Do not conform any longer to the **patterns of this world**, but be transformed by the **renewing of your mind**. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.*

## **Philippians 4:8 (MSG)**

<sup>8</sup> *Summing it all up, friends, I'd say **you'll do best by filling your minds** and meditating on things true, noble, reputable, authentic, compelling, gracious--the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse.*

## **STEPS TO FREEDOM:**

- 1. Finding our identity IN CHRIST**
- 2. Let our belief lead us to "right thinking"**
- 3. Be honest with yourself, God and others**
- 4. Pursue affirming relationships**
- 5. Pursue counseling if needed**
- 6. Give yourself time**