

But Do You Really Like Yourself?

<u>Romans 7:24</u>: (NASB) Wretched man that I am! Who will set me free from the body of this death?

Most of us really don't like ourselves. We are too tall or short, too fat or thin, too reserved or too lazy. We don't like ourselves because we don't think before we act or we think too much and don't act at all. We don't like ourselves because we are not attractive enough or we don't have enough charisma or we are too lonely or we run away from our problems. Maybe we think we are too forward and forceful or too confrontational, or maybe we think we are too analytical, too self-conscious or just plain wimpy! Whatever the case, we seem to be unhappy with ourselves, which brings us to the question - as a Christian aren't we supposed to not like ourselves so we can be more like Jesus? So, shouldn't we be happy in our unhappiness? Let's stop already! Too many questions - let's find some answers!

So, why wouldn't we like ourselves? Plenty of reasons - here are just five, and they are all scriptural.

I am flawed!



Psalm 51:5: (NASB) Behold, I was brought forth in iniquity, and in sin my mother conceived me.

I have made many bad choices based upon my sinful flesh and desires!

<u>Ephesians 2:1-3</u>: (NASB) ¹And you were dead in your trespasses and sins, ²in which you formerly walked according to the course of this world, according to the prince of the power of the air, of the spirit that is now working in the sons of disobedience. ³Among them we too all formerly lived in the lusts of our flesh, indulging the desires of the flesh and of the mind, and were by nature children of wrath, even as the rest.



I don't always do what is right, even when I know better!

<u>Romans 7:14-15</u>: (NASB) ¹⁴For we know that the Law is spiritual, but I am of flesh, sold into bondage to sin. ¹⁵For what I am doing, I do not understand; for I am not practicing what I would like to do, but I am doing the very thing I hate.



Even when I do what is right, it seems to end up bad anyway!

<u>Isaiah 64:6-7</u>: (NASB)⁶For all of us have become like one who is unclean, and all our righteous deeds are like a filthy garment; and all of us wither like a leaf, and our iniquities, like the wind, take us away. ⁷There is no one who calls on Your name, who arouses himself to take hold of You; for You have hidden Your face from us and have delivered us into the power of our iniquities.



I cannot escape from the mire of this pit of my own sin!

<u>Romans 3:9-13</u>: (NASB) ⁹What then? Are we better than they? Not at all; for we have already charged that both Jews and Greeks are all under sin; ¹⁰as it is written, there is none righteous, not even one; ¹¹there is none who understands, there is none who seeks for God; ¹²all have turned aside, together they have become useless; there is none who does good, there is not even one. ¹³their throat is an open grave, with their tongues they keep deceiving, the poison of asps is under their lips...



(1) Introduction, God's Chisel Remastered, The Skit Guys (skitguys.com)

• (Tommy) Ephesians 2:10 says that we are God's workmanship, His masterpiece. Now, I don't know about you, but when I get up in the morning and look in the mirror, I don't really see a masterpiece. Maybe a Picasso. But I want to be a masterpiece. I want to be everything that He created me to be. And so I go to Him in prayer and I say, "Dear Heavenly Father, do whatever it takes to mold me to the image of your Son. Make me your masterpiece. In Jesus' name I pray, Amen."



- (God) Hi.
- (Tommy) Whoa. Who are you?
- (God) I'm God. You said the prayer, so here I am.
- (Tommy) You're not God.
- (God) Yeah, I am. You said the prayer, that's how it works.
- (Tommy) Okay, okay. If you're God, then make it snow in here.
- (God) You know what, I really don't want to make it snow in here 'cause it would get kind of yucky.
- (Tommy) Yeah, you're not God.
- (God) Why do you say that?
- (Tommy) God wouldn't say "yucky".
- (God) It's a Greek word.
- (Tommy) Oh. Well, if you're God, then what does Lamentations 15:9 say?
- (God) Lamentations is only 5 chapters. It's a very short book.
- (Tommy) Why was it so short?
- (God) I was tired of lamenting.
- (Tommy) Oh. Okay, okay, if you're God, then who's going to win the World Series this year?
- (God) I'm really not into playing games. Why are you so much into playing games?

We are messed up - the Scriptures confirm this! Now what?



The only thing we can do now is try and see our dilemma from a different perspective. Here again we often run into trouble, as the alternate perspectives we are likely to search out and choose from are just as messed up as we already are! We need to think bigger and think higher!

<u>John 3:16-17</u>: (NASB) ¹⁶For God so loved the world, that He gave His only begotten Son, that whoever believes in him shall not perish, but have eternal life. ¹⁷For God did not send the Son into the world to judge the world, but that the world might be saved through him.

This is one of the most often-quoted Scriptures of the Bible. It very specifically says that God loves His human creation, so much so that He sent His son, Jesus. That should tell us something - He loves us anyway. We know that, but do we really KNOW that? Why not begin to look at ourselves through God's own eyes?



(skitguys.com) Tools - Talk or Chisel, God's Chisel Remastered, The Skit Guys (skitguys.com)

- (God) Step right up! Here we go.
- (Tommy) Okay, all right. Hey, what are we doing?
- (God) I'm going to make you into my original masterpiece. This is the process.
- (Tommy) Oh! Okay, got it. Wait, wait. What are these about?
- (God) These are the tools I'm going to use to make you into my original masterpiece.
- (Tommy) Okay. Oh, hey God? How do You know what to chisel away and what to leave?
- (God) I take out everything in your life that doesn't belong there...kind of like dead weight.
- (Tommy) Speaking of dead weight, could you chisel right here? It showed up when I was in my 20's and grew around and became back fat. I don't even know why You created that, but I can't get rid of it. I mean, I've tried everything, like, I've tried running, I've tried lifting weights, my wife actually talked me into trying Pilates. That was awkward, but I can't get rid of it so if You would just chisel around here. And if you chisel a line right here and maybe four to five - maybe eight lines right here, that would be awesome.
- (God) You're funny.
- (Tommy) You made me that way.
- (God) I also made the platypus.
- (Tommy) The platypus?
- (God) All I'm saying is, most of my children, when it comes to this process just want to talk. They don't want to do the work. So, do you want to talk or can I chisel? Talk? Chisel? Talk? Chisel?
- (Tommy) No, no, no, I choose to chisel.
- (God) All right.

That's part of the problem. We like the *idea* of becoming godly and changing ourselves and growing, but when it comes to doing the work, we just like to talk about the idea. Talk or chisel?



I am flawed!

<u>Psalm 51:5</u>: (NASB) Behold, I was brought forth in iniquity, and in sin my mother conceived me.

God sees our sin much more fully than we do but <u>recognizes our sin in the</u> <u>context of His love</u>.



He not only provides us needed accountability, He provides us a pathway back to Him:

Psalm 51:6-13: (NASB) ⁶Behold, You desire truth in the innermost being, and in the hidden part You will make me know wisdom. ⁷Purify me with hyssop, and I shall be clean; Wash me, and I shall be whiter than snow. ⁸Make me to hear joy and gladness, let the bones, which You have broken rejoice. ⁹Hide Your face from my sins and blot out all my

iniquities. ¹⁰Create in me a clean heart, O God, and renew a steadfast spirit within me. ¹¹Do not cast me away from Your presence and do not take Your Holy Spirit from me. ¹²Restore to me the



joy of Your salvation and sustain me with a willing spirit. ¹³Then I will teach transgressors Your ways, and sinners will be converted to You.

David spoke these words after he had committed some pretty terrible sins and brought his guilt before God. But in these verses he began to realize his sins were being viewed through the eyes of love, compassion and mercy - as well as justice.

Make me know wisdom - he is capable of knowing it if God helps him.

Purify me, and I shall be clean - he is capable of being clean if he relies on God.

David showed us all the potential within him, even after committing awful sins. The key about David and those sins is he was running away from them. He decided he was in the wrong place and started to see his own life through God's eyes.

Do not cast me away from Your presence...Restore to me the joy of Your salvation - To paraphrase David's prayer: "God, I love you and know I am valuable in Your eyes, but I lost that value because of my actions. Help me get the value back that I know you see in me. Help me grow from my mistakes. I am flawed and know it, but I know you see beyond the flaw."

This is a brilliant way to begin to address the issues of our lives. God sees our potential and encourages us to come up higher.

When we do bring our flawed selves back to God, it is a glorious time, as we can learn to live in His love:

<u>Psalm 103:1-5</u>: (NASB) ¹Bless the LORD, O my soul, And all that is within me, bless His holy name. ²Bless the LORD, O my soul, and forget none of His benefits; ³Who pardons all your iniquities, who heals all your diseases; ⁴Who redeems your life from the pit, who crowns you with loving-kindness and compassion; ⁵Who satisfies your years with good things, so that your youth is renewed like the eagle.

David found a way to see from God's perspective and it was a cause for praise. David understood it is that perspective that could rule his life. This is a huge attitude change!

How can I better see myself through the eyes of God? How can I see what He sees? We can consciously work to make an attitude change, but if we do not keep it changed, it will reverse. This is a challenge.

(skitguys.com) Great work - play God, God's Chisel Remastered, The Skit Guys (skitguys.com)

- (God) Through my Holy Spirit, I'm going to bring up things in your life that I want you to work on, like your anger. (Chiseling noises) I created the emotion, but you use it in the wrong way. You compare yourself to others instead of me. (Chiseling noises) You tell little white lies because you want to people-please. (Chiseling noises) You're lazy. (Chiseling noises) But you try to fool everybody by looking really, really busy. (Chiseling noises) You have a problem with lust.
- (Tommy) Time out! I don't really have a "problem" with lust.
- (God) You don't have a problem with lust?
- (Tommy) No, I can do it any time I want.



- (God) Sighs.
- (Tommy) Hang on a second. I mean, I've got to admit, I feel like you've been doing some great work, and I'm looking pretty good right now.
- (God) All right. When you look in the mirror who do you see?
- (Tommy) I see me.
- (God) Okay. Then I need to keep chiseling away because ultimately you and other people need to see my son.



- (Tommy) Okay, don't misunderstand me; it's just that when I look more like Jesus, people get uncomfortable around me. Even my church friends are like "Oh, you're holier than thou." I don't think I'm supposed to make people uncomfortable.
- (God) So, what you're saying is you'd rather play God in certain areas of your life than for me to be God over your whole life.
- (Tommy) That is not what I said.
- (God) It's what you meant.
- (Tommy) Yes, it is.

What gives us the right to not like ourselves if God loves us? Remember, God sees our flaws much more clearly than we do, yet He loves us anyway.



My communication doesn't necessarily define me but it does reveal how I am willing to be defined.

When we communicate with others, we can speak in glowing terms or be insulting or harsh. Most of the time, because we do not like ourselves, we say, "I am a terrible communicator. I say negative things. I am bad." We do not have to have that communication define our lives. But unless we do something about it, it will - we have a choice. Our communication reveals what we are leaning on.

Here is what to lean on for positive, strong communication:

<u>Colossians 3:12-17</u>: (NASB) ¹²So, as those who have been chosen of God, holy and beloved, put on a heart of compassion, kindness, humility, gentleness and patience; ¹³bearing with one another, and forgiving each other, whoever has a complaint against anyone; just as the Lord forgave you, so also should you. ¹⁴Beyond all these things put on love, which is the perfect bond of unity. ¹⁵Let the peace of Christ rule in your hearts, to which indeed you were called in one body; and be thankful. ¹⁶Let the word of Christ richly dwell within you, with all wisdom teaching and admonishing one another with psalms and hymns and spiritual songs, singing with thankfulness in your hearts to God. ¹⁷Whatever you do in word or deed do all in the name of the Lord Jesus, giving thanks through him to God the Father.



Whatever you do in word or deed do all in the name of the Lord Jesus, giving thanks through him to God the Father. - If we have the Lord Jesus in our hearts and minds, it will elevate our communication even when we are not talking about spiritual things.

Being inherently flawed is one thing, but what about my personal decisions that are just plain bad?

Do you think that God is not aware of your bad choices? How does He see you in spite of them?

James 1:17-18: (NASB) ¹⁷Every good thing given and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shifting shadow. ¹⁸In the exercise of His will He brought us forth by the word of truth, so that we would be a kind of first fruits among His creatures.

- 1. God is the Father and Father knows best!
- 2. He is trustworthy.
- 3. He gives us truth for the benefit of all. (Why would He give you truth for the benefit of all if you are just trash? Give God credit in His love for you.)

When you are not liking yourself, which voice in your head do you listen to the gnawing, nagging, ragged voice of your own person that says you are just worthless? Or, do you hear the voice of God saying, "I love you, my child. I know you are broken, but that is why I am here in your life."



I have made many bad choices based upon my sinful flesh and desires! <u>Ephesians 2:1-3</u>: (NASB) ¹And you were dead in your trespasses and sins, ²in which you formerly walked according to the course of this world, according to the prince of the power of the air, of the spirit that is now working in the sons of disobedience. ³Among them we too all formerly lived in the lusts of our flesh, indulging the desires of the flesh and of the mind, and were by nature children of wrath, even as the rest.

(skitguys.com) Secret sins, God's words, God's Chisel Remastered, The Skit Guys (skitguys.com)

- (God) What you're doing is called "control." Do you want to control things of life or can I chisel? Control? Chisel? Control? Chisel?
- (Tommy) No, chisel! Chisel!
- (God) All right.
- (Tommy) But, can we chisel where I want?
- (God) That's called control.
- (Tommy) Okay. I'm sorry.
- (God) This right here, this secret sin that you keep running to whenever you're hurting, angry, lonely, tired. You think you're fooling everybody, but it's making you a whitewashed tomb. Are you ready for me to chisel this out of your life?
- (Tommy) Yeah...
- (God) See, it's a process. It's not a sprint. It's a marathon. It's your whole life and you care so deeply about what other people think of you. It's rubbish. It's garbage. The greatest thing you're ever going to hear is at the end of



your life when you hear me say, "Well done, good and faithful servant." That's what you keep your eye on. That's the prize. Heavenward. (Chiseling)

- (Tommy) (Grunting in pain) That hurts.
- (God) Trust me, this hurts me more than this hurts you. (Chiseling)
- (Tommy) (Grunting in pain) Right. Okay.

Regarding our bad choices, we cannot take away what has already happened our personal history is there to stay. Our personal history can be destructive, especially if we view it as our personal present and personal future.

Every time we use a Scripture that talks about how bad we are, we will go to the context to find out how good God is in correcting that.

So, how does God view our personal history?

Ephesians 2:4-10: (NASB) ⁴But God, being rich in mercy, because of His great love with which He loved us, ⁵even when we were dead in our transgressions, made us alive together with Christ (by grace you have been saved), ⁶and raised us up with Him, and seated us with Him in the heavenly places in Christ Jesus, ⁷so that in the ages to come He might show the surpassing riches of His grace in kindness toward us in Christ Jesus. ⁸For by grace you have been saved through faith; and that not of yourselves, it is the gift of God; ⁹not as a result of works, so that no one may boast. ¹⁰For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand so that we would walk in them.

God loved us even when we were dead in our transgressions.

Whose opinion, whose observation, whose assessment of your personal history is most reliable? God's, of course. Do we believe it intellectually or actually trust it is true?

It is okay to not like parts of ourselves - this is appropriate when we are not doing things right, kind or loving. But God sees our character as potential ground for goodness and godliness, so we need to learn to love ourselves in spite of not liking what we do. That is part of the balance. We have to rely on God's eyes and not our own.

<u>Psalm 103:6-11</u>: (NASB) ⁶The LORD performs righteous deeds and judgments for all who are oppressed. ⁷He made known His ways to Moses, His acts to the sons of Israel. ⁸The LORD is compassionate and gracious, slow to anger and abounding in loving-kindness. ⁹He will not always strive with us, nor will He keep His anger forever. ¹⁰He has not dealt with us according to our sins, nor rewarded us according to our iniquities. ¹¹For as high as the heavens are above the earth, so great is His loving-kindness toward those who fear Him.

We cannot comprehend the size and scope of God's love. God's grace, benevolence and plan are bigger than you or I can imagine! Why *wouldn't* we trust His view of our broken selves?



My desires do not necessarily define me but they do reveal what I look to to drive me.



<u>Philippians 4:4-7</u>: (NASB) ⁴Rejoice in the Lord always; again I will say, rejoice! ⁵Let your gentle spirit be known to all men. The Lord is near. ⁶Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.

Drive your desires towards God's mind and God's way. He knows it is difficult which is why He gives us so many things we can rely on.

Comparing ourselves to others (and never measuring up) is one of Satan's greatest tools of lies. Our comparisons should encourage us, for example: "The Apostle Peter made a lot of mistakes but look how strong he became. I can learn from his experiences."

We do not want to let the mess of our lives override the love of God in our lives. God loves us in spite of our sin and in spite of our difficulties.

(skitguys.com) Excuse - I can't be good, God's Chisel Remastered, The Skit Guys (skitguys.com)

- (Tommy) I'm sorry, I don't think you understand this pain.
- (God) Pardon me?
- (Tommy) You're asking me to sacrifice a lot, God.
- (God) Don't talk to me about sacrifice. I know all about sacrifice. I sent my son to die on the cross for pain, for sin, but I also did it for another reason to give you freedom. These empty wells that don't have anything to offer you've been going to them and it's insane. Allow me to chisel them out of your life. Allow me to produce character when you keep focusing so much on your image.
- (Tommy) Okay. But I was thinking...
- (God) Your thoughts are not my thoughts.
- (Tommy) Okay. But if we went another way...
- (God) Your ways are not my ways.
- (Tommy) Oh! I can't! (frustrated)
- (God) You can't what?
- (Tommy) I can't be good!
- (God) That's your excuse? That's your excuse is that you can't be good?
- (Tommy) It's not an excuse. I can't!
- (God) What? Then what is it?
- (Tommy) Nothing. Okay? You wouldn't understand.
- (God) I, God of all the Universe, wouldn't understand something that one of my children has to say? Try me.

Would the God of the Universe not understand us? We need to rethink the eyes we see ourselves with and the voice we listen to.

God appreciates our frailty and has made allowance for it. Do you do the same for yourself?

<u>1 Corinthians 12:20-23</u>: (NASB) ²⁰But now there are many members, but one body. ²¹And the eye cannot say to the hand, I have no need of you; or again the head to the feet, I have no need of you. ²²On the contrary, it is much truer that the members of the body which seem to be weaker are necessary; ²³and those members of the body which we deem less honorable, on these we bestow more abundant honor, and our less presentable members become much more presentable...



There is great wisdom in the structure of the body of Christ. Different members do different things, and some have more honor than others. But so what? They all have value and are a part of something bigger.



I don't always do what is right, even when I know better! <u>Romans 7:14-15</u>: (NASB) ¹⁴For we know that the Law is spiritual, but I am of flesh, sold into bondage to sin. ¹⁵For what I am doing, I do not understand; for I am not practicing what I would like to do, but I am doing the very thing I hate.

(\neg, η) hate who I see in the mirror, God's Chisel Remastered, The Skit Guys

- (Tommy) It's just that I let you down so many times, God.
- (God) No, my child. You were never holding me up. I hold you up with my victorious, righteous right hand. Never the other way around. In this relationship, I hold you up.
- (Tommy) Okay. Chisel away. Just be prepared for what you're going to find in there, because I know who's inside there. Because I get up every morning and look at him in the mirror and I hate who I see. Because deep inside there's this little kid who gets up every morning and dresses like an adult, and I go out and I try to do what I'm supposed to do, but I can't, okay? I can't be who everyone else expects me to be. God, I can't even be who I want me to be much less than who You created me to be, so inside there's this scared, stupid little kid. But you chisel away. Just...be prepared.

Tommy here was afraid but he trusted God more than he trusted his fear.

We are walking contradictions! We see, we know and we want God's will but we so often do less, or act contrary or even defy it.

We see this as a reason to beat ourselves down, but how does God see it?

<u>Romans 7:21-25</u>: (NASB) ²¹I find then the principle that evil is present in me, the one who wants to do good. ²²For I joyfully concur with the law of God in the inner man, ²³but I see a different law in the members of my body, waging war against the law of my mind and making me a prisoner of the law of sin which is in my members. ²⁴Wretched man that I am! Who will set me free from the body of this death? ²⁵Thanks be to God through Jesus Christ our Lord! So then, on the one hand I myself with my mind am serving the law of God, but on the other, with my flesh the law of sin.

God sees our flaming contradictions through the covering of Jesus. What is His reaction?

<u>Psalm 103:12-14</u>: (NASB) ¹²As far as the east is from the west, so far has He removed our transgressions from us. ¹³Just as a father has compassion on his children, so the LORD has compassion on those who fear Him. ¹⁴For He Himself knows our frame; He is mindful that we are but dust.

The depth of God's compassion is immeasurable! Shouldn't we love those who He loves? He loves YOU.



A caller from Connecticut suggests: Job 13:15: (NKJV) Though he slay me, yet will I trust him. Job 42:5: (KJV) I have heard of thee by the hearing of the ear: but now mine eye seeth thee.



Principle #3

My actions do not necessarily define me but they do reveal my direction in life.



<u>1 Corinthians 6:9,11:</u> (KJV) ⁹Know ye not that the unrighteous shall not inherit the kingdom of God? Be not deceived: neither fornicators, nor idolaters... shall inherit the kingdom of God. ¹¹And such were some of you: but ye are washed, but ye are sanctified, but ye are justified in the name of the Lord Jesus and by the Spirit of our God.

God sees us as being made right through Jesus. Surely we could begin to see what He sees!

We being imperfect can never truly please God, so aren't we really fighting an unwinnable battle?

We are weak and lack in discipline and focus. We even hold onto things that may not be right in God's eyes, <u>yet He sees the depth of our heart above and beyond all of these things</u>!

<u>Romans 14:5-8</u>: (NASB) ⁵One person regards one day above another; another regards every day alike. Each person must be fully convinced in his own mind. ⁶He who observes the day, observes it for the Lord, and he who eats, does so for the Lord, for he gives thanks to God; and he who eats not, for the Lord he does not eat, and gives thanks to God. ⁷For not one of us lives for himself, and not one dies for himself; ⁸for if we live, we live for the Lord, or if we die, we die for the Lord; therefore whether we live or die, we are the Lord's.



A CQ App user suggests: <u>Romans 7:21-25</u> (read previously) sounds like whatever sin we do is okay because our flesh is evil, so don't worry about your sin.

The Apostle Paul was saying he was a slave to sin but did not want to be. He fought against that but acknowledged the fact that the fight existed.



A caller from Connecticut suggests: I love myself but I don't like myself because I have been hurt by my sibling and her family many times. I cry every day and cannot forgive them. I don't pray for her but pray for her grandchildren. They hurt me so badly. I am comfortable that when I die, I will have to answer for this to God. As far as trying again, no more. I will help other people including strangers. I can't forgive the hurt of so many occasions.

We hope to include this specific example in an upcoming CQ program. One of the basic Christian principles is learning how to get beyond our own limitations when it comes to forgiveness.



Even when I do what is right, it seems to end up bad anyway!

Isaiah 64:6-7: (NASB)⁶For all of us have become like one who is unclean, and all our righteous deeds are like a filthy garment; and all of us wither like a leaf, and our iniquities, like the wind, take us away. ⁷There is no one who calls on Your name, who arouses himself to take hold of You; for You have hidden Your face from us and have delivered us into the power of our iniquities.

(skitguys.com) Not junk - God's name, God's Chisel Remastered, The Skit Guys (skitguys.com)

- (God) You've listened to so many voices for far too long that were not from me, and you have totally bought into the lie, haven't you? You think you're junk, don't you? When you lay your head down at night after you've done the dance to get the hug, you think you're junk. Listen to me. I don't take time to make junk. How can I show you that my love for you stretches as far as the east to the west? How can I show you that my love for you has no end? I know. Reach in your back pocket.
- (Tommy) What?
- (God) Reach in your back pocket.
- (Tommy) Why?
- (God) Are you arguing with me? Reach in your back pocket.
- (Tommy) (Sighs) God...sh!
- (God) Yes?

"I Don't

Like Me

- (Tommy) I just meant, God, I'll do that right now.
- (God) You were just saying my name in vain.
- (Tommy) Come on. It's a name. It's a saying.
- (God) It's a name above all names. It's more than a saying. It's more than a name. I want to teach you about something about my name. Reach in your back pocket.
- (Tommy) Oh, my God!
- (God) You know what that is?
- (Tommy) Yeah, it's a note. I wrote it when I was in college. How did you get this?
- (God) Hellooo?
- (Tommy) Oh yeah.

We see ourselves as so incomplete and so unworthy that we assume ourselves to be generally worthless, and this is the way we define our lives. What does God see?

He sees value, He sees worth, He sees potential - He sees what we can be in His hands:

<u>Isaiah 64:8</u>: (NASB) But now, O LORD, You are our Father, we are the clay, and You our potter; And all of us are the work of Your hand.

The way we see ourselves dictates in whose hands we place our lives.

Do you place your life in God's hands or Satan's?

<u>Psalm 103:15-18</u>: (NASB) ¹⁵As for man, his days are like grass; as a flower of the field, so he flourishes. ¹⁶When the wind has passed over it, it is no more, and its place acknowledges it no longer. ¹⁷But the loving-kindness of the LORD is from everlasting to everlasting on those who fear Him, and His righteousness to children's children, ¹⁸To those who keep His covenant and remember His precepts to do them.



God's thoughts and plans are based on eternity - shouldn't we rely on His judgment of us? Temporary vs. eternity? Flawed thinking vs. perfect thinking? Creator vs. created?



My works - my accomplishments do not define me but they do reveal how much I have let Christ live in me.

Are we making accomplishments in lifting others to higher spiritual levels?

<u>Galatians 2:16, 19-21</u>: (NASB) ¹⁶nevertheless knowing that a man is not justified by the works of the Law but through faith in Christ Jesus, even we have believed in Christ Jesus, so that we may be justified by faith in Christ and not by the works of the Law; since by the works of the Law no flesh will be justified... ¹⁹For through the Law I died to the Law, so that I might live to God. ²⁰I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the life, which I now live in the flesh I live by faith in the Son of God, who loved me and gave himself up for me. ²¹I do not nullify the grace of God, for if righteousness comes through the Law, then Christ died needlessly.

The Law served a great purpose, but its real purpose was to bring us to the next step. Our lives have to be in Christ so we can become acceptable to God. We are acceptable not because of our own doing; rather, because Christ "covers" us with his righteousness. God does not call us in order to cover a piece of dirt with Christ, but He calls us because of the "you" He wants to draw out.

It is no longer I who live - my little human life has been redirected away from myself and to Christ alone.

(skitguys.com)) God take and use me, God's Chisel Remastered, The Skit Guys (skitguys.com)

- (God) Go ahead, read it.
- (Tommy) "I love Angie."
- (God) Other side.
- (Tommy) Sorry. "Dear God, did I hear You right today? Did I hear You say that You love me? Even though You and I both know that I've messed up so many times. Did I hear You say that You want to use me? I feel so useless. If you'll take me and use me, then God, I give you all that I am. Take me. I love you, God."
- (God) I love you, too, and I love you too much just to leave you where you're at.

Did I Read yn right tala I ken you pay that you Even thingt y Low that The me Nerry times, Did 2 Usong Hat you feel So uselan give ynell the me 1



Tommy remembered the core belief that drew him to want to serve God through Christ. He is starting to see his life through God's eyes and not his own. It is a beautiful transformation but takes a lot of work.



What if we look at this from a child's perspective? The introduction to this program was inspired by the children's book, "Old Hat New Hat,"

book, otd hat new hat, by Stan and Jan Berenstain. It is a simple story. A little bear wants a new hat because his old hat is broken down. His old hat represents himself - who he is. So, he goes to the hat store to try hats on:

"This one is too flat. Too tall. Too loose. Too tight. Too heavy. Too light. Too red. Too dotty. Too blue. Too spotty. Too fancy. Too frilly. Too shiny. Too silly. Too beady. Too bumpy. Too leafy. Too lumpy. Too twisty. Too twirly. Too wrinkly. Too curly..."



Then he says, "Wait!" And he puts his old hat on and says, "Just right." He was trying to look like something he was not.

The lesson is not to change the way you look, because God is not interested in the hat you put on; rather, He looks at the heart you have within you. Be the best "you" as God sees you.

So, are we doomed to trudge through life trying, failing and then finally dying?

Doomed? No! Privileged? Yes! God absolutely loves us and absolutely has our highest welfare in mind - after all, He IS our Father!

<u>Hebrews 12:4-7</u>: (NASB) ⁴You have not yet resisted to the point of shedding blood in your striving against sin; ⁵and you have forgotten the exhortation which is addressed to you as sons, my son, do not regard lightly the discipline of the Lord, nor faint when you are reproved by Him; ⁶for those whom the Lord loves he disciplines, and he scourges every son whom he receives. ⁷It is for discipline that you endure; God deals with you as with sons; for what son is there whom his father does not discipline?



I cannot escape from the mire of this pit of my own sin!

<u>Romans 3:9-13</u>: (NASB) ⁹What then? Are we better than they? Not at all; for we have already charged that both Jews and Greeks are all under sin; ¹⁰as it is written, there is none righteous, not even one; ¹¹there is none who understands, there is none who seeks for God; ¹²all have turned aside, together they have become useless; there is none who does good, there is not even one. ¹³their throat is an open grave, with their tongues they keep deceiving, the poison of asps is under their lips...



It is not the mire of our own sinful nature that keeps us captive; it is the mire of our old habits of not finishing a thought properly that holds us back. <u>Jesus has released us from sin</u> so what we need to do is trust in that release as we see the WHOLE picture in Scripture of how God sees us!

Jesus can lift us out of the mire of sin:

<u>Romans 3:23-28</u>: (NASB) ²³for all have sinned and fall short of the glory of God, ²⁴being justified as a gift by His grace through the redemption which is in Christ Jesus; ²⁵whom God displayed publicly as a propitiation in his blood through faith. This was to demonstrate his righteousness, because in the forbearance of God he passed over the sins previously committed; ²⁶for the demonstration, I say, of his righteousness at the present time, so that he would be just and the justifier of the one who has faith in Jesus. ²⁷Where then is boasting? It is excluded. By what kind of law? Of works? No, but by a law of faith. ²⁸For we maintain that a man is justified by faith apart from works of the Law.

The justifier of the one who has faith in Jesus - when you are justified, you are made right in God's eyes. We are not actually "right" while still in our sinful state, which is why we need the "covering" of Christ's righteousness. When God sees us through the covering of Jesus, He sees our potential. This is just how we look at our own children when they make mistakes - we look at their potential.

Think of the reasons why you do not like yourself and replace those reasons with how God views you.

(skitguys.com) See yourself the way I see you, God's Chisel Remastered, The Skit Guys

- (God) This salvation that you hold I don't want it to be some sentimental gush or some head knowledge. I want you to work it out in every detail of your life, and when problems come and chaos happens don't look at it as a prison but look at it as a father disciplining a child. A father disciplines the ones he loves.
- (Tommy) I know, but it's going to be tough.
- (God) Yes, but you bought into the lie thinking that everything was going to be easy when you gave everything over to me. There will be trouble in this world. I want you to do something. I want you to look out there, and I want you to say, "Tommy is God's original masterpiece."
- (Tommy) (lackluster) Tommy is God's...
- (God) No. Not the way you see yourself or you try so desperately for others to see you but maybe for the first time in your life, the way I see you, the way I created you.
- (Tommy) Tommy is God's original masterpiece!
- (God) Yes, you are.



That does not mean the work was over for Tommy. It means he recognized that God's eyes saw him differently. God's hands can mold us into something of incredible value. We start out as a lump of clay and end up a beautiful vessel.



To live above our dislike for ourselves is to FINALLY breathe the fresh air of God's mighty plan!

<u>Psalm 103:19-22</u>: (NASB) ¹⁹The LORD has established His throne in the heavens, and His sovereignty rules over all. ²⁰Bless the LORD, you His angels, Mighty in strength, who perform His word, Obeying the voice of His word! ²¹Bless the LORD, all you His hosts, you who serve Him, doing His will. ²²Bless the LORD, all you works of His, in all places of His dominion; Bless the LORD, O my soul!



Our thoughts do not necessarily define us but they do reveal where our default thinking goes.

We choose what we set our minds upon.



A CQ App user suggests: So, Christ puts us back in God's hands. I guess that's what it means to be saved. Thank you for this program.

Exactly! God takes our potential and shapes it into something glorious and useful!

<u>Philippians 4:8-9</u>: (NASB) ⁸Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things. ⁹The things you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you.

We must get out of the routine of, "I don't like myself; I'm a failure," and change that thinking to, "I love myself because I know unequivocally that God not only loves me, but He works with me and cares for me and has a plan for me. I can be an asset in the hands of God."

A lump of clay is not an asset, but the finished vessel is. We need to review <u>Psalms 103</u> often!

God wants you to develop into something bigger and better - your potential. That is how we need to see ourselves. God has provided many inspirations for us to grab hold of. Learn to see ourselves through God's eyes and put ourselves in God's hands so His plan can be accomplished.

> So, but do you really like yourself? For Jonathan and Rick and Christian Questions... Think about it...!

And now <u>even more</u> to think about... only in the Full Edition of CQ Rewind!



First, a text that easily puts the idea of loving ourselves into a positive light:

<u>Mark 12:28-31</u>: (NASB) ²⁸One of the scribes came and heard them arguing, and recognizing that he had answered them well, asked him, What commandment is the foremost of all? ²⁹Jesus answered, the foremost is, HEAR, O ISRAEL! THE LORD OUR GOD IS ONE LORD; ³⁰AND YOU SHALL LOVE THE LORD YOUR GOD WITH ALL YOUR HEART, AND WITH ALL YOUR SOUL, AND WITH ALL YOUR MIND, AND WITH ALL YOUR STRENGTH. ³¹The second is this, YOU SHALL LOVE YOUR



NEIGHBOR AS YOURSELF. There is no other commandment greater than these.

"Dismantle your wounds so you stop living your life by them." - Nikki Rowe

"Love yourself instead of abusing yourself." - Karolina Kurkova

Keep our love for ourselves in a positive AND humble light:

<u>Romans 12:3-13</u>: (NASB) ³For through the grace given to me I say to everyone among you not to think more highly of himself than he ought to think; but to think so as to have sound judgment, as God has allotted to each a measure of faith. ⁴For just as we have many members in one body and all the members do not have the same function, ⁵so we, who are many, are one body in Christ, and individually members one of another. ⁶Since we have gifts that differ according to the grace given to us, each of us is to exercise them accordingly: if prophecy, according to the proportion of his faith; ⁷if service, in his serving; or he who teaches, in his teaching; ⁸or he who exhorts, in his exhortation; he who gives, with liberality; he who leads, with diligence; he who shows mercy, with cheerfulness. ⁹Let love be without hypocrisy. Abhor what is evil; cling to what is good. ¹⁰Be devoted to one another in brotherly love; give preference to one another in honor; ¹¹not lagging behind in diligence, fervent in spirit, serving the Lord; ¹²rejoicing in hope, persevering in tribulation, devoted to prayer, ¹³contributing to the needs of the saints, practicing hospitality.

Let love be without hypocrisy - when we despise ourselves, it is actually a hypocritical act if we do in fact believe that God and Jesus love us and want to walk in the footsteps of Jesus as we serve God's will.

A prayer of Daniel that reveals the sinful and broken state of himself and the nation of Israel:

<u>Daniel 9:4-8</u>: (NASB) ⁴I prayed to the LORD my God and confessed and said, Alas, O Lord, the great and awesome God, who keeps His covenant and loving-kindness for those who love Him and keep His commandments, ⁵we have sinned, committed iniquity, acted wickedly and rebelled, even turning aside from Your commandments and ordinances. ⁶Moreover, we have not listened to Your servants the prophets, who spoke in Your name to our kings, our princes, our fathers and all the people of the land. ⁷Righteousness belongs to You, O Lord, but to us open shame, as it is this day—to the men of Judah, the inhabitants of Jerusalem and all Israel, those who are nearby and those who are far away in all the countries to which You have driven them, because of their unfaithful deeds which they have committed against You. ⁸Open shame belongs to us, O Lord, to our kings, our princes and our fathers, because we have sinned against You.

With such a state of affairs, the temptation could be to go down the road of self-loathing but Daniel was far more mature than that and simply lived his faith in God's forgiveness. Are WE that mature?



The answer to such a humble and sincere prayer came in the form of an angel:

<u>Daniel 9:20-23</u>: (NASB) ²⁰Now while I was speaking and praying, and confessing my sin and the sin of my people Israel, and presenting my supplication before the LORD my God in behalf of the holy mountain of my God, ²¹while I was still speaking in prayer, then the man Gabriel, whom I had seen in the vision previously, came to me in my extreme weariness about the time of the evening offering. ²²He gave me instruction and talked with me and said, O Daniel, I have now come forth to give you insight with understanding. ²³At the beginning of your supplications the command was issued, and I have come to tell you, for you are highly esteemed; so give heed to the message and gain understanding of the vision.