



SESSION ONE:
YOU ARE WANTED

(Ephesians 1:1-6)

The second most important thing about every single human being is what comes into your mind when you think about yourself.

Self-image: The mental picture or conception of one's self. It's a person's idea of your self worth. The composite pictures of all the mirrors.

In a fallen world, we all have warped mirrors.

When you have a warped view of yourself it builds a sense of _____.

Unhealthy responses to rejection

- People pleasers at all costs
- Overly sensitive to criticism
- Withdraw to avoid getting hurt
- Driven to succeed to avoid rejection

What does God say about our self-perception?

For 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. ROMANS 12:3 NASB

Where can we get an accurate view of ourselves?

Paul, an apostle of Christ Jesus by the will of God, to the saints who are at Ephesus and who are faithful in Christ Jesus: ²Grace to you and peace from God our Father and the Lord Jesus Christ.

³Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ,

⁴just as He chose us in Him before the foundation of the world, that we would be holy and blameless before Him. In love ⁵He predestined us to adoption as sons through Jesus Christ to Himself, according to the kind intention of His will, ⁶to the praise of the glory of His grace, which He freely bestowed on us in the Beloved. EPHESIANS 1:1-6 NASB

God _____ me.

PREDESTINED: God has determined beforehand that those who believe in Christ will be adopted into His family and be conformed to the image of His Son.

When we hold the truths of the sovereignty of God and the responsibility of man in tension, it produces reverence for God's Word and humility with each other all for the unsearchable wisdom of God.

What does God say about those who are "in Christ"?

1. _____ by Him

- Unearned: not based on what you do
- Eternal: from the foundations of the earth
- Core truth: you are wanted by God.

2. _____ by Him

- Complete: all rights, privileges, and blessings
- Irrevocable: never ends
- Core truth: you are accepted by God and are His child.

What does it really mean to be adopted?

1. You are loved (1 John 3:1).
2. There is hope (Romans 8:16-17).
3. There is intimacy (Romans 8:15).
4. It leads to holiness (Hebrews 12:6-11).
5. There is assurance (Romans 8:38-39).

How to see yourself as God sees you

The Principle:

- Replace the warped mirrors and misbeliefs by the _____ of God's Word.
- Identify the lies you believe and write them on one side of a 3x5 card.

LIE:

- "I must be approved (accepted) by certain people to be happy."
- "I need other people's approval to be happy."



BELONGINGNESS TRUTH:

I want people's approval of me, but I don't need it. With God's approval I am no longer compelled to earn love and acceptance, I'm free to be me.

I am wanted, appreciated, and loved by God, the most important person in my life.
(Romans 8:38-39)

Questions for reflection and discussion

1. What are some of the mirrors that influence your identity?

2. Fear of rejection is universal. Can you relate to Billy and Theresa? What about their stories resonates with you?

3. The trials and traumas of human relationships can distort the way people view themselves. What life experiences have affected your perception of yourself?

4. In Romans 12:3 NASB, we read that we have been given a “measure of faith” with which we can learn who we are in Christ. According to this picture of the truth, how should you think of yourself?

5. What distortions about your identity have you embraced to the point of seeing them as reality, even if your mind tells you they are not true? List them and identify them as lies. Pray and ask God for His help in seeing yourself the way He does.
