Date:

Podcast Worksheet
Victim Identity Part 3: Self-Acceptance

Scriptural Texts:
I Corinthians 10:15; 2 Corinthians 12:11; Romans 7:11, 15-19; 12:3

Main Points:

1. Victorious people see themselves accurately (sober judgment), and then accept what they see.
2. Self-deceit (lying to ourselves or pretending our shortcomings aren't there), interferes with sober judgment.
3. Impaired judgment is a form of self-protection designed to avoid shame and guilt. But because it is based on falsehood, it leads to bondage and living as a victim.
4. Seeing ourselves our worthless is a judgment that is equally impaired.
5. Denying our faults or denying our value are both based on pride and rebellion against God.
6. Sober judgment means we can admit our faults (without diminishing our value), and, at the same time, acknowledge our strengths. We see ourselves as equal to all people.
7. Grace is a gift from God, his power coming into our life and changing us.
8. When we combine sober judgment with the truth that God made us, loves us, and accepts us, we open the door for self-acceptance.
9. Self-acceptance is agreeing with God that he did a good job in how he created us. Wishing for something different is coveting.
10. Self-acceptance requires a daily choice to stand on foundations of truth and reject the lies.
11. Self-acceptance releases the hold Satan has over us and the shackles that bind us, allowing us to live in freedom.
12. Self-acceptance sets us free to finally make the contribution for which God created us.

Questions:

1. What aspects of your abilities, personality, and physical traits do you struggle to accept?

2. List at least 3 good and positive things God put in you when he created you.

3. What steps can you take toward self-acceptance? Write a truthful, self-acceptance statement.

Prayer of Response:
Lord God, forgive me for all the ways I've disrespected how you have created me and my choice to covet traits I don't have. Help me avoid self-deceit and, instead, see myself accurately. I choose to accept and enjoy the way you made me. Thank you for my valuable and unique life. In Jesus name, amen.

Commitment: After prayerful meditation on this podcast, I am going to _____

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