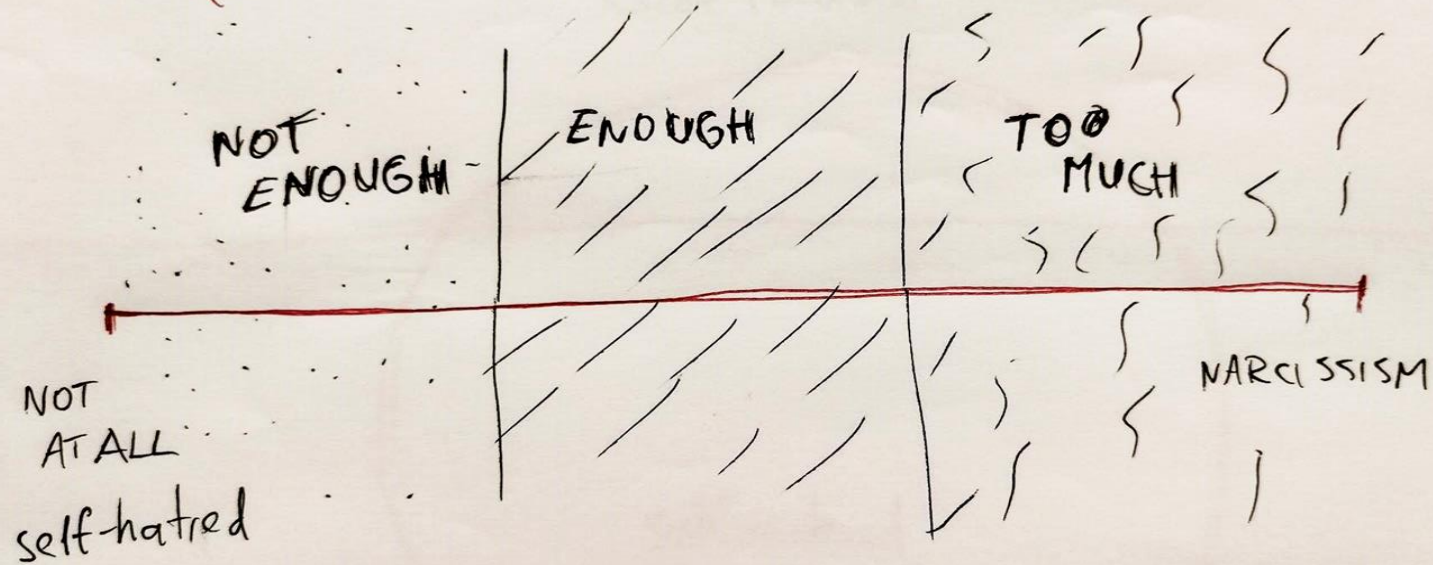


TODAY'S MESSAGE

How To
LOVE
Yourself

1 JOHN 4:7-11

HOW DO I LOVE MYSELF?
(HOW DID I LOVE MYSELF TODAY?)



measuring unit: • my own perception of how I love myself
• ——— " ——— how other people love themselves

UPWARD

love
humility

Jesus-centered
God-focused

fear
pride
envy

DOWNWARD
INWARD

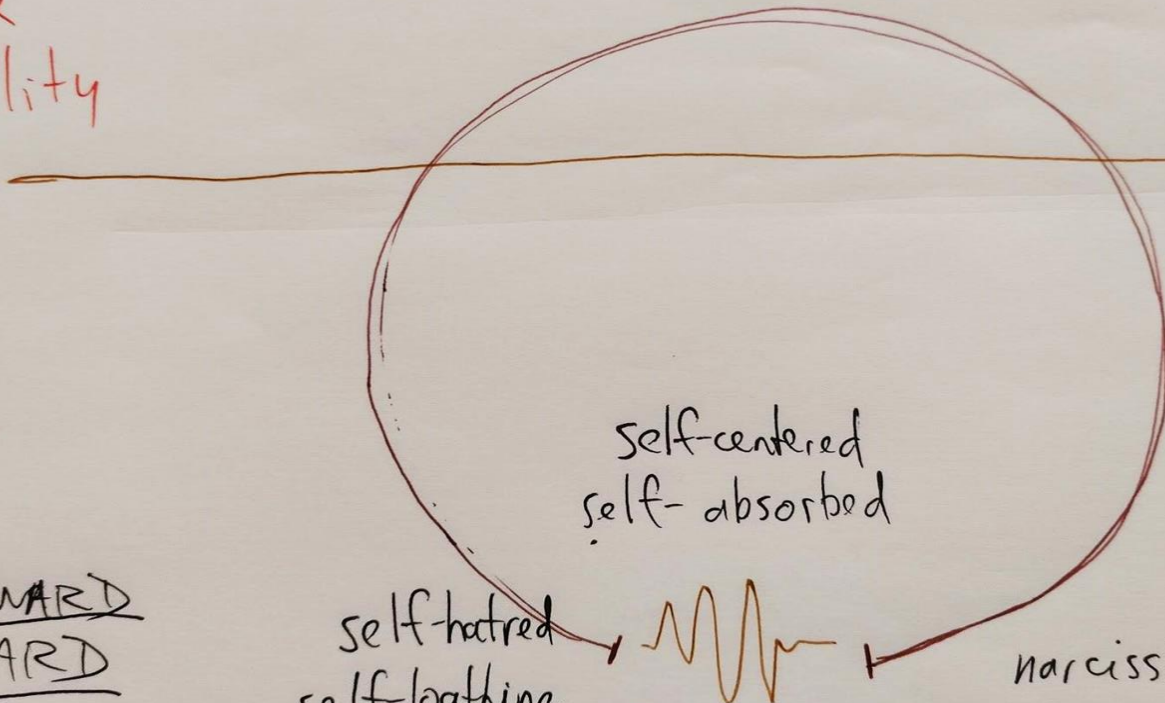
self-hatred
self-loathing

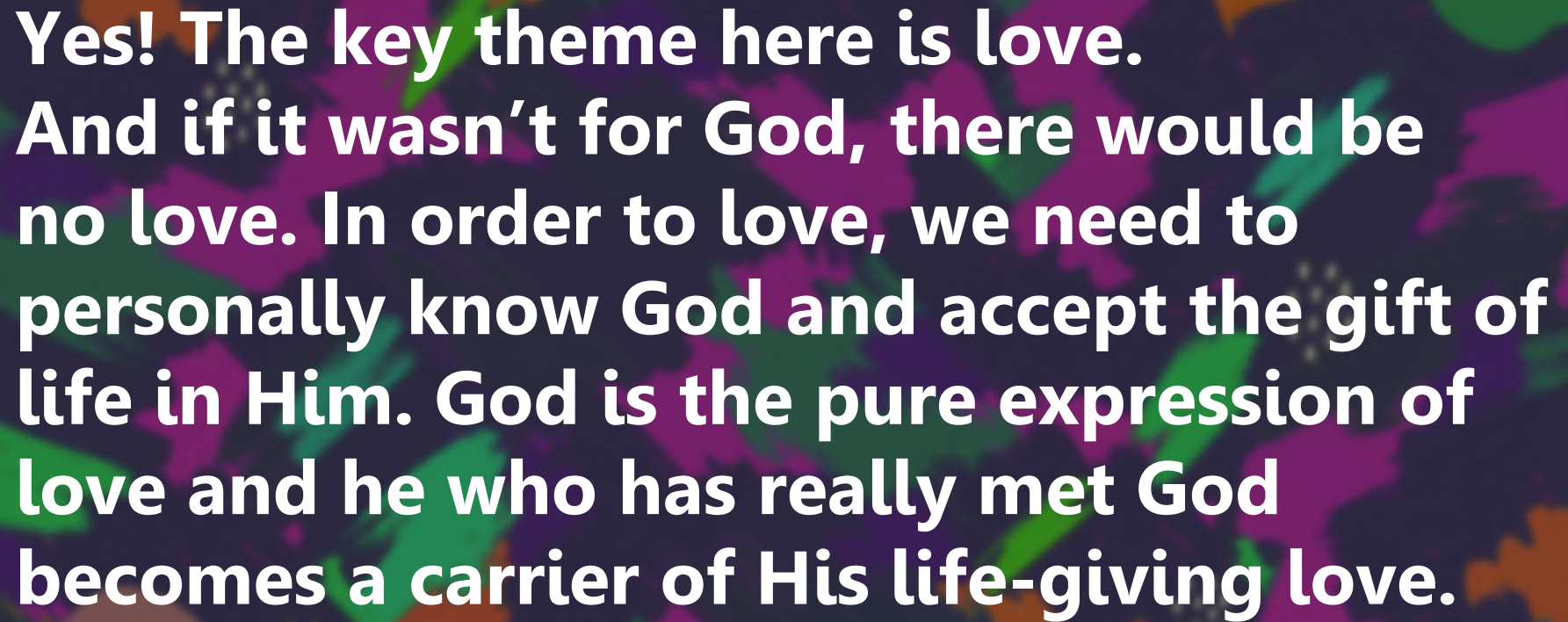
NOT ENOUGH

self-centered
self-absorbed

narcissism

TOO MUCH





**Yes! The key theme here is love.
And if it wasn't for God, there would be
no love. In order to love, we need to
personally know God and accept the gift of
life in Him. God is the pure expression of
love and he who has really met God
becomes a carrier of His life-giving love.**

Yes, His love is as life-giving as a stream of water. Jesus had us experience that love in its fullness. His life, death and resurrection were all life-giving. He alone was able to pay that surreal debt that we humans have collected through our defiance and rebellion against God. Without reservation Jesus gave His life to God's mission of reconciliation so that we could again come to the Father's loving embrace. So, this is how much God loves us! And what He asks of us is that we would let ourselves be loved with His love and share it with other people around us.

(1. John 4:7-11, VAHOMKOLEP)



GOD BLESS.

WE HOPE TO
SEE YOU AGAIN
NEXT WEEK!