

## What We Think about Ourselves

*Not to think of [herself] more highly than [she] ought to think,  
but to think soberly, as God has dealt to each one a measure of faith. ~Romans 12:3*

~Speaker Faye Radtke

What we think affects how we live and what we think about ourselves. What we think about the Lord is life-changing and life-transforming.

**Scripture Reading:** Romans 12: 1-3

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## The Brain: A Complicated Organ

1. **Amygdala:** Where memories are stored.
2. **Limbic System:** Affects your hormones and adrenaline whenever you have a strong memory
3. **Neocortex:** Involves rational thought

**We can't draw God's strength from our own thoughts.** Our wisdom is not God's wisdom (1 Corinthians 3:19).

- Traumatic events affect how we think about ourselves; however, God knows our thoughts and understands them ("*What God Thinks about Us*": Psalm 139: 1-4).
- Our thoughts can cause all kinds of problems when mixed with Satan's lies ("*What We Think about God*").
- The Lord accepts us at the Cross, exactly as we are, broken and imperfect.

**We have baggage:** regrets; failures; hurts; misunderstandings; disappointments

- We focus our attention on ourselves or others, not the Lord.
- We can fail to see God's love for us.
- We apply our wisdom to God's plan and nothing makes sense.
- We can use our baggage to misrepresent the Lord.

**Are you hoping in God or something else?** He has promised to fulfill our needs with Himself, and He is faithful. ~1 Corinthians 3:18.

**Baggage can be a "stronghold"** (2 Corinthians 10:3-4.) A stronghold is a mental fortress.

- When we nurture these strongholds, we keep them alive, and our actions and reactions come from our deep hurt or anger or jealousy, not God's Power.
- Satan, the Enemy, has us thinking his lies, and the Lord gets smaller and smaller.
- We fall into the pit of despair, and forget all that the Lord has done for us. *Daily He loads us with benefits* (Psalm 68:19; Psalm 34:19).
- God has mighty weapons to tear down strongholds: The Holy Spirit; the Word of God; prayer and thanksgiving (Philippians 4:6). But we must choose to place our faith in God's spiritual resources.
- You can't trust a God you don't know.
- *Don't compare yourselves among yourselves* (2 Cor. 10: 12) Comparing is not wise. It creates more baggage.

**The Solution: Faith in Jesus Christ's finished work at Calvary.**

- God loves you, and we rest in this Truth.
- The same way we are saved by faith is the same way we find victory over harmful thoughts.

**The Lord Jesus' Declaration of Himself** ~John 14:6; Colossians 2:6

- **Jesus Christ is the Way:** Through the Gospel we have salvation, redemption, and cleansing.
- **Jesus Christ is the Truth:** God's Word tells us we are sinners, and our good works are unacceptable before God (John 17:17).
- **Jesus Christ is the Life:** He is the power source from which we find our strength and wisdom, to change our thinking.

**Calvary is where God's love is beautifully displayed for us.**

- When we see God's love for us, it changes the way we think about ourselves. It gives us security and hope.
- God's love is supernatural. It comes from God Himself (I John 4:9).
- God's love is the opposite of human love; it is unconditional.
- God's love is one-sided; it depends on His character, not on how we respond.
- Our faith must have an object; it is Jesus Christ and His work at Calvary.
- God's love is a freeing love, not dependent on our circumstances.
- God's love is only dependent upon Himself, who is always faithful and trustworthy.

- The Holy Spirit is the Power source for this love.

### The Battle

- Take sides against yourself and feelings and recognize the lies of the enemy.
- Put your faith in God's Word and rest in the truth of it.
- Create new pathways of thought.
- Make the choice to seek Him.
- Allow the Lord to love on you.
- Rest in the promises of God (Hebrews 4:9).

### Is the Lord real in my life? Does He care?

- The Bible is the living Word.
- If we don't believe God is behind His promises, it's just empty religion.
- You need not be a victim to your thought patterns.
- We all need hope and something to look forward to.
- There is hope in being conformed to the image of Christ, moment by moment (Colossians 3:4).

### Live in Christ's Resurrection

- His love
- His forgiveness
- His strength
- His peace: The Faith-Rest Life. If we never step out by faith, we miss out on what God has for us. (Example: Children of Israel crossing the Jordan: Joshua 3 & 4)

### Conclusion

What we think about ourselves must be based upon what God thinks about us (Psalm 49:16; Ephesians 2: 4; Romans 8:37-39; Hebrews 13:5-6; 1 Peter 5:7).

- He wants a relationship with you.
- He is always with you.
- He cares for you.