

Knowing & Accepting Yourself, A Bible study about you.

ONCE WE'RE CONVINCED of God's love and wisdom, it's natural to thank him for the care with which he made us, and say, "Lord, you did it well." This is the beginning of *accepting* ourselves. God created us, and he can give us profound insight into ourselves.

God is also the first to be concerned with our *development*. He knows what we are meant to be. Any father is pleased when his children develop well, and God, our heavenly Father, is just as pleased when his children conform to the plans he has for us.

In his love, he wants to help us develop and bloom. Realizing this about him-that he knows, loves, and accepts us, and will help us grow-is the basis for a healthy self-image.

1. Read [Hebrews 4:13](#) and [Jeremiah 17:9-10](#). How is it that God knows us better than we know ourselves?

2. Read verses [1-6](#), [13-18](#), and [23-24](#) in [Psalm 139](#), which was written by David. What was David's reaction to the fact that God knew him through and through?

What is *your* response to the fact that God knows you so completely?

3. Write a short description of yourself that touches on at least three of these areas:

strengths and gifts, character, weaknesses and limitations, moods, intellect, physical appearance, creativity, energy, relationships with others.

Comparing myself with others

4. Read [2 Corinthians 10:12](#), which speaks about how we compare and contrast ourselves with others-something that is very human but very unwise.

a. If you find yourself comparing yourself with others, why do you think you do it?

b. What are usually the results of this comparing?

c. If necessary, what can you do to change this habit?

My strengths and limitations

5. When you think about yourself, what are you especially thankful to God for?

6. God made us with abilities and with limitations. He could have made us without the shortcomings, but in his love he chose not to. We should get to know both aspects of our personalities, therefore, and learn to thank him for both.

a. Read [2 Corinthians 12:7-10](#), in which Paul describes a limitation God placed on him. How did Paul react when God did not remove this limitation?

- b. Did Paul's handicap make him feel restricted in his service for God?

Consider how you could thank God for a limitation he has allowed in your life, whether it is physical, intellectual, an aspect of your background, or something else.

God created us to live for his honor and glory. Both our abilities and our limitations can help us fulfill this purpose, for the limitations help us depend on God, to be humble, and to better understand others.

7. What purpose for evaluating ourselves did Paul give in [2 Corinthians 13:5](#)?

The part others play in my self-image

None of us was created to exist alone. As believers in Christ we all have a vital place in his church, which is his body. Therefore, the way we view and conduct our relationships with others is a crucial aspect in forming our self-image.

8. Study [Galatians 5:13–14](#). What to you is the personal significance of this passage?

9. Read [Galatians 6:1–5](#), which includes instructions regarding both our responsibility to ourselves and our responsibility to others.

a. According to this passage, what are your responsibilities to others?

b. How, according to this passage, should you view yourself, and why?

c. What significance do you think this passage has regarding your self-acceptance?

10. Read [Ephesians 2:10](#). What does this verse tell you about (1) your worth in God's eyes and (2) your purpose in living?

My appearance

11. What foundational truth about my body and my appearance is given in [1 Corinthians 6:19–20](#)?

How should this truth affect how I think about my appearance?

Summary

12. According to what you have learned in your life about yourself, about God's love for you, and about biblical guidelines for self-fulfillment, how important do you feel it is for each of us to have a healthy self-image, and why?

13. What do you believe are the most important factors that contribute to a healthy self-image, and why?