

Thursday, January 25

Dr. David Hamilton in his book writes that there are three stages of self-love: 1) I am not enough, 2) I've had enough and 3) I am enough. He also writes that most of us spend our time in the first stage of "I am not enough." Which stage do you think you are in, right now? How might you move onto the next stage? Make a list of why you would want develop a better sense of self-love. Imagine the benefits to yourself and others, your relationship with our loving Creator and other people – people you don't even know well! Write your ideas here and pray that God will inspire and enable you to love yourself more fully and therefore love others.

Friday, January 26

Read Exodus 3:1-15. Hamilton, as a chemist specializing in neuroscience, writes that our emotions are made of four components. The first is well, emotions – our natural reaction to the world around us. Then there is our Brain Chemistry, Autonomic Nervous System and our Muscles. These four components make us who we are and knowledge of these components actually allows us to change our brain chemistry to insure our love of self.

Now, think about Moses and others who did not have the initial courage to think they were enough to respond to God's call upon their lives. Pray for God's strength and for the courage to respond positively to God's call upon your life. Write your thoughts here as we embark on the journey to self-love. Indeed, it is a journey worth making!

Message Notes – January 21, 2024

*I Heart Me – I'm Not Enough?**

- I. How does God _____ with you?
 - A. There are endless ways through which God will _____ with human beings.
 - B. Moses is the singular person in all of scripture to whom God spoke through a _____.
 - C. What I find interesting is Moses' _____ to God's call to Moses to lead God's people out of the slavery in Egypt.
 - D. The basic feeling that is behind Moses' encounter with God's calling upon his life is that he, that is Moses, is _____.
- II. Dr. Hamilton believes that most people spend most of their lives in this stage of self-love _____ of "I am not enough."
 - A. All of us, at one time or another, has felt this _____ of "I am not enough."
 - B. The challenge of loving others was not our capacity to express compassion for _____, but rather in our _____ to love ourselves.
 - C. While people are making resolutions for better living in the days, weeks and months ahead, we might better _____ on our ability for self-love rather than working out, losing weight and getting healthier.
- III. There are three primary ways in which we learn to question our self-_____ or self-_____, which is directly related to our self-love.
 - A. The first is _____.
 - B. The second cause of questioning our self-worth is _____.
 - C. Third, is through _____.

*Exodus 3:1-15

- IV. Hamilton has identified _____ of self-love.
- The first is “I am _____ enough.”
 - The second is “I’ve _____ enough!”
 - The final stage of Self-love is “I _____ enough!”
- V. Hamilton, as a chemist specializing in neuroscience, writes that our emotions are made of four components.
- The first is well, _____ – our natural reaction to the world around us.
 - Second is Brain _____.
 - Third there is our _____ Nervous System – ANS for short.
 - Finally, there’s our _____.
- VI. There’s a little intuitiveness in what Hamilton writes about our emotions and there’s a whole lot of _____.
- See how _____ God has made us and in God’s image we are made!
 - The _____ toward self-love a _____ worth taking.

Daily Devotional Guide

The following is a daily devotional and study guide meant to enhance your understanding of the message and grow as a Christian.

It is offered for your personal reflection or to share with others.

Monday, January 22

What do you think of when you think of Moses? Do you think of his courage before the Pharaoh or do you think of his power to

divide the water of the Red Sea so that God’s people can pass through on dry land? Do you ever think of his reticence to follow God’s call? Were you surprised at the hesitancy of so many Biblical people avoiding God’s call? Contemplate these questions, meditate upon them and write your reflections here.

Tuesday, January 23

Read Exodus 3:1-15. The basic feeling behind’s Moses reaction is that he felt he wasn’t enough. Have you ever felt like you’re not enough? As Pastor Jack said, all of us, at one time or another has felt that they are not enough. How about you? When have you felt that you are not enough? What was the circumstance under which you felt you were not enough? Take some time to reflect on these questions and discover where those feelings of inadequacy come from. Write your thoughts here.

Wednesday, January 24

During the message Pastor Jack said, “I’ve always thought that the challenge of loving others was not our capacity to express compassion for others, but rather in our ability to love ourselves.” How would you describe your love for yourself? This message series is not about the narcissistic “Aren’t I wonderful” kind of love but rather the essential self-respect and regard for yourself that empowers you and helps you navigate life. Is this concept of self-love a challenge for you? Can you see the overall benefit to you by loving yourself? Do you believe that you can love others better by first loving yourself? Contemplate these questions and write your reflections here.