

enough as opposed to not enough. Think of a time when you thought you were not enough; a situation that you didn't handle well due to your own self-image. Now replay that situation in your mind thinking that you are enough. What is different? What was the outcome? How would you describe your self-esteem after rethinking the situation? Repeat that run through several times and know that you are moving toward believing you are enough!

### Thursday, January 25

Read Matthew 5:13-20. Jesus called his followers (and us) salt and light. We are small but mighty! A little bit of us can change the flavor of food. Let's say that a little different: A little bit of us can change the world! Jesus believed in us. Can we believe in ourselves? It is important to be authentic to our identity and the creation of meaningful relationships. It is necessary to be our true self that we are then able to truly be ourselves. Otherwise, we are in danger of forming false relationships and haplessly travel through our lives without letting the world know who we really are. Meditate on these thoughts and write your reflections here.

### Friday, January 26

We spoke of authenticity yesterday. Today we think about vulnerability. Vulnerability is a necessary risk in order to be authentic and produce real and lasting change in your life. When you let the world know who you truly are, you risk them not liking you or rejecting you. It is critical to be yourself because that is the only way to make true and meaningful connections with others. After all, isn't that purpose of love, both loving yourself and loving others? How have you been vulnerable to others in the past? What will be required of you to be vulnerable to others in the future? Meditate on these ideas and write your reflections here.

## Message Notes – January 28, 2024

### *I Heart Me – I've Had Enough!\**

- I. Our human race is wired to want people to \_\_\_\_\_ us.
  - A. It's part of our \_\_\_\_\_ make-up.
  - B. We are wired to desire \_\_\_\_\_ with others.
  - C. Hamilton offers a lengthy explanation but basically it's connected with a gene, estimated to be 500 million years old that is, that produces \_\_\_\_\_.
    1. Oxytocin is a cardio \_\_\_\_\_ hormone; basically it \_\_\_\_\_ our heart and cardiovascular system.
    2. So \_\_\_\_\_ people with this gene survived better through generations.
- II. The four components of our \_\_\_\_\_ as determined by Dr. David Hamilton, a neuroscientist with a PhD. in Chemistry.
  - A. The first component is our \_\_\_\_\_ – our natural reaction to the world around us.
  - B. Second is \_\_\_\_\_ Chemistry.
  - C. Third there is our \_\_\_\_\_ Nervous System – ANS for short.
  - D. Finally, our \_\_\_\_\_ affect our brain chemistry.
  - E. Now let's \_\_\_\_\_ about neuroplasticity.
- III. The next element that we need to include at this Phase is it is important to be \_\_\_\_\_ about who you really are.
  - A. The temptation is to become someone we are not truly in order to receive that \_\_\_\_\_ from others.

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\*Psalm 8 and Matthew 5:13-20

- B. This only leads to a \_\_\_\_\_ between loving yourself as you truly are and wanting to be something other than who you truly are.
  - C. We are made a little lower than God – created in God’s \_\_\_\_\_.
- IV. Hamilton offers a four step process to make any \_\_\_\_\_ in our lives.
- A. The first step is \_\_\_\_\_ to get there.
  - B. Second is understanding that Opinions are \_\_\_\_\_.
  - C. Third, is to allow yourself to be a \_\_\_\_\_ peg in a \_\_\_\_\_-hole world.
  - D. Fourth and finally, \_\_\_\_\_ on what you like about yourself.
- V. The final thing I want to mention is the \_\_\_\_\_ of vulnerability.
- A. Real vulnerability needs to be \_\_\_\_\_.
  - B. Hamilton writes that Authenticity and vulnerability both equate to \_\_\_\_\_.
  - C. That is why vulnerability is \_\_\_\_\_ and why it leads to \_\_\_\_\_.

## ***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 29**

The Message began with an illustration about youth wearing similar jeans and a youth lesson Pastor Jack was teaching on Peer Pressure. Many studies prove that there is tremendous pressure to be like others and to be liked by others. It is a deep human need that is indicative of our desire to connect with other human beings. How about you? Do you feel a pressure to be liked by

others? Do you feel pressure to be like others, to conform yourself to the trends of the time? Don’t answer these questions too quickly! Give them some prayerful thought and write your reflections here.

### **Tuesday, January 30**

Read Psalm 8. Dr. David Hamilton writes that there is a genetic reason why we want people to like us. We are actually wired by our DNA to desire connection with others. Hamilton, in his book *I ♥ Me*, offers a lengthy explanation but basically this desire is the result of a gene estimated to be 5000 million year’s old. That gene produces oxytocin in our bodies. It protects our heart and cardiovascular system. Those who have this gene are more likely to be healthier, form relationship and produce future generations. We feel healthier, have a better self-image and desire relationships with people with whom we want to be with. This genetic makeup is the wonder of God’s creation. Psalm 8 tells us that we are made a little lower than God and we are a crowning part of all creation. What do you think? Think about these ideas and write your thoughts here.

### **Wednesday, January 31**

From last week’s message, which we reviewed this week is the four components of our emotions: 1) our emotions themselves, 2) Brain Chemistry, 3) our Autonomic Nervous System and 4) our muscles. These elements of our bodies allow for us to actually rewire our brains so that we may better love ourselves. This process of being able to rewire our brain is due to the concept of neuroplasticity. When once it was believed that our brains were hardwired at a fairly young age and cannot change, we now believe that our brains can continuously change until the day we die. With this knowledge we can practice thinking of ourselves as