



## Concept of Self Ministry Handout

### 1. Discover Your Functional View of Yourself

Describe how you FEEL about yourself.

How do you view yourself on a FEELING level—especially on a terrible day?

Check the one statement for each line that FEELS most true especially on a bad day.

Then go back and rate each (1 = rarely / 5 usually) indicating to what extent you feel that way.

#### I am...

		<u>God's Word (truth)</u>
1. ___ I feel unworthy; I'm unacceptable	___ I am acceptable.	Rom 15:7
2. ___ I feel alone; I'm on my own.	___ I am never alone.	Heb 13:5-6
3. ___ I feel like a failure; I'm inadequate.	___ I am adequate.	2 Cor 3:5-6
4. ___ I feel confused; I'm crazy.	___ I have a sound mind.	2 Tim 1:7
5. ___ I feel depressed; I'm hopeless.	___ I have hopeful expectations.	Rom 10:11
6. ___ I feel imperfect; I'm not good enough.	___ I am perfect in Christ.	Heb 10:14
7. ___ I feel common; I'm not special.	___ I am chosen by God and set apart.	Psa 18:19
8. ___ I feel afraid; I'm not safe. .	___ I am secure as God's possession.	1 Joh 4:17-18
9. ___ I feel dumb; I'm not smart/wise.	___ I have access to wisdom in Christ.	1 Cor 1:30-31
10. ___ I feel abandoned.	___ I am protected and safe.	Psa 139
11. ___ I feel unloved; I'm not lovable.	___ I am loved.	Rom 8:38-39 John 15:9
12. ___ I feel unwanted; I don't belong.	___ I am chosen/adopted.	Eph 1:5-9 Col 3:12
13. ___ I feel ashamed, deserving punishment.	___ I am fully forgiven and cleansed.	Eph 1:7 1 John 1:7
14. ___ I feel like a sinner; I am a worm.	___ I am a saint; holy and justified in Christ.	1 Co 1:30 2 Cor 1:1
15. ___ I feel weak; I am powerless.	___ I am empowered by the Holy Spirit.	Rom 8:9-11
16. ___ I feel useless, insignificant.	___ I have spiritual gifts.	1 Cor 12:7, 21-23
17. ___ I feel separated from God.	___ I am one spirit with Christ.	1 Cor 6:17
18. ___ I feel like nothing will ever change.	___ I am given a new life in Christ.	2 Cor 5:17 Col 3:4

For every item checked in the left-hand column, look up the verse(s) in the right-hand column.

## 2. How distorted views are developed.

- We draw conclusions (lies) about ourselves based on experiences and events we go through.
- We draw conclusions (lies) about ourselves based on messages received from parents, significant adults, things that we are taught or experienced in church, home, school, from rejection (real or perceived), and our performance or lack of performance, etc.
- Once we agree with the feelings that the message or event produced, it becomes a lie.
- New events and messages reinforce the feeling and the lie which then becomes a stronghold.
- Once the lie is a stronghold, you don't receive any truth that disagrees with the lie; you reject the truth.

## 3. Why is having the correct concept of yourself important?

- If your concept of yourself is not a Biblical view, it is a lie.
- For as he thinks within himself, so he is. (Prov 23:7)
- What you believe about yourself determines how you behave.
- If you do not identify the lies that you believe about yourself, it may be very difficult or impossible to experience freedom and peace.

## 4. Correcting Your Distorted Image of Yourself

- Call lies what they are—lies!
- Write all of the lies that you believe about yourself in the first set of lines below.
- Write the truth about yourself, as revealed in God's word, on the second set of lines below.
- Prayer

Father God,  
I now understand that I had a distorted view of myself. I felt and thought of myself as (lies) \_\_\_\_\_

\_\_\_\_\_

I confess that what I believed about myself was a lie. I now believe and confess that I am a new creation in Christ Jesus and (truth) \_\_\_\_\_

\_\_\_\_\_

Jesus, take all of the pain and confusion associated with these lies unto Yourself and exchange it for your peace. Holy Spirit, I invite you to renew my mind through the washing of regeneration by the Holy Spirit. Thank you that your abounding grace destroys every lying fortress, every speculation, and every lofty thought that raises itself against who You say that I am in Christ.

Amen!

## 5. Don't entertain or argue with a lie: renounce it and replace it!

- Renounce: refuse to receive, agree with, or participate with any lie in the name of Jesus.
- Replace lying thought patterns with the truth!
- Example: In the name of Jesus, I refuse to believe or ponder that thought. I send that thought to the feet of Jesus to go where He sends you. I confess God's word about me that... I am adequate through Christ Jesus. Amen