



Notes A Testimony of Self-Acceptance
Presented by Tommy H. Briggs, Sr.

Key texts on freedom in the life Christ came to give us: John 8:31-32; John 10:10; John 8:36; Job 3:25-26; Hebrews 12:2.

Biblical themes related to self-acceptance: Romans 8:28-32; Colossians 1:16-18.

Hindrances or obstacles to self-acceptance: Father/Mother wounds; Unforgiveness; Inner vows and judgments; Shock, hurt, and trauma; Fears; Unconfessed sin and failure to receive forgiveness; A strong legalistic approach to Christianity.

What Self-Acceptance is not: Suppression or denial of reality; Expressing approval of things in us, our families, or the world around us; Becoming passive.

Characteristics of the False Self

Security, significance, and sometimes position are achieved by what we have, what we do, and what others think of me

Identity is our idealized self

Steps to Self-Acceptance

Willingness to evaluate where you are in relationship to God the Father - John 17:3-4, John 14: 6-7, John 14:8

Accept the Love of the Father

Choose to accept who you are, as you are, in the world as it is

Characteristics of the True Self

Knowing and accepting ourselves begins by knowing the self that is known by God

Significance, security, and position are achieved by knowing you are deeply loved by Father God

Destiny is found by surrendering to God and discovering your part in His world

Identity is who you are according to God the Father and what He tells you in His Word - Psalm 139:14-16, Isaiah 44:24

Living out life in His grace and mercy - John 8:32, Isaiah 49:14-16