

<https://youtu.be/KGtgLo39Y5A>

I will have a healthy appreciation of the self, based in my understanding of who I am in Christ.

Video Key Points:

- This past Sunday Heidi spoke about this Affirmation for this week of the Code. If you missed it you should go and listen, she hit the mark! She highlights the different messages we each hear within our culture that shape how we think about ourselves and our life. We end up measuring ourselves by the curated images that others portray on social media, and it can feel like we can never measure up. Instead, we can heed to the voice of our Savior and measure ourselves by what He says of us.
- You can find her message, on our YouTube page at the 19:20 mark – <https://www.youtube.com/live/okIL6Cr3Mal?si=vWGSXX5pGitE2F0J>
- If instead of the still quiet voice of God, we listen to the voices within the culture we will end up going wrong in one of two directions. We will either think too much of ourselves, being puffed up by our pride, or we will think too little of ourselves, brought low by our failures, shortcomings or sins.
- Story: Here is what my coach said about me at the big end-of-year Cross Country Banquet: Mitch is a little too short and a little too fat to be a runner!
- 2 Corinthians 5:17 - Ultimately, I am the Lord's servant and it is what He thinks of me that truly matters, not the opinions of others. When I am confident in that truth I can listen to criticism without getting defensive. When I hold to that truth I can avoid comparing myself to others. I agree with the Affirmation from the Code, but let me offer a similar Affirmation in my own words.

I will know who I am and find my value in Christ not in what others say about me!

Questions for Understanding:

- *This past Sunday I shared two Scriptures from the Apostle Paul that relate to this idea. Look them up and see how they connect: 1 Corinthians 4:3-4 + Romans 14:4*
- What voices within our culture today can have an impact on how we see ourselves? Does our social media tend to puff us up with pride or do they instead make us feel like we can never measure up so that we think too little of ourselves?

Life Questions:

- Exercise: What adjectives/labels/insults have you heard from others in your past? Take some time on your own to list out some and then share in your group.
- Which of the 5 devotional days spoke most to you this week? *Which Scriptures from this week of the Code helped you the most for knowing who you are in Christ?*

Use one of the Devotion prayers or Pray using your own Words