

Pastor Matthew Jensen

How a healthier identity can improve our self-care.

Part 1. Seeing ourselves as God sees us.

January 12th, 2021

Question: What have you used to define yourself?

- *My job/career*
- *Being a Mom*
- *My students*
- *My kids*
- *My Faith*
- *Other people*
- *Family*
- *Friends*
- *Being a Wife*
- *Ministry*

God sees us and he cares.

Genesis 1:26 – 27

John 1:12

Question: What is that one thought or voice, in the back of your head that you hear that stops you from taking hold of this truth of God being a good father?

- *I am not good enough.*
- *I feel guilty that Jesus died for my sins.*
- *Fire and brimstone image of God*
- *Made mistakes and feeling like he has not forgiven me.*
- *I have not paid enough attention to God before.*
- *Other people are more important than me.*

God thinks we are worth everything.

Luke 15:11-24

Rembrandt's ["The Return of the Prodigal Son"](#) (linked)

Question: God wants to shower us in his love, peace, and let us know that he is with us through it all. When to think about all that, what stands out to you the most?

- *Freedom*
- *The very real belief that God actually loves me.*
- *Release from guilt and regret*
- *New beginning*
- *Peace*

God wants us to live with purpose as we lean on him.

Acts 26:16

Matthew 28:19

1 Peter 2:9