

SELF-LOVE

SERMON SERIES: POWER OF LOVE



SELF-LOVE DECLARATION

God is love!

I am a “Beloved” child of God.

God’s love is perfected by loving
myself & others.

There is no fear in love!

SELF-LOVE DECLARATION

God's perfect love drives out fear!

I am not afraid to love myself!

"Self-love" is commanded by Jesus!

I embrace "self-love" with holy boldness!

3 KINDS OF LOVE

1. Tender Love

- **Nurturing & encouraging**
- **Compassionate & Considerate**
- **Cuddling, Attentive Care**
- **Happy Place!**

3 KINDS OF LOVE

2. Tough Love

- **Expects Accountability & Minimizes Entitlement**
- **Allows you to suffer consequences**
- **Gives & Demands Mutual respect**
- **Stands strong in decisions when challenged**

3 KINDS OF LOVE

3. Transforming Love

- **“Fruit of Spirit” becomes visible**
- **Embraces our identity as God’s “Beloved”!**
- **Experiences God’s Love through others.**
- **Teaches us to love others as Christ loves us**

THIS IS NOT LOVE!

Toxic & Twisted Love!

- **Demonic Domination**
- **Jealously**
- **Manipulative**
- **Controlling & Abusive**

3-STEPS TO SELF-LOVE

1. Pamper yourself!

- **Practice Self-care & Soul care**
- **Make yourself a priority**
- **Our “BODY” is a temple & “SOUL” is cherished**
- **Our “SPIRIT” is feed; daily prayers, devotionals, Bible study, & Sabbath**

3-STEPS TO SELF-LOVE

2. Value & respect yourself!

- **Don't minimize what God has maximize!**
- **Practice self-Love & acceptance daily**
- **Speak positive Affirmations & Declarations**
- **Be uniquely you! Embrace your gifts!**

3-STEPS TO SELF-LOVE

3. Forgive yourself!

- ***We all make mistakes! No one is Perfect!***
- **Perfection is NOT REQUIRED for loving yourself or others**
- **Graciously accept faults & failures**