

“As [you love] Yourself”

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Meaning of “Love”

Mt 22:39

What is the second greatest commandment?

This great commandment is found in **Lev 19:18** and quoted seven times in N.T.: four in the gospels, **Mt 19:19, 22:39, Mk 12:31; Lk 10:27**; twice by Paul, **Rom 13:9, Gal 5:14**; once by James, **Jam 2:8**.

“as” in these texts is an adverb. What does this adverb modify?

Based on the phrase itself, *how* are we to love our neighbor?

Jam 2:8

According to this context (**vv1-13**), this “love” is not influenced by what two opposites?

The attitude of “love” is put in contrast to what attitude in v6? (NASB, NKJV, ASV, ESV) What are some synonyms of “honor”?

Lk 10:27

Read **vv25-37**. What was *lacking* in the attitude of the priest and Levite toward the man who was robbed, but *present* in the attitude of the Samaritan causing him to show mercy to the man? Choose one or more words: affection; esteem; honor; romance; respect; emotion.

What is this attitude (the words you chose in the previous question) *not* based on; what *are* they based on?

Rom 13:9

Read **vv8-10**. Paul lists several specific actions this “love” prohibits, and says these are “summed up” these by what commandment (**v9**)?

Why do these “fulfill” that commandment (**v10**)? Compare KJV, NKJV.

Gal 5:14

What will this “love” keep one from doing (**v15**)?

FOR THOUGHT: If these are the attitudes and conduct inherent in this “love,” what is implied by, “*as yourself*”? We will consider this as we go through the class.

Meaning of “Love”

Lev 19:18

If you have a reference Bible, what are some of the references listed for “you shall love your neighbor as yourself”?

Context: vv9-18. What phrase is found at the end of each paragraph in this section (vv10,12,14,16,18)?

Note the “not” “nor” “but” words in this section. If you mark your Bible, it can be helpful to mark these (maybe a box or circle around them...?).

Summarize each of the five paragraphs with a word or phrase.

vv9-10

vv11-12

vv13-14

vv15-16

vv17-18

Lev 19:34

Read vv33-37. “Love him as yourself” includes who according to this verse?

What does this “love” forbid, v33? Specifically, what “wrong” (vv35-36)?

Eph 5:28-29

What is the evidence according to the text that that a man does not “hate himself,” but “loves himself”?

Choose one or more words that best describes this “love”: affection; esteem; honor; romance; respect; emotion.

Lk 6:27-35

In vv27,33,35, what two/three word phrase is equivalent to the verb, “love”?

How are we to treat others (v31)?

FOR THOUGHT: If these are the attitudes and conduct inherent in this “love,” what is implied by, “love...as yourself”? We will consider this as we go through the class.

Wrong Love of Self

2Tim 3:1-5

What is first on the list that will cause “difficult [“perilous” NKJV] times” for Timothy?

What does **v4** describe about their priorities of this “love of self”?

How was he to treat such men (**v5**)?

What does this exhortation (**v5**) imply about the love of self mentioned in this text?

Php 2:21

If you “love yourself,” you do “seek your own” interests, or welfare (as you should—see previous lessons). Yet, the attitude of seeking one’s own interests is spoken of disapprovingly in this context. Read **vv17-20** and explain why (note the contrasts and the examples of Paul, Timothy, Epaphroditus).

Php 3:19

What phrase in this verse describes how these people treat their desires (“appetite”; “belly”)?

Rom 1:25

According to this verse, what paved the way for people to satisfy the desires of their hearts (**v24**) and engage in degrading passions (**v26**)?

Php 2:3

When is “love of self” wrong according to this text?

In contrast, what should be our attitude and what does Paul set forth as the ultimate example of it (**vv4-8**)?

Rom 12:3

Paul says one ought “not to think more highly of himself than he ought to think.” How *should* we think about ourselves?

Understand Yourself

Value of Man

We are not equipped to “love your neighbor as you love yourself” without understanding why man is to be valued so highly. If our estimation of man’s worth is founded on wrong reasons, the foundation of proper self love and love for our fellow man crumbles. WHY did GOD place such a high value on man? Let us seek to “understand ourselves.”

Gen 9:6

Read **vv1-6**. Man is the only being God made that cannot be killed for food, and for whose “blood,” “blood” is required. What reason did God give that so elevates man above all other created beings? Compare **Gen 1:26-27**.

What it means to be made “in the image of God” we will pursue this further in the next lesson.

Mt 10:31

Jesus said man is “more valuable” than what?

How did Jesus use this concept to help the apostles (**vv26-31**)?

Jn 3:16; 1Jn 3:16

We often measure the value of something by the price paid for it, or the sacrifice made to obtain and keep it. What “price” or sacrifice did God make for man?

Mt 16:26

What did Jesus say is more valuable than the whole world?

Understanding this and that Christ is the means of protecting this value, what should we consider to be “surpassing value” (“excellency” KJV, NKJV; “surpassing worth” ESV)? **Php 3:8**

When men do not understand this, what is their priority? **Lk 12:15,23,30**

Understand Yourself

“In the image of God”

What “image of God” means *must be determined by context and harmony.*

- Christ is said to be the “image of God,” but this is NOT the sense in which man was made “in the image of God. **2Co 4:4; Col 1:15; Heb 1:3**
- In **Rom 1:23** the “image...of corruptible man” is contrasted with the “glory of the incorruptible God.” Here is a sense in which man is NOT in the likeness of God.
- In Christ we are to be renewed “according to the image of the One” who created us, **Col 3:9,10, Eph 4:24.** Here we must distinguish between what is made in the image of God and the CHARACTER superimposed upon it.

NOT Physically

Gen 1:27

What in this verse indicates man is not *physically* in the image of God?

Among all God created (**vv1-27**), being made “in the image of God” is peculiarly said of *man* (mankind). If man was in the image of God due to his physical characteristics, what would be true of some of the other creatures God made?

Jn 4:24; Lk 24:39

God is a Spirit. What does a “spirit” not have?

Heb 10:5; Php 2:7

Jesus existed before he came to earth (**Jn 1:1,2**) though not known as “Jesus” then. When He came to earth, what did he acquire?

Mt 28:19

Who is the third person in the Godhead? Is there anywhere in Scripture He is attributed a body or bodily form?

Dt 4:15-20

What did God say Israel did *not* see at Horeb (**v15**)?

Therefore, what did God prohibit them doing? (**vv16-18**)?

Rom 1:23

It is foolish (**v22**) to make the “exchange” (“change...” KJV, NKJV) these people made. What is it?

Note: Dignity, self-worthiness, of man is *not dependent on physical stature.* (Tall, strong, athletic, good-looking, etc.)

Understand Yourself

“In the image of God”

NOT in Character (Thinking and Conduct)

Gen 9:6

Is it okay to murder a sinner? Why not?

Jam 3:9

Why should we not curse men, even evil men?

NOT the Lower Part of Man in Common with the Animal Kingdom

Gen 7:21-22

What does man have in *common* with the animal kingdom according to this verse?

Gen 1:26-27

What is the *contrast* between man and animals in chapter one?

Gen 9:1-6

Men are given the right to kill animals for food, but *not* allowed to kill man? Why—what’s the difference?

Man is not an animal. (“Animal, vegetable, or mineral?” Neither!)

NOT Dominion

Gen 1:26-27...28

Was man *created* in the image of God, or, did he gain that *after* he was created?

Is dominion over the earth given to man *before* or *after* he is created?

Understand Yourself

“In the image of God”

Man is in the “likeness” of God in his SPIRITUAL NATURE

Man has a DUAL nature. He has a body of flesh. He has a SPIRIT residing IN the body. In the following scriptures this dual nature is seen and certain things can be learned about the nature of the spirit.

Ac 17:29

Paul said we are the “children of God” (“offspring of God” (KJV, NKJV, ASV, ESV). In what way? (Note: Not physical, for being the offspring of a man does not preclude making a sculpture that is in the *physical* image of one’s father. Yet, being the “offspring” of God is given as the reason we ought not think God can be so represented.)

Heb 12:9

In *distinction* to the “fathers of our flesh” (NASB footnote; KJV, ASV), God is pictured as the Father of what? (see NASB footnote)

1Co 2:11

What part of man knows his thoughts, purposes, plans?

Jam 2:26

The body is dead if what is missing?

Compare: **Jn 6:63**; **Gen 35:18**; **1Ki 17:21-22** (KJV, ASV, NKJV); **Lk 8:55**

Ecc 12:7

At death what happens to the body? What happens to the spirit?

Compare: **Mt 27:50**; **Lk 23:46**; **Ac 7:59**

Mt 10:28

While man destroy your body and take your life, he cannot do what?

2Co 4:16-5:9

We are composed of an “outer man” and an “inner man.” List characteristics of each, e.g., the “outer man” is “decaying” yet the “inner man” is “being renewed day by day” (**4:16**).

Compare **2Pe 1:13-15**

Understand Yourself

“In the image of God”

Man is in the “likeness” of God in his SPIRITUAL NATURE

Man has a DUAL nature. He has a body of flesh. He has a SPIRIT residing IN the body. In the following scriptures this dual nature is seen and certain things can be learned about the nature of the spirit.

2Co 12:2-4

This “man” was potentially in one of two places. What are they?

1Pe 3:3-4

“External” (“outward” KJV, NKJV) adorning consists in adorning what?

In contrast, godly women adorn what is “imperishable.” What does Peter call it?

Mt 22:31-33

Jesus said that, even after Abraham was dead, God was his God, then pointed out that God “is not the God of the dead but of the living.” What did that imply about Abraham?

Php 1:21-24

After Paul died (no longer “in the flesh”), where did he have confident hope to be?

Lk 16:19-31

What evidences that the rich man, though his body is in the grave (v22), is still a conscious, rational, being?

Rev 6:9-11

What did John see under the altar and what were they doing?

Mt 17:1-6

Moses and Elijah had been dead for hundreds of years, yet what are they doing?

Man is more than a body full of blood and air—molecules bumping into one another!

- Man’s spiritual nature makes him unique in God’s creation. This is seen in his:
- Mental capacity - rational thought, e.g. algebra; conceive of God; accumulate knowledge; build machines to lessen work. Contrast animal kingdom.
- Moral nature - sense of “ought.” No crime for animals to kill; no indecency for animals to make display; might makes right.
- Aesthetic nature - capacity to appreciate a beautiful painting or the value of a string of pearls. A hog would rather have a bucket of slop.
- Religious nature - wherever you find man you find some form of religion, an inherent desire to worship something or someone.

Understand Yourself***Man's Body is for the Lord***

God not only has an interest in our spirit, but in our body. It makes no difference about the color of our skin, hair, or eyes, whether we are healthy or sickly, our athletic ability, old or young. God is interested in YOUR body!

Read the scriptures below and record what they say about our bodies.

Eph 5:28-29**Jn 5:28-29****Rom 12:1-2****1Co 6:12-20****2Co 5:1-5****Rom 6:12-13****1Th 4:3-7****Php 1:20**

Accept Yourself

Being a Woman

Healthy attitudes toward self depend on understanding our roles in life. If we disdain our roles it can degrade our self-esteem. If we neglect the duties assigned to our roles, and attempt to assume the attitudes, demeanor, and duties of a role not ours, it robs society of what God intended each to contribute in their respective role and produces confusion, frustration, and strife. Trusting the love and wisdom of our Creator to have ordered what is best, we must seek to understand and gladly accept the role He assigned.

Gen 2:18-24

Why did God create woman?

What in this text shows there is not another being on earth that can take her place?

Does this scripture setting forth the role of woman exalt or degrade her? Explain. Compare **Pro 12:4; 19:14; 31:10**.

Woman was made to “correspond” to man (NASB footnote, **v18**). Read **Lk 2:52**—note the fourfold nature of man. Based on these four things, what are some ways women can prepare themselves to better serve in their role?

Woman was made to “correspond to” or “answer to” (ASV footnote) man, not any other being. Yet, she is DIFFERENT. List some ways in which she is different (use your own judgment).

Read **Gen 3:1-6,16; Job 2:9-10**. Compare **Pro 31:10-12,22-26,30**. What is one of the greatest ways woman can serve in her role (or use her role for evil)?

Eph 5:22-33; 1Pe 3:1-6

What responsibility does God give the woman in her role as a wife in these scriptures?

Do you believe this demeans her? Why? (whether you answer “yes” or “no”). Note **vv25-27**. Compare **Lk 2:51**.

Pro 1:8-9

In this role, what impact can woman have? Compare **Pro 29:15,17; 31:21...25-27**.

Mothers and their influence

You have heard of these men. Read the connected scriptures. What conclusions can be fairly drawn about their mother and her influence in their lives?

- Moses - **Ex 2:1-15; 6:20; Ac 7:20-29; Heb 11:23-26**
- Timothy - **Ac 16:1-3 (Growing up in Lystra ... read Ac 14:8-20); 2Ti 1:5; 3:14-15**
- Ahaziah, king of Judah - **2Ki 8:26,27 (Note the “because,” NASB, or “for,” KJV, ASV, NKJV.) You can learn more about Athaliah by reading 2Ki 11.**

Accept Yourself

Women who “obtained a good testimony”

While the scriptures in the previous lesson show that women who are responsible in the role of wife and mother are esteemed by God and should be esteemed by men, including herself, the scriptures in the this lesson will show that women can have tremendous value and should be so esteemed even in roles outside that of “wife” or “mother.”

For what did the following women “obtain a good testimony” (NASB footnote, **Heb 11:2**) of God’s approval? Was she functioning in the family role (wife, mother)?

Jdg 4-5 - Deborah

1Ki 17:8-24; Lk 4:16-26 - Widow in Zarephath in the land of Sidon

2Ki 4:8-37 - A prominent woman of Shunem

Lk 2:36-38 - Anna, the daughter of Phanuel

Lk 10:38-42 - Mary

Ac 16:6-15 - Lydia

Ac 18:24-26; Rom 16:3-4 - Priscilla

Rom 16:1-2 - (Note also vv 6,12,13) - Phebe

God expects women to love themselves (“...as you love yourself”) for what they are and to fulfill the distinguished and vital role he has assigned them and for which he has equipped them: being a “woman”! Don’t let ignorance, family culture, a materialistic and ignorant mate, the feminist movement, or anything else rob you of the honor, the influence, and the dignity of being a woman, made in the image of, and by the hand and wisdom of, the almighty God!

Accept Yourself

Being a Man

Men are often esteemed on the basis of their physical size, strength, or ability, or by their wealth, education, or accomplishments in fields of science, medicine, finance, etc. While these may be criteria for selecting an athlete, a president of a university, or a CEO, they are not the criteria that measure one's worth or value as a human being and how he should be esteemed and treated—by others or *self*. We must beware lest we let these standards rob us of the potential and “love” due every man made “in the image of God.”

While both men and women are made “in the image of God,” God chose men (males) to function in certain roles. In the O.T., men were leaders in the family (**Gen 18:19; 1Pe 3:5-6**), soldiers and leaders in the military (**Num 1:2-3; Jdg 4:4-6**, Joshua, Saul, David, etc.), civil leaders (heads of tribes, judges, **Dt 1:13-16**; kings), and religious leaders (priests, Levites, preachers). In the N.T. also, God chose men (males) to be leaders in the family (**Col 3:18; Eph 6:4**), and in the church (**Mt 10:2-4**, apostles; **1Tim 3:1-2**, bishops). Qualified men must be MEN enough to ACCEPT this responsibility with courage and humility. These are great responsibilities, but for which God has equipped men.

What are the Corinthians encouraged to do when facing the trials that may tend to alarm and discourage? **1Co 16:13**, NASB, KJV, ASV, third phrase)

This does not imply “men” are to be bullies, tyrants, dictators, but rather have the faith in God's Word and resultant courage to stand and to act in the face of challenges and dangers. Compare **Joshua 1:6,7,9,18** (note: the word translated “act like men” in **1Co 16:13** is used in the LXX in these verses.)

Are all men made “in the image of God” qualified to be apostles? Elders?

Does this change the fact they are “in the image of of God”?

Lazarus, the poor beggar, was as worthy of respect as the rich man (**Lk 16:19-21**). Christ died for ALL men “made in the image of God,” including the lame (**Jn 5:1-14**, note especially **v14**), the blind (**Jn 9**, note especially **vv37,38**), the poor (Lazarus, **Lk 16:19f**, note especially **v26**), the rich (Zaccheus, **Lk 19:1-10**, note especially **vv9,10**).

Men, and women, need to understand the fact and accept the implications of all men being made “in the image of God.”

Accept Yourself

Men who “obtained a good testimony”

While the scriptures in the previous lesson show that men capable to function as leaders in the family, soldiers and leaders in the military, civil leaders, and religious leaders, the scriptures in the this lesson will show that men can have tremendous value and should be so esteemed even if not functioning in these roles.

For what did the following men “obtain a good testimony” (NASB footnote, **Heb 11:2**) of God’s approval? Note: There may be a number of reasons these men are worthy commendation, and all could be commended for their faith, but look for the specific display of their faith discussed *in the text*.

Abel - Heb 11:4

See also 1Jn 3:12; Heb 12:24; 9:22.

Enoch - Heb 11:5

See also Gen 5:22; Jude 1:14,15.

Noah - Heb 11:7

See also Gen 6:5-8.

Abraham - Heb 11:8-10

See also Gen 12:4; Ac 7:5; Gen 25:7.

Moses - Heb 11:24-28

See also Ex 2:11-15; 10:28-29; 11:4-8; 12:21-28.

Daniel - Heb 11:33, “shut the mouth of lions”

See also Daniel chapter 6.

Shadrach, Meshach, Abednego - Heb 11:34, “quenched the power of fire”

See also Daniel chapter 3.

Ebed-melech - Jer 39:15-18

See Jer 38:1-13; Mt 10:41

Forgive Yourself

Lk 17:1-4

What does “love” for our fellow man demand?

If this is what love for our neighbor demands, what then, does “Love your neighbor *as [you love] yourself*” imply?

Eph 4:31-32

Paul encourages the Ephesians Christians to be “forgiving one another” in an awareness of what?

2Co 2:6-8

The Corinthians are urged to forgive and comfort this man. What had he been guilty of? **1Co 5:1**

Why were they urged to “reaffirm” their love for him?

Rom 2:15

What TWO things did God design the conscience to do?

Heb 10:1-25

In these verses, the writer discusses what did Christ’s sacrifice accomplished *objectively* and *subjectively*. (“objectively,” i.e. as to the Christian’s relationship with God; “subjectively,” i.e. as to the Christian’s thinking about that relationship)

What did His sacrifice accomplish *objectively*? **vv11-12,17, 19b, 22b**

What did His sacrifice accomplish *subjectively*? **vv1-2, 19a, 22a, 23**

Rom 8:31-35

Mark in your bible, or list here, the four questions that begin with “who.”

Define “justifies.” (v33)

Forgive Yourself - II

Ps 38:1-12,17-18

Guilt is a heavy burden. This psalm figuratively and graphically describes its impact upon a believer. Based on the above verses, how did the burden of guilt make David feel and act? E.g., ...

- v2 - Felt convicted before God of guilt
- v3 - Felt sick
- v4 -
- v5 -
- v6 -
- v7 -
- v8 -
- v9 -
- v10 -
- v11 -
- v12 -
- v17 -
- v18 -

Mt 27:3-5

What did feeling of guilt lead this man to do?

What are some of the things people today might do to escape the burden of guilt?

Mt 11:28-30

WHO did Christ invite to come to Him and WHAT did he promise to give them?

Ps 51:7-8,12-15

What effects did David anticipate in the consciousness of God's forgiveness? E.g. ...

- v7 - Being pure and clean, whiter than snow
- v8 - Rejoicing, joy, and gladness
- v12 -
- v13 -
- v14 -
- v15 -

1Tim 1:12-17

Does accepting God's forgiveness mean "forgetting" one's past? Prove your answer from this text.

How was Paul able to cope with his unforgettable past?

Can there be any value in remembering the past?

Forgiveness is not restoring what was ruined, replacing what was lost, or even bringing to life what one killed. Forgiveness is not punishing self. (E.g., some may steal or do other things hoping to get caught and punished.) Forgiveness is not becoming worthy by doing enough good deeds to merit worth. **Mt 18:21-35.**

Forgiveness is a matter of grace. It requires faith. It springs from love. God has provided, Jesus has made possible, and the Holy Spirit has revealed forgiveness in the "gospel." When He has forgiven us, *we need to accept his forgiveness and forgive ourselves!* **Eph 1:3-6; 2:4-10**

Enjoy Yourself

Ecc 5:18-20

This text encourages enjoying one's possessions, health, and abilities. What in the text indicates this is in accord with God's will?

Ecc 9:7-9

Suggest some specific ways one might put into practice the counsel of this text and one previous.

Ecc 11:9-12:1

What must temper one's enjoyment of life?

1Tim 4:8

Many enjoy physical exercise. Paul acknowledged it has a "little profit," but encouraged Timothy, a young man in his mid thirties, to focus on "godliness." Why?

1Tim 6:17-19

If a Christian happens to be "rich in this present world," what should his attitude and conduct be?

What should he value as the greater treasure?

Luke 12:15-21

In Ecclesiastes people are encouraged to eat and drink, but here a man is called a fool who proposed to take it easy, eat, drink and enjoy life. Why?

Philippians ... "Rejoice"

Paul was in prison, and that unjustly. What brought him "joy"?

- 1:4
- 1:18-19
- 2:2
- 2:17
- 4:10

He encouraged the Philippian Christians to "rejoice," though not rich (**Php 4:10; 2Co 8:2**) and facing suffering from those who opposed the gospel (**Php 1:27-30**). What did he point to as a reason to "rejoice" in such circumstances?

- 1:25
- 2:18
- 3:1-3
- 4:4-7

Be Honest with Yourself

“Honest” describes a person “2. that will not lie, cheat, or steal; truthful; trustworthy 3. a) showing fairness and sincerity; straightforward; free from deceit.” *YourDictionary*, 2018. <<http://www.yourdictionary.com/Honest>>. The Bible is full of admonitions to honesty and warnings against dishonesty in dealing with others. “Love your neighbor” demands it, for “love does no wrong to a neighbor,” **Rom 13:10**. But, we are to “love your neighbor AS YOURSELF,” and if we wish to do ourselves “no wrong,” we must be honest with ourselves.

Lev 19:35-37

Along with honesty in weights and measures, in what other area is honesty demanded?

Lev 19:15-16

Doing “no wrong in judgment” and judging our neighbor “fairly” requires we do “not” do what? For thought: If we are to “love your neighbor AS YOURSELF,” based on these verses, what does honesty with *ourselves* demand?

Rom 2:17-23

Did these people use the same “measure” in judging themselves as they did in judging others? What was the result of this upon these people? (Note **vv3-6**.)

Lk 15:11-24

Sin will blind us to our true condition. When did this young man realize his true condition?

Ps 32

What spirit is a requisite of the Lord’s forgiveness, **vv1-2**?

What was the result of not being honest about one’s guilt, **vv3-4**?

What does honesty with self and the Lord demand, **v5**?

What will help us to be honest even when it hurts, **vv6-7,10** (“but...”)?

What is the ultimate result to the believer who is honest with himself and the Lord about his guilt, **vv1-2,11**?

1Tim 1:18-20

What happened to those who those who refused to listen to a “good conscience”? See **Rom 2:15**.

Lk 8:15

In what kind of heart will the gospel germinate and bear fruit?

If we really care about ourselves — our spiritual welfare and eternal destiny — we MUST be honest with ourselves!

Be Patient with Yourself

1Co 13:4

Instead of “patient,” how does the KJV, ASV, or NKJV translate this word? This will help us with the meaning of “patience,” especially when viewed in the light of the context of chapters 12-14. If you are not familiar with the context, it would be good to read these chapters.

Throughout this section these words are often found in couplets. With what is “patient” coupled? When is it difficult to practice this?

These are expressions of “love.” But, we are to “love your neighbor AS YOURSELF.” Therefore, what does this say about how we are to look upon and treat ourselves?

Eph 4:2; Col 3:12-13

What are the phrases that follow “patience” and express the result of patience in our attitude and treatment of others?

What would the consequences be in the relationship between brethren when this is lacking? Note Eph 4:3. Apply this to SELF - “love your neighbor AS YOURSELF.”

2Tim 4:2

What was Timothy to do “with great patience” (“with all longsuffering” KJV, NKJV)?

In practical application, how would this affect Timothy in working with people? Compare 1Th 5:14.

Apply what patience demanded in these texts in our dealing with others to what it demands in dealing with SELF - “love your neighbor AS YOURSELF.”

Heb 6:13-15

With WHOM was Abraham “patient”? What was he “patiently waiting” on? Note also v12.

Mt 18:26,29

In both cases, while the person owed may have wanted payment now, what must he recognize in order to be patient with the person who owed him?

Rom 12:6-8

What attitude toward self do these verses teach?

How does this help us avoid two extremes?

Mt 25:14-15

Why did each man receive a different number of talents to be responsible for?

“Love your neighbor” demands we be patient with our neighbor, and “love your neighbor AS YOURSELF” implies we ought to be patient with ourselves.

Teach Yourself

2Ki 22:10-13

What was Josiah attitude when he heard the Bible read? Why did he feel this way?

Lk 19:10; Mt 4:23; 5:2; 13:24; 21:23 (etc.—many others)

Why did Jesus come to earth? During his earthly ministry, what did he devote himself to in order to accomplish that mission? What does this imply to someone who understands and believes it relative to saving their own soul (**Mt 16:26**)?

Rom 2:21

Finish the question: “you, therefore, who teach another.....?”

1Tim 4:13-16

Why was Timothy exhorted to be devoted to preparing and exercising himself in teaching? Note *two* things.

1Tim 4:6

While the hearers are built up by being taught the word of God, who else is “nourished”?

Eph 3:4

How did Paul provide for the Ephesians to gain insight into the mystery of Christ?

Eph 4:11-14

Christ gave these five offices to the church. While they have different roles, all are teachers. What is the intended purpose? Compare **Col 1:28**.

As time allows, we will refer to the following in class. They are but some of many that emphasize the importance of being taught, or “teaching ourselves,” the Word of God. **Dt 4:1,6; Ps 25:4; 27:7...11; 86:10-12; 119:11-12,123-125, 171-172; 143:9-10; Pro 9:9**

Maybe the reason we do not exercise the effort to teach ourselves is not so much because we do not love ourselves, but because we *do not believe* we need the Word of God and in its power in our hearts and lives?!

Strengthen Yourself thru Fellowship

Rom 1:10-12

Why did Paul look forward to being with the Roman Christians (v12)? Note *when* this would take place.

Col 3:16

What is the benefit of singing psalms, hymns, and spiritual songs while *together*?

Ac 4:23-24...31

What had just happened when the apostles “went to their own”? What did they do while together? What attitude and action followed?

1Co 11:17

If Paul could not praise them because their coming together resulted in their being made worse, what should have been the result of their coming together to worship?

2Co 8:1; 9:2

While giving should be the purposed fruit of a cheerful heart (2Co 9:7), how did Paul motivate both the Macedonians and then the Corinthians in giving?

Ac 11:26

What did those who were not in the fellowship of these assemblies deprive themselves of?

Heb 10:24-25

While this text exhorts Christians to “consider...one another” and specifically points to assembling together as a means of doing that, what is implied as to the effect on *self*?

The first and last scriptures in this lesson point generally to the benefit one derives from being active in the fellowship of the saints. The intervening scriptures point to specific things saints do when together and the benefit of these: singing, praying, observing the Lord’s Supper, giving, Bible study. If we believe what these scriptures tell us, and if we want to “nourish and cherish” ourselves *spiritually*, why would we not seek to strengthen ourselves through fellowship because we “love ourselves”? If we do not see the benefit for ourselves, will it not blind us as the value of fellowship for the good of our “neighbor”?—“love your neighbor *as yourself*.”

Pray for Yourself

Mt 6:9-13

For *who* and for *what* did Jesus teach men to pray?

Psalm 3; Psalm 4

While “Psalms” is a collection of songs, it is also a collection of prayers of godly people of the past (**Ps 72:20**). It is a rich collection, showing not only that godly people pray for themselves, but *what* they pray. Psalm 3 may be a morning prayer (see **v5**) and Psalm 4 may be evening prayer (see **vv4,8**). Summarize in two brief sentences or phrases (one for each Psalm), what David was praying for.

Ac 6:4; Rom 12:12; Php 4:6; Col 4:2; 1Th 5:17

What attitude toward prayer do these scriptures encourage?

For thought: If one is serious about “nourishing and cherishing” himself (**Eph 5:28b,29**), how consistent and dedicated will he be to doing those things that provides what he needs for health, protecting himself against those things that threaten his well-being, and seeking healing when he is hurting or sick?

Dan 6:10; Ps 55:17; Lk 18:7

How often did these people pray? How often do *you* pray? (not for answer, but for thought)

To pray daily, and even several times a day, and do so with sincerity, requires faith, devotion, effort, purpose. But, if we “nourish and cherish” ourselves *spiritually*, and *believe* in the benefit of prayer, we will determine, plan, and make the effort because we “love ourselves.”

Jer 14:11

Jeremiah was told *not* to pray for these people—not to pray for their ... (what)?

Prepare Yourself to Meet God

Man, made “in the image of God,” does not cease to exist at death (see previous lessons, “Understand Yourself”). While all we have studied thus far will help us live sensibly and godly in this present world, ultimately we will cross the river of death into another “world,” where our eternal destiny will be begin, decided by the Creator and Judge of all mankind. We only have *now* to prepare for *then*. **If we “love ourselves,” we better prepare to meet God!**

Heb 9:27

What happens after we die?

2Co 5:10

What will the basis of what happens when we “appear before the judgment seat of Christ”?

Mt 16:25-26

What do we stand to lose if we are not prepared to meet God?

Lk 12:35-40

Sum up in a word or phrase Jesus’ exhortation in this discourse. (Note the word thread.)

Contrast the attitude and conduct alluded to in **vv19-20,23,29-30**.

For thought: Which of these two attitudes evidence someone who understand the nature of man, believes the gospel, and cares about his eternal well-being?

Ac 2:40,41

What was Peter’s appeal to this audience? Compare how the KJV and ASV translate it.

Who responded to his exhortation? This is the key to why some prepare themselves to meet God and some do not.

Ac 13:46

What did Paul say the Jews did to themselves? Note: Literally, that is not true. But, it was the *effect* of their attitude and conduct. This highlights the failure to be able to care for ourselves on the highest level when we do not believe the gospel.

Rev 3:14-22

If a person in a church *knew* they were “poor and blind and naked” (v17) and *were given the opportunity to do something about it*, if he “loves himself” (Eph 5:28-29), what would he do?

Those not prepared to stand before God, due to lethargy as the Laodiceans, or for some other reason, and continue in self denial, are indeed “wretched and miserable!” What does Jesus warn them to do? (v19)

The man who “loves himself” has no higher priority for his well being than to prepare himself to meet God!