



Learning to Love Ourselves

Richard Peace

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Improper self-love leads to a lifestyle that is selfish and self-destructive. But failing to love yourself adequately is also self-destructive. Without proper self-esteem, people fail to use their God-given gifts and have difficulty loving others. Jesus calls us to walk the narrow road between selfishness and selflessness. This study will help you do so. You will learn how to study the Bible as you examine and discuss topics such as Loving Ourselves, Valuing Ourselves, Understanding Ourselves, Behaving Ourselves, Forgiveness for Ourselves, Growing Ourselves, Being Ourselves. Each chapter has three main sections: Group Study (materials for a sixty- to ninety-minute small-group Bible study); Study Resources (notes and comments for use in both group and personal study); Personal Study (a series of reflection questions for use by group members on their own during the week). Extra help is available at the end of the book in the sections The Art of Leadership (tips on how to lead a small group) and Small Group Leader's Guide (notes on each session). The goal of PILGRIMAGE GUIDES is to understand what it means for us to meet and know Jesus. Through an examination of the spiritual disciplines of Bible study, prayer, and worship, we experience what it means to be a spiritual pilgrim-walking in a new way with God. And we look at how this new way changes the way we view others and live our lives in Christ. PILGRIMAGE GUIDES: Learning to Love God Learning to Love Ourselves Learning to Love Others

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