

First Baptist Church of Progress Village
Why Am I Like This? By Kobe Campbell
Bible and Book Study Series
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Chapter 5: “Investigating Identity: Why Is It So Hard To Love Myself?”

Proverbs 19:8 (KJV) *He that getteth wisdom loveth his own soul: he that keepeth understanding shall find good.*

Proverbs 19:8 (NLT2) *To acquire wisdom is to love oneself; people who cherish understanding will prosper.*

Learning about ourselves and the world around us is an important step in **self-love**.

Why do believers struggle with self-love?

Self-Love is good **stewardship** of God’s first **gift** to me...my mind, body, and soul.

Psalms 139:13-18 (NLT2) *You made all the delicate, inner parts of my body and knit me together in my mother’s womb. Thank you for making me so wonderfully complex! Your workmanship is marvelous—how well I know it. You watched me as I was being formed in utter seclusion, as I was woven together in the dark of the womb. You saw me before I was born. Every day of my life was recorded in your book. Every moment was laid out before a single day had passed. How precious are your thoughts about me, O God. They cannot be numbered! I can’t even count them; they outnumber the grains of sand! And when I wake up, you are still with me!*

God created us to love **us**, for us to love **him**, love **ourselves**, and love **others**.

Genesis 1:26-28 (KJV) *And God said, Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth. So God created man in his own image, in the image of God created he him; male and female created he*

them. And God blessed them, and God said unto them, Be fruitful, and multiply, and replenish the earth, and subdue it: and have dominion over the fish of the sea, and over the fowl of the air, and over every living thing that moveth upon the earth.

Loving myself is loving the image of **God** and a part of accepting His **purpose** for my life.

Ephesians 5:29-30 (KJV) *For no man ever yet hated his own flesh; but nourisheth and cherisheth it, even as the Lord the church: 30 For we are members of his body, of his flesh, and of his bones.*

Learning to **accept** myself is a pre-cursor to **loving** others the way God loves me.

Negative Core Belief is a **lie** about our identity and worthiness that we believe to be true, even when we don't want to believe it. (p.74) *Read bottom of page 74 to top of 75.*

2 Corinthians 11:3 (ESV) *But I am afraid that as the serpent deceived Eve by his cunning, your thoughts will be led astray from a sincere and pure devotion to Christ.*

John 8:38-45 (KJV) *...44 Ye are of your father the devil, and the lusts of your father ye will do. He was a murderer from the beginning, and abode not in the truth, because there is no truth in him. When he speaketh a lie, he speaketh of his own: for he is a liar, and the father of it. And because I tell you the truth, ye believe me not.*

No matter how true our negative core beliefs may feel, they are always **untrue**.

I am who God says I am.

The lies we believe about ourselves and the world around us cause us to engage in **transference**, which is placing the weight of a past incident on a present moment.

Ruptures are the painful deterioration of our deepest relationships. A disconnection in our relationships with others. At its core, a rupture is a **loss** of **trust and safety**.

Everyone experiences ruptures in relationships, but not everyone recovers from them.

TIME does **NOT** heal all wounds...**GOD** does!

Psalm 147:1-11 (KJV) ...5 *Great is our Lord, and of great power: his understanding is infinite.*

Revelation 21:4 (KJV) *And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away.*

God works through time, but time is only a construct of the present. God is across time and is not restricted by it.

Matthew 11:28 (KJV) *Come unto me, all ye that labour and are heavy laden, and I will give you rest.*

Jesus **longs** for me to live in the light He's calling me into. (p. 87)

Self-Reflection:

1. Reflect on your own negative core beliefs.
2. Write down moments that made your negative core belief feel true.
3. Look at the basic checklist of possible negative core beliefs. Which ones cause a physical or emotional reaction? You may identify with several of these beliefs, or you may not identify with any of them. Check the ones you identify with and the emotions they bring up in you, take time to journal about those emotions.
4. Review the safety techniques we discussed in last week's lesson. Spend time with one of them again this week.

Negative Core Belief Checklist

Survival

- ☐ I am going to die
- ☐ I am in danger
- ☐ I am overwhelmed

Shame (I am wrong)

- ☐ I don't deserve love
- ☐ I am a bad person
- ☐ I am terrible
- ☐ I am invisible
- ☐ I am worthless (inadequate)
- ☐ I am shameful
- ☐ I am not lovable
- ☐ I am not good enough
- ☐ I deserve only bad things
- ☐ I am permanently damaged
- ☐ I am ugly (my body is bad)
- ☐ I do not deserve good things
- ☐ I am stupid (not smart enough)
- ☐ I am insignificant (unimportant)
- ☐ I am a disappointment
- ☐ I deserve to die
- ☐ I deserve to be miserable
- ☐ I am different (don't belong)

Toxic/Shame

- ☐ I don't deserve to exist

Guilt (I've done something wrong)

- ☐ I've done something wrong (so everything wrong is my fault)
- ☐ I should have known better

Worth/Lovability

- ☐ I am unlovable
- ☐ I am worthless
- ☐ I am inadequate
- ☐ I am too difficult to love
- ☐ I am unwanted
- ☐ Nobody loves me
- ☐ Nobody wants me
- ☐ I am toxic
- ☐ I will always be rejected

Safety/Vulnerability

- ☐ I cannot be trusted
- ☐ I cannot trust myself
- ☐ I cannot trust my judgment
- ☐ I cannot trust anyone
- ☐ I cannot protect myself
- ☐ I am in danger
- ☐ It's not okay to feel my emotions
- ☐ It's not okay to show my emotions
- ☐ I cannot stand up for myself

Control/Choice

- ☐ I am not in control
- ☐ I am powerless (helpless)
- ☐ I am weak
- ☐ I am helpless
- ☐ I cannot get what I want
- ☐ I am a failure (will fail)
- ☐ I cannot succeed
- ☐ I am trapped in my life
- ☐ I have to be perfect (please everyone)
- ☐ I am inadequate
- ☐ I am ineffective
- ☐ I cannot trust anyone
- ☐ I can't change
- ☐ I am incapable
- ☐ I am vulnerable (unprotected)

Capability

- ☐ I am helpless
- ☐ I have no power
- ☐ I am weak
- ☐ I am insufficient on my own
- ☐ I cannot handle important things
- ☐ I am incompetent