

WEEK 10 DAY 1

MAIN POINT:

Honest self-reflection can help you realize the truth of God's love for you.

KEY SCRIPTURE:

"Behold, you delight in truth in the inward being, and you teach me wisdom in the secret heart."

(Psalm 51:6)

EMBRACE THE TRUTH ABOUT YOU

PRAYER: Dear God, help me to more fully understand your love for me. Show me the value of seeking wisdom and self-reflection.

Since first attending *re:generation*, it's likely that you've heard, "I have a new life in Christ." These six words are the perfect summary statement for anyone comparing the life they once lived apart from Christ to the life they are currently living by faith in Christ. Past choices, words, and behaviors reveal ugly truths about yourself when you live apart from God. You are not alone; We all desperately need God's grace and mercy to make us new.

Examining your past failures may seem counterproductive, because it often produces deep feelings of regret, shame, and guilt. These feelings can lead you to believe lies about yourself. It is tempting to believe that your past failures make you unworthy of love—that if all your mistakes were brought to the light, no one would accept you. It is easy to fall into the trap of thinking change is impossible. However, because of what Jesus has done, these lies do not have to have power over you.

The Apostle Paul wrote in his letter to the Romans, "but God shows his love for us in that while we were still sinners, Christ died for us" (Romans 5:8). This changes everything. God thinks that you are worthy of sacrificial love even in your worst moments of sin and shame. Your sin does not make you unworthy of God's love (the love that matters most)! Your value is not determined by what you've done, but by what God has done for you. Regret, shame, and guilt don't have to define who you are. Instead, God's love can define you. Doesn't this inspire you to learn more about the one who made it possible?

Accepting that you are loved by God in spite of your sin, allows you to engage in honest self-reflection. Without denying your sin, try to understand who you really are and the incredible amount of grace offered to you by a loving God. God longs for more than a surface relationship with you. Share with him the good, the bad, and the ugly. Share with him all the experiences and choices that cause regret, shame, and guilt. Honest self-reflection helps you better appreciate God's love. You are fully known and still fully loved.

DRAFT

APPLICATION: What are some ugly truths you avoid facing about yourself? What emotions do these reminders stir in you (shame, guilt, remorse, self-hatred, self-pity, etc.)? Write a brief note to God sharing these things with him. Ask him for courage to be transparent in your relationship with him and for him to reveal more of his love for you.