



FREEDOM FOR MEN • New Heart • New Mind • New Life
Trusted, experienced, faith-based men helping men find hope and freedom!

Chapter 8. Learning the power of real LOVE.

Week 30: SELF-love and self-care, as a foundation for loving others.

Video: Peaceful Warrior

[Click here to watch a video clip in our Vimeo account.](#)

Word of the Week: Self

Theme verse: *For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.* – 2 Timothy 1:7

Additional Verses: – Ephesians 5:25-29, 2 Corinthians 5:17-21

Quote: “Your relationship with yourself sets the tone for every other relationship you have.” – Robert Holden

John Eldredge: “If a man does not find those things for which his heart is made, if he is never even invited to live for them from his deep heart, he will look for them in some other way.”

Questions: Do you think self love is selfish? How can you love others, if you don't love yourself? Why do you think we struggle so much with self care and do things to our body that are not good for us?

Highlight Video: Anxious Heart, Jeremy Camp

[Click here to watch in our Vimeo account.](#)

Word of the Week: Self

Dictionary:

noun, plural selves

- a person or thing referred to with respect to complete individuality: one's own self.
- a person's nature, character, etc.: *his better self*.

adjective

- being the same throughout, as a color; uniform.
- being of one piece with or the same material as the rest: *drapes with a self lining*.
- myself, himself, herself, etc.: *to make a check payable to self*.

Quotes: “There is only one corner of the universe you can be certain of improving, and that’s your own self.” – Aldous Huxley

“Very often a change of self is needed more than a change of scene.”
– A. C. Benson

“Your relationship with yourself sets the tone for every other relationship you have.” – Robert Holden

“There is no respect for others without humility in one’s self.”
– Henri Frederic Amiel

“By constant self-discipline and self-control you can develop greatness of character. Discipline is the bridge between goals and accomplishment.” – Jim Rohn

“If you truly want to become a better you, it is imperative that you learn to feel good about yourself.” – Joel Osteen

“Spirituality is impacted not only by remembrance but by diet, stress, sleeping and eating habits among other things. Take care of yourself.”
– Nouman Ali Khan

Bible: Psalm 119:36

Turn my heart toward your statutes and not toward **selfish** gain.

Proverbs 18:1

An unfriendly person pursues **selfish** ends and against all sound judgment starts quarrels.

Proverbs 25:28

Like a city whose walls are broken through is a person who lacks **self-control**.

Matthew 23:25

“Woe to you, teachers of the law and Pharisees, you hypocrites! You clean the outside of the cup and dish, but inside they are full of greed and **self-indulgence**.

Luke 9:25

What good is it for someone to gain the whole world, and yet lose or forfeit their very **self**?

Romans 2:8

But for those who are **self-seeking** and who reject the truth and follow evil, there will be wrath and anger.

Romans 6:6

For we know that our old **self** was crucified with him so that the body ruled by sin might be done away with, that we should no longer be slaves to sin.

1 Corinthians 7:5

Do not deprive each other except perhaps by mutual consent and for a time, so that you may devote yourselves to prayer. Then come together again so that Satan will not tempt you because of your lack of **self-control**.

Galatians 5:22-24

But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and **self-control**. Against such things there is no law. Those who belong to Christ Jesus have crucified the flesh with its passions and desires.

Ephesians 4:22-24

You were taught, with regard to your former way of life, to put off your old **self**, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new **self**, created to be like God in true righteousness and holiness.

2 Timothy 1:7

For the Spirit God gave us does not make us timid, but gives us power, love and **self-discipline**.