

PSALM 139:14

LOVE YOURSELF

A Bible Study on Self-Acceptance,
Identity, and Learning to Love Yourself

Psalm 139:14

"I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."

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Introduction: The Forgotten Commandment

When Jesus was asked to identify the greatest commandment, He gave an answer that has shaped Christian faith for two millennia:

Mark 12:30-31

"Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength. The second is this: 'Love your neighbor as yourself.' There is no commandment greater than these."

We spend countless hours studying how to love God. We preach sermons and write books about loving our neighbors. But tucked inside that second commandment is a phrase we often overlook: "as yourself."

Jesus assumes we love ourselves. He commands us to extend that same love to others. But what if you don't love yourself? What if, instead of self-love, you carry:

- Deep shame about your past
- Relentless self-criticism
- A belief that you are fundamentally flawed
- Difficulty accepting forgiveness—from God or anyone else
- A sense that you are less valuable than others

For those of us in recovery, these struggles are not abstract. Years of addiction convinced us we were worthless, defective, beyond redemption. Even after we stop using, those lies often remain.

This study is designed to address the forgotten commandment—to help you discover, perhaps for the first time, what it means to love yourself the way God loves you. Not selfishly. Not arrogantly. But truthfully, graciously, and completely.

Because until you learn to receive God's love for yourself, you cannot fully give it to others.

How to Use This Study

This curriculum is designed for both individual use and small group settings. Each of the six modules can be completed in approximately one to two hours, depending on the depth of reflection and discussion.

For Individual Study

1. Find a quiet place free from distractions
2. Begin each session with prayer, asking God to open your heart
3. Read through the teaching content slowly and reflectively
4. Take time with the reflection questions—write out your answers
5. Memorize the Scripture for each module
6. Use the Daily Devotional Guide in Appendix B throughout the week

For Small Groups

1. Have participants read the module content before gathering
2. Open with the module prayer
3. Review key concepts and Scriptures together
4. Discuss the reflection questions as a group
5. Allow time for personal sharing (voluntary)
6. Close with the module prayer and Scripture memory

Facilitator Guidelines

If you are leading a group through this study, please observe the following guidelines to create a safe and healing environment:

Create Safety

- Establish confidentiality from the first meeting
- Allow people to pass on any question they're not ready to answer
- Avoid giving advice unless specifically asked

Be Trauma-Informed

- Recognize that issues of self-worth often connect to past trauma
- Do not push people to share more than they're comfortable with
- Have crisis resources available (see Appendix C)
- Know when to refer to professional counseling

Model Vulnerability

- Share your own journey with self-acceptance appropriately
- Admit when you don't have answers
- Demonstrate grace toward yourself and others

Crisis Resources

This study may surface difficult emotions. If you or someone in your group is in crisis, please reach out for help:

Resource	Contact
988 Suicide & Crisis Lifeline	Call or text 988
Crisis Text Line	Text HOME to 741741
SAMHSA National Helpline	1-800-662-4357
National Domestic Violence Hotline	1-800-799-7233

Module 1: Fearfully and Wonderfully Made

The Foundation of Your Worth

Psalm 139:13-14

"For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."

Opening Prayer

Father, as I begin this journey toward self-acceptance, I confess that I have believed lies about my worth. I have measured myself by the wrong standards and found myself lacking. Open my eyes to see myself the way You see me—as Your beloved creation, fearfully and wonderfully made. Give me the courage to receive Your truth about who I am. In Jesus' name, Amen.

The Source of Your Value

Where does human worth come from? Our culture offers many answers: achievement, appearance, intelligence, productivity, wealth, and popularity. By these measurements, some people are worth more than others—and most of us fall short.

But Scripture tells a radically different story. Your worth does not come from what you do, how you look, or what others think of you. Your worth comes from one source alone: you were made by God, in His image, on purpose.

Genesis 1:27

"So God created mankind in his own image, in the image of God he created them; male and female he created them."

The Hebrew word for "created" used here is "bara"—a word reserved exclusively for God's creative activity. No human can "bara." Only God creates something from nothing, brings being out of non-being.

And what did God create? Image-bearers. You carry the imprint of the Creator Himself. Not because you earned it. Not because you deserved it. Simply because God chose to make you that way.

The Lies We Believe

If we truly understood our identity as God's image-bearers, we would never struggle with self-worth. But from our earliest days, we absorb messages that contradict this truth:

- *"You're not good enough."*
- *"You're a mistake."*
- *"If people really knew you, they wouldn't love you."*
- *"You'll never measure up."*
- *"You're worthless."*

These lies may have come from parents, peers, partners, or our own inner critic. For those of us in recovery, addiction amplified these messages until they became our identity. We didn't just make bad choices—we became convinced we were bad people.

But lies, no matter how loud or how long believed, do not become truth. And the truth is this: before you ever took a breath, sinned a sin, or made a single choice, God looked at you and said, "This one is Mine. And this one is wonderful."

Knowing It "Full Well"

David writes in Psalm 139:14 that God's works are wonderful—"I know that full well." The Hebrew suggests deep, experiential knowledge. Not just intellectual agreement, but bone-deep certainty.

Most of us can say, "Yes, I know God made me." But do we know it full well? Do we live as though we believe it? Do we treat ourselves as fearfully and wonderfully made?

The journey from head knowledge to heart knowledge is the work of this entire study. It begins here, with a simple but profound truth: your worth is not earned. It is given. It is intrinsic. It is unchangeable.

No sin can remove it. No failure can diminish it. No amount of self-hatred can make it untrue.

You are fearfully and wonderfully made. Full stop.

Reflection Questions

1. What messages about your worth did you absorb growing up? Who or what was the source of these messages?
2. How has addiction (yours or someone else's) affected how you see yourself?
3. Read Psalm 139:13-16. What does it mean to you that God "knit you together" before you were born?
4. What would change in your daily life if you truly believed you were "fearfully and wonderfully made"?

Closing Prayer

Lord, I confess that I have believed lies about my worth. I have listened to voices that contradicted Your truth. Today, I choose to begin again. Teach me to see myself through Your eyes—as Your beloved creation, made in Your image. When the old voices rise, help me remember: I am fearfully and wonderfully made. Amen.

Scripture Memory

Psalm 139:14

"I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."

Module 2: The 'As Yourself' Command

Self-Love Is Not Selfishness

Mark 12:31

"The second is this: 'Love your neighbor as yourself.' There is no commandment greater than these."

Opening Prayer

Father, I confess that I have confused self-love with selfishness. I have either neglected myself entirely or swung to the opposite extreme of self-centeredness. Teach me the kind of self-love that You command—one that reflects Your love for me. Help me understand what it means to love myself so that I can truly love others. In Jesus' name, Amen.

The Hidden Commandment

When Jesus declared the greatest commandments, He quoted Deuteronomy 6:5 and Leviticus 19:18. Religious teachers had debated for centuries which of the 613 laws in the Torah was most important. Jesus cut through the debate with elegant simplicity: love God completely, love your neighbor as yourself.

We focus, rightly, on loving God and loving neighbor. But notice: Jesus doesn't say "love your neighbor instead of yourself" or "love your neighbor more than yourself." He says, "as yourself."

The commandment assumes a baseline: you love yourself. And it calls you to extend that same care, that same concern, that same compassion to others.

But what if the baseline is broken? What if you don't love yourself? Can you truly give what you don't have?

Self-Love vs. Selfishness

Many Christians have been taught that self-love is sinful—a form of pride or narcissism. And indeed, Scripture warns against self-centeredness:

Philippians 2:3-4

"Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others."

But there is a crucial difference between healthy self-love and sinful selfishness:

Healthy Self-Love	Sinful Selfishness
Recognizes God as the source of worth	Makes oneself the center of the universe
Cares for self to better serve others	Uses others to serve self
Humble acknowledgment of needs	Demanding that needs always come first
Accepts limitations without shame	Denies limitations or blames others
Extends the same grace to self as to others	Demands grace for self, judgment for others

Healthy self-love is not the opposite of loving God and neighbor—it is the foundation for it. You cannot pour from an empty cup. You cannot give what you refuse to receive.

The Golden Rule in Reverse

Consider the Golden Rule: "Do to others as you would have them do to you" (Luke 6:31). Most of us understand this as a call to treat others well. But it also reveals something about how we should treat ourselves.

Ask yourself:

- Would you speak to a friend the way you speak to yourself in your own mind?
- Would you criticize a struggling friend as harshly as you criticize yourself?
- Would you refuse to forgive a friend for mistakes you won't forgive in yourself?
- Would you expect a friend to be perfect before they deserve love?

If you wouldn't treat others the way you treat yourself, something is out of alignment. Jesus calls us to a consistent standard: the love you would give to others is the same love you should give to yourself.

Reflection Questions

1. How do you typically talk to yourself when you make a mistake? Would you speak to a close friend the same way?
2. Have you been taught that self-love is sinful? How has this belief affected your life?
3. What is one specific way you could practice healthy self-care this week?
4. How might learning to love yourself better enable you to love others more authentically?

Closing Prayer

Lord Jesus, You who gave the commandment to love our neighbors as ourselves, teach me what healthy self-love looks like. Help me reject both self-hatred and selfishness, finding instead the balanced love that allows me to care for myself and pour out to others. Thank You for loving me first, that I might learn to love. Amen.

Scripture Memory

Mark 12:31

"The second is this: 'Love your neighbor as yourself.' There is no commandment greater than these."

Module 3: Receiving Forgiveness

Moving Beyond Shame

1 John 1:9

"If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness."

Opening Prayer

Father, I come to You carrying the weight of my past. I know You promise forgiveness, but I struggle to receive it. The shame feels too heavy, the failures too many, the damage too great. Today, help me to truly believe that Your grace is sufficient—not just for others, but for me. Meet me in my shame and lead me to freedom. In Jesus' name, Amen.

The Weight of Shame

There is a crucial difference between guilt and shame. Guilt says, "I did something bad." Shame says, "I am bad." Guilt focuses on behavior that can be changed. Shame attacks our identity, which can feel permanent.

For those of us in recovery, shame is often the heaviest burden we carry. It's not just that we drank too much or used too often. We lied to people who loved us. We broke promises we meant to keep. We hurt children, spouses, and friends. We lost jobs, relationships, and opportunities. We look at the wreckage and conclude: something must be fundamentally wrong with me.

Shame keeps us from God. We hide, like Adam and Eve in the garden, convinced that if God really saw us, He would reject us. We perform religious rituals hoping to earn back the favor we believe we've lost forever.

But the gospel speaks directly to our shame:

Romans 8:1

"Therefore, there is now no condemnation for those who are in Christ Jesus."

No condemnation. Not "less condemnation." Not "condemnation for big sins but not little ones." No condemnation. Period.

The Faithfulness of God

Notice the language in 1 John 1:9: God is "faithful and just" to forgive. Forgiveness is not arbitrary or conditional on how sorry we feel. It is anchored in God's character.

God is faithful—He keeps His promises. When He says sins are forgiven, they are forgiven. When He says we are cleansed, we are cleansed. Our feelings do not determine the reality of God's forgiveness.

God is just—the penalty for sin has been paid. Jesus Christ absorbed the full weight of divine justice on the cross. When we confess and receive His sacrifice, there is no outstanding debt. Justice has been satisfied.

This means your forgiveness does not depend on:

- How badly you feel about your sins
- How much you've "made up for" your past
- How long ago your sins occurred
- How many times you've confessed the same thing
- Whether others have forgiven you

Your forgiveness depends entirely on God's faithfulness and the finished work of Christ.

Forgiving Yourself

If God has forgiven you, what right do you have to refuse forgiveness to yourself? When we hold onto self-condemnation after God has released us, we are essentially saying: "God's forgiveness is not enough. My standards are higher than His."

This is not humility—it is pride disguised as shame. It places our judgment above God's judgment.

Self-forgiveness does not mean:

- Pretending you didn't do wrong
- Excusing harmful behavior
- Avoiding responsibility or amends

Self-forgiveness means:

- Accepting that Christ's sacrifice covers your sin
- Refusing to carry the condemnation that God has removed
- Learning from the past without being imprisoned by it
- Living freely in the grace you've received

Reflection Questions

1. What specific sins or failures do you struggle most to forgive yourself for?
2. How does shame affect your relationship with God? Your relationships with others? Your relationship with yourself?
3. What would it look like for you to accept God's forgiveness as complete and final?
4. Is there someone you need to make amends to as part of your healing? What is one step you could take?

Closing Prayer

Father, I confess that I have held onto shame You never intended me to carry. I have punished myself for sins You have already forgiven. Today, I choose to receive Your grace—not just as a doctrine, but as reality for my life. Help me to forgive myself as You have forgiven me. Set me free from condemnation and let me walk in the freedom Christ purchased. Amen.

Scripture Memory

Psalm 103:12

"As far as the east is from the west, so far has he removed our transgressions from us."

Module 4: Renewing Your Mind

Transforming Self-Talk

Romans 12:2

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will."

Opening Prayer

Lord, You know the thoughts I think about myself—many of them are not from You. Years of lies have created well-worn paths in my mind, and I return to them without even trying. Today, begin the work of renewal. Show me the thoughts that need to change, and give me the discipline to replace them with Your truth. Transform me from the inside out. In Jesus' name, Amen.

The Battle in Your Mind

The average person has between 12,000 and 60,000 thoughts per day. Research suggests that for most people, the majority of these thoughts are negative, and most are the same thoughts we had yesterday.

For those struggling with self-worth, the mind becomes a battlefield. A constant stream of criticism runs in the background:

- "You're such an idiot."
- "You always mess things up."
- "No one really likes you."
- "You'll never change."
- "Why even try?"

These thoughts feel automatic, almost reflexive. They have been reinforced over the years, perhaps decades. They feel true because they are familiar.

But familiar is not the same as true.

Taking Thoughts Captive

2 Corinthians 10:5

"We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ."

Paul uses military language: demolish, take captive. This is active warfare, not passive acceptance. We are not helpless victims of our thoughts—we can identify lies, challenge them, and replace them with truth.

The process of renewing your mind involves three steps:

1. AWARENESS: Notice the thought. What are you telling yourself? Name it specifically.

2. EVALUATION: Is this thought true? Is it from God? Does it align with Scripture? Does it produce life or death?

3. REPLACEMENT: If the thought is a lie, what is the corresponding truth? Speak the truth out loud.

The Philippians 4:8 Filter

Philippians 4:8

"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things."

Paul gives us a filter for evaluating thoughts. Apply these questions to your self-talk:

- Is this thought TRUE? (Not just familiar—actually true according to God's Word?)
- Is this thought NOBLE? (Does it reflect dignity or degradation?)
- Is this thought RIGHT? (Does it align with God's standards?)
- Is this thought PURE? (Is it untainted by the enemy's lies?)
- Is this thought LOVELY? (Does it produce love or fear?)
- Is this thought ADMIRABLE? (Would you admire someone who thought this way?)
- Is this thought PRAISEWORTHY? (Does it lead to gratitude or despair?)

Most negative self-talk fails every one of these tests. That's how you know it's not from God.

Reflection Questions

1. What negative thoughts about yourself run most frequently through your mind?
2. Where did these thoughts originate? Can you trace them to a specific source?
3. Choose one recurring negative thought. What is the biblical truth that contradicts it?
4. How might your life change if you consistently replaced lies with truth?

Closing Prayer

Father, I surrender my thought life to You. I have believed lies for too long, and I am tired of the war in my mind. Give me awareness to notice when lies arise. Give me discernment to evaluate thoughts by Your Word. Give me the courage to replace lies with truth, even when the truth feels unfamiliar. Renew my mind, Lord, and transform me. Amen.

Scripture Memory

Romans 12:2

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind."

Module 5: Embracing Your Story

Finding Purpose in Pain

Romans 8:28

"And we know that in all things God works for the good of those who love him, who have been called according to his purpose."

Opening Prayer

Father, there are parts of my story I wish I could erase—chapters I'm ashamed of, wounds I didn't deserve, choices that led to pain. Today, help me see my story through Your eyes. Show me how You can redeem what feels unredeemable. Give me the courage to embrace all of who I am, trusting that You waste nothing. In Jesus' name, Amen.

The Story You Wish You Had

Most of us carry a "shadow story"—the life we wish we had lived. We imagine how things might have been if we hadn't made that choice, if that person hadn't hurt us, if circumstances had been different.

For those in recovery, the shadow story is especially vivid. We can list the years lost, the opportunities missed, the relationships destroyed. We look at others who seem to have "normal" lives and wonder why our path has been so hard.

But here's the truth: you cannot love yourself while rejecting your story. Your story—all of it—is part of who you are. The painful chapters are not separate from the person you're becoming. They are the raw material God is using to shape you.

The God Who Redeems

Romans 8:28 does not say that all things are good. Some things are terrible. Abuse is not good. Addiction is not good. Loss, betrayal, and trauma are not good.

But Paul says God works **IN** all things. He is present in the mess, active in the pain, working even now to bring good out of what was meant for evil.

Consider Joseph, sold into slavery by his brothers, falsely accused, and imprisoned for years. At the end of his story, he could say to those same brothers:

Genesis 50:20

"You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives."

God did not cause Joseph's suffering. But He redeemed it. He wove it into a larger story of salvation.

The same God is at work in your story.

Your Wounds Can Heal Others

2 Corinthians 1:3-4

"Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God."

Your pain is not wasted. The comfort you receive from God in your struggles equips you to comfort others in theirs. Your story—including the hard parts—becomes a gift.

The person best equipped to help an addict is often a recovering addict. The person best equipped to walk with someone through grief is someone who has grieved. The person best equipped to speak hope into despair is someone who has found hope in their own darkness.

When you embrace your story, you unlock its power to help others. When you hide it, that power remains dormant.

Integration, Not Elimination

Self-love does not require erasing your past. It requires integrating it—acknowledging what happened, grieving what was lost, accepting what cannot be changed, and trusting God with what remains.

Integration means:

- Telling the truth about your story without shame
- Recognizing how your experiences have shaped you—for good and for ill
- Learning the lessons your pain has to teach
- Offering your story to God for His purposes
- Being willing to share your story to help others

Reflection Questions

1. What parts of your story do you struggle most to accept?
2. How has God brought good out of painful experiences in your past?
3. Who in your life might benefit from hearing your story?
4. What comfort have you received from God that you could share with someone else?

Closing Prayer

Father, I release my shadow story to You—the life I wished I had lived. I accept the story You have actually written, trusting that You are working in all things for good. Show me how to use my wounds to help others find healing. Let my story point to Your redemption. Amen.

Scripture Memory

2 Corinthians 1:4

"...who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God."

Module 6: Living as Beloved

Your New Identity

1 John 3:1

"See what great love the Father has lavished on us, that we should be called children of God! And that is what we are!"

Opening Prayer

Father, I have been called many things in my life—some true, some false. Today, I want to know the name You call me. Help me to receive Your love, not as an abstract concept, but as the defining reality of my life. I want to live as Your beloved child. Show me what that means. In Jesus' name, Amen.

What God Calls You

Identity is formed by the names we receive. Some of us were called "stupid," "worthless," "a mistake." Addiction gave us more names: "addict," "drunk," "junkie," "failure." We internalized these labels until they became our identity.

But what does God call you?

- CHILD — "to all who did receive him, to those who believed in his name, he gave the right to become children of God" (John 1:12)
- CHOSEN — "you are a chosen people, a royal priesthood, a holy nation, God's special possession" (1 Peter 2:9)
- FORGIVEN — "as far as the east is from the west, so far has he removed our transgressions from us" (Psalm 103:12)
- NEW CREATION — "if anyone is in Christ, the new creation has come: The old has gone, the new is here!" (2 Corinthians 5:17)
- WORKMANSHIP — "we are God's handiwork, created in Christ Jesus to do good works" (Ephesians 2:10)
- BELOVED — "See what great love the Father has lavished on us, that we should be called children of God!" (1 John 3:1)

These are not aspirational—they are actual. If you are in Christ, this is who you already are. The work is not to become these things, but to believe them and live accordingly.

Lavished Love

John uses remarkable language: God has "lavished" His love on us. The word suggests abundance, extravagance, and excess. God's love is not measured, rationed, or earned. It is poured out generously, freely, overwhelmingly.

And the result? We are called children of God. Not servants. Not slaves. Not distant subjects. Children. With all the intimacy, belonging, and inheritance that word implies.

Then John adds, almost as if he can't believe it himself: "And that is what we are!"

Not "that is what we're trying to become." Not "that is what we hope to be someday." That is what we ARE. Present tense. Already true. Waiting only to be believed.

Living from Identity, Not for Identity

There are two ways to live:

Living FOR identity means performing to earn love, striving to prove worth, and working to become acceptable. It is exhausting and never enough.

Living FROM identity means receiving love as a gift, resting in established worth, and acting from acceptance already given. It is freeing and always sufficient.

The gospel invites us to stop living for identity and start living from identity. We don't obey God to make Him love us—He already loves us. We don't serve others to prove our worth—our worth is already established. We don't pursue holiness to earn acceptance—we are already accepted in Christ.

This is the freedom of the beloved: nothing to prove, nothing to earn, nothing to fear. Only love to receive and love to give.

Becoming Who You Already Are

The Christian life is the process of becoming who you already are. You are already forgiven—now live without shame. You are already loved—now stop striving for approval. You are already accepted—now rest in your belonging.

This is not about trying harder. It is about believing more deeply. As you internalize your identity as God's beloved child, your thoughts, feelings, and behaviors will align with that truth.

You will treat yourself with kindness—because that is how you treat someone beloved.

You will set healthy boundaries—because beloved children deserve protection.

You will pursue growth—because beloved children are nurtured toward flourishing.

You will extend grace to yourself—because beloved children are forgiven, not condemned.

Reflection Questions

1. What names or labels have most shaped your identity? Where did they come from?
2. Which of God's names for you is hardest to believe? Why?
3. What would change in your daily life if you truly lived as God's beloved child?
4. How might your relationships with others change if you approached them from a secure identity in Christ?

Closing Prayer

Father, thank You for calling me Your child. Thank You for lavishing Your love on me—not because I earned it, but because that is who You are. Today, I choose to believe what You say about me. I am chosen. I am forgiven. I am beloved. Help me live from this identity, not for it. Let the truth of Your love transform how I see myself and how I treat myself. I receive Your love. I am Your beloved. Amen.

Scripture Memory

1 John 3:1

"See what great love the Father has lavished on us, that we should be called children of God! And that is what we are!"

Appendix A: Scripture Memory Cards

Cut these cards out or copy them to index cards for daily review:

Module 1 — Psalm 139:14

"I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."

Module 2 — Mark 12:31

"The second is this: 'Love your neighbor as yourself.' There is no commandment greater than these."

Module 3 — Psalm 103:12

"As far as the east is from the west, so far has he removed our transgressions from us."

Module 4 — Romans 12:2

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind."

Module 5 — 2 Corinthians 1:4

"...who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God."

Module 6 — 1 John 3:1

"See what great love the Father has lavished on us, that we should be called children of God! And that is what we are!"

Appendix B: Six-Week Daily Devotional Guide

Use this guide throughout the study to reinforce each module's theme. Each day includes a brief Scripture reading, reflection prompt, and affirmation.

Week 1: Fearfully and Wonderfully Made

Day 1: Read Psalm 139:1-6. God knows everything about you—and loves you completely.

Day 2: Read Psalm 139:7-12. There is nowhere you can go that God is not present.

Day 3: Read Psalm 139:13-16. You were formed intentionally by a loving Creator.

Day 4: Read Genesis 1:26-27. You bear the image of God Himself.

Day 5: Read Ephesians 2:10. You are God's masterpiece, created for good works.

Day 6: Read Isaiah 43:1-4. You are precious and honored in God's sight.

Day 7: Rest. Spend time in silence, receiving God's love.

Daily Affirmation: "I am fearfully and wonderfully made. God's works are wonderful, and I am one of them."

Week 2: Love Yourself as You Love Others

Day 1: Read Mark 12:28-31. The second greatest commandment includes loving yourself.

Day 2: Read Luke 6:31. Treat yourself as you would treat others.

Day 3: Read Matthew 7:1-5. The judgment you give yourself is often too harsh.

Day 4: Read Galatians 5:13-14. Freedom leads to love, not self-destruction.

Day 5: Read 1 Corinthians 6:19-20. Your body is a temple—care for it.

Day 6: Read Philippians 2:3-4. Humility doesn't require self-hatred.

Day 7: Rest. Practice one act of self-care as an act of obedience.

Daily Affirmation: "I will love my neighbor as myself—and that means loving myself too."

Week 3: Receiving Forgiveness

Day 1: Read 1 John 1:9. God is faithful to forgive when we confess.

Day 2: Read Psalm 103:8-12. God's compassion is greater than our failures.

Day 3: Read Romans 8:1-4. There is no condemnation for those in Christ.

Day 4: Read Micah 7:18-19. God delights in showing mercy.

Day 5: Read Isaiah 1:18. Your sins can be washed white as snow.

Day 6: Read Colossians 2:13-14. The record against you has been canceled.

Day 7: Rest. Release one specific shame to God in prayer.

Daily Affirmation: "If God has forgiven me, I can forgive myself. The debt is paid."

Week 4: Renewing Your Mind

Day 1: Read Romans 12:1-2. Transformation comes through mind renewal.

Day 2: Read 2 Corinthians 10:3-5. Take every thought captive.

Day 3: Read Philippians 4:8-9. Think on what is true, noble, and praiseworthy.

Day 4: Read Isaiah 26:3. Perfect peace comes from a mind stayed on God.

Day 5: Read Colossians 3:1-2. Set your mind on things above.

Day 6: Read Psalm 19:14. Ask God to make your thoughts pleasing to Him.

Day 7: Rest. Notice your thoughts today without judgment.

Daily Affirmation: "I am being transformed by the renewing of my mind. My thoughts do not control me."

Week 5: Embracing Your Story

Day 1: Read Romans 8:28-29. God works all things for good.

Day 2: Read 2 Corinthians 1:3-4. Your comfort equips you to comfort others.

Day 3: Read Genesis 50:19-21. What was meant for harm, God uses for good.

Day 4: Read Joel 2:25-26. God can restore what was lost.

Day 5: Read Revelation 21:4-5. God is making all things new.

Day 6: Read Psalm 30:11-12. Mourning can become dancing.

Day 7: Rest. Write a letter to your younger self offering compassion.

Daily Affirmation: "My story is not finished. God is still writing, and He wastes nothing."

Week 6: Living as Beloved

Day 1: Read 1 John 3:1-3. You are called a child of God—and you are!

Day 2: Read John 1:12-13. You have the right to become God's child.

Day 3: Read Romans 8:14-17. You are an heir with Christ.

Day 4: Read Ephesians 1:3-6. You were chosen before creation.

Day 5: Read 1 Peter 2:9-10. You are God's special possession.

Day 6: Read Zephaniah 3:17. God rejoices over you with singing.

Day 7: Rest. Sit quietly and receive God's love without doing anything.

Daily Affirmation: "I am God's beloved child. Nothing can change that. I live from love, not for love."

Appendix C: Self-Love Assessment

Use this assessment at the beginning and end of the study to measure growth. Rate each statement from 1 (Strongly Disagree) to 5 (Strongly Agree).

Statement	Rating (1-5)
I believe I am worthy of love.	_____
I treat myself with kindness when I make mistakes.	_____
I can accept compliments without deflecting them.	_____
I believe God loves me unconditionally.	_____
I have forgiven myself for past failures.	_____
My self-talk is generally positive and encouraging.	_____
I take care of my physical health.	_____
I set healthy boundaries with others.	_____
I believe my life has purpose and meaning.	_____
I can receive help from others without shame.	_____
I see my story—including the hard parts—as valuable.	_____
I believe I deserve good things.	_____

Scoring: Add your ratings for a total score.

- 12-24: Significant struggles with self-love. This study is especially for you.
- 25-40: Growing but with room for deeper healing.
- 41-50: Strong foundation—use this study to go even deeper.
- 51-60: Excellent! Consider how you might help others on their journey.

Appendix D: Extended Crisis Resources

If you or someone you know is in crisis, please reach out:

IMMEDIATE CRISIS:

- 988 Suicide & Crisis Lifeline: Call or text 988
- Crisis Text Line: Text HOME to 741741
- Emergency: Call 911

SUBSTANCE USE:

- SAMHSA National Helpline: 1-800-662-4357 (24/7, free, confidential)
- Alcoholics Anonymous: www.aa.org
- Narcotics Anonymous: www.na.org
- Celebrate Recovery: www.celebraterecovery.com

ABUSE & DOMESTIC VIOLENCE:

- National Domestic Violence Hotline: 1-800-799-7233
- RAINN (Sexual Assault): 1-800-656-4673

FINDING A CHRISTIAN COUNSELOR:

- American Association of Christian Counselors: www.aacc.net
- Focus on the Family Counseling: 1-855-771-4357

*"I praise you because I am fearfully and wonderfully made;
Your works are wonderful, I know that full well."*

— Psalm 139:14

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