

Sequim Community Church  
**NEW YEAR, NEW YOU**

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Romans 8:31-39 • January 3, 2021

**I. Introduction**

**II. Why is your relationship with yourself so important?**

- a. You spend the most time with yourself
- b. You'll always be with you
- c. It shapes how you view the world

**III. Your beliefs shape your actions and your actions shape your beliefs**

**IV. Biblical truths about ourselves**

- a. God made you special
  - i. Psalm 139
  - ii. Focus on what we've been given, not what we lack
- b. God loves you

**V. Because God cares for you, you should care for yourself**

**VI. When we care for ourselves, we can best care for others**