

May 22/23, 2010
Being the Best YOU for Others

*"We flourish when we are connected with God and people, and we languish when we are disconnected." - John Ortberg, **The Me I Want to Be.***

"Love God and love people."- Jesus Christ

Stay connected with God. Being the best you for others happens when you let God bring out the best version of you. *John 7:37b-38*

1. Really believe that you truly are completely loved and accepted by God. When you fully surrender to the truth that God loves you, values you and is pleased with you, you are free to be the best you for others. *John 3:16*

2. Realize that God is in you and with you every moment of every day, and that He loves to be acknowledged in those moments. *Psalms 139:1-12*

3. Get alone with God and tell Him all your problems. The best you emerges when you release your worries and anxiety to Him, choosing to believe He is good even in troubled times. *1 Peter 5:5b-7*

4. Invite the Holy Spirit to examine your heart and be transparent with Him, because the Spirit flows in transparency. Acknowledge the down side to your strengths, and let God help you overcome the worst of you so that you can be the best you for others and Him. *Psalms 139:23-24*

"You are your own nemesis, your own biggest problem, because there is a relationship between the best version of you and the worst version of you. What they have in common is that both of them are you."
- John Ortberg

II. Stay connected with people. God brings out the best you for others when you make life-giving relationships your top priority.

Five ways to become the best you for others:

1. Connect more deeply by opening up and really caring for the friends and family God has given you.

Proverbs 18:1; Philippians 2:2-4; Romans 12:13

2. Commit to building community by finding your place in Christ's body, belonging by letting others benefit from your gifts and personality. *Hebrews 10:23-25; Romans 12:4-5*

3. Enjoy others by appreciating their unique personality, accepting them and encouraging them to relax and be themselves around you. *Romans 15:5-7; Proverbs 15:30; Proverbs 12:25; Philippians 4:8*

4. Love others by expressing love to them in ways that are meaningful to them. *Romans 12: 9-10*

Use the five A's of expressing love so that others feel loved: Attention, Acceptance, Affirmation, Appreciation, Affection.

When you realize how amazing and wonderful God is, its only reasonable to let Him bring out the best in you for others. *Romans 12:1-2*

Discussion Questions:

1. How aware of God are you throughout your day?
2. How well do you release your worries to God?
3. What are your dominant personality traits? What are the corresponding downsides?
4. Have you found your place of belonging in Christ's body? What is it?