



MESSAGE NOTES

At Peace with Yourself

Matthew 16:25

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1. No Limits

You can have at peace with yourself and become the person God designed us to be. A person that is not limited by our fears, natural desires, or inherited traits.

2 Corinthians 5:17 “Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!”

2. Finding Your True Self

The key to finding your true self is to stop focusing on self and focus on Jesus.

Matthew 16:25 “For whoever wants to save their life will lose it, but whoever loses their life for me will find it.”

3. Focusing on Yourself will Lead to Disappointment

Introspection often leads to disappointment or depression.

Following Jesus will lead us to a deep sense of peace in our hearts.

Galatians 2:20 “I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me.”

Application:

Allowing Jesus to be Lord in every area of your life, you can find true peace with yourself and your identity. This is done by letting go of everything that gets in the way of you becoming all God has for you.