

A Sane Estimation

Romans 12.3 challenges followers of Christ to have a sane estimation of who they are (some translations say "sober judgment") - not to think too highly of ourselves, nor too lowly of ourselves. The Scriptures are continually urging us toward a life of courage without moving toward a heart of pride.

Some questions for you (and your small group or ministry team).

- Which extreme do you usually gravitate toward - discouragement or pride? Why do you think that is?
- Read Romans 12.1-8. What does it mean to have a sane estimation of who you are?
- What is the difference between humility and self-contempt?
- This may strike you as an odd (even self-absorbed) question at first, but what do you think God sees when he looks at you? How do you think he feels about you?
- How does what God thinks of you impact the way you live?

Rather than working and working to try and please God, know that Christ has already made you deeply pleasing to God. You are not everything, but you have an important role in the family - with unique talents and gifts that are needed by the people around you.

Be imitators of God, therefore, as dearly loved children and live a life of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.

Ephesians 5.1-2

May we have a sane estimation of
who we are
and
who God is
more now than ever before.