

I Am Worthless:  
Overcoming Self-Hate

Breakout Session  
Identity Conference  
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## **Introductory Thoughts**

### **The Experience of Self-Hatred**

Main Idea: Self-hatred is your heart's attempt to condemn the person you are in preference for who you wish you were. The problem is, who you wish you were is simply a summary of your own desires. You form your opinion around these desires instead of forming it around God's opinion of you. His preferences become secondary to yours.

### **Biblical Principles for Those Caught Up in Self-Hatred**

- **You do not have the authority to condemn anyone, including yourself.**
  
  
  
  
  
  
  
  
  
  
- **Who you wish you were is being informed by someone.**
  
  
  
  
  
  
  
  
  
  
- **The opposite of self-hatred is not self-love, but humility.**