

Aloha Is Our Future and Hope

How To Overcome Feeling Worthless

Problem: Feeling screwed up, messed up, depressed and worthless

1. Are you feeling sick of this COVID-19 situation? Have you started to believe the **lies** that you are screwed up, messed up making you feel depressed and worthless
2. Have you lost your social connections, freedom, lost your job, source of income, can't feed the family and pay the bills and now you are starting to lose your mind?
3. Do you feel like and even bought into the **lies** that you are rejected, betrayed, you screw up, no one cares about you, you don't belong, alone, and you can't trust people?
 - a) If you feel this way, do you get mad at God when He blesses someone YOU don't want him to bless?
 - b) Do you get mad when you see God do something awesome for the wrong person? God didn't consult you?
 - c) Be careful...You catch what you close to...you may be close catching a fault-finding religious spirit like the religious leaders in John 8

Guide: Jesus shows us how to overcome this

*(John 8) 1 Jesus returned to the Mount of Olives, 2 but early the next morning he was back again at the Temple. A crowd soon gathered, and he sat down and taught them. 3 As he was speaking, the teachers of religious law and the Pharisees brought a **woman who had been caught in the act of adultery**. They put her in front of the crowd.*

*4 "Teacher," they said to Jesus, "**this woman was caught in the act of adultery**. 5 The law of Moses says to **stone her**. What do you say?"*

*6 They were trying to trap him into saying something they could use against him, but Jesus stooped down and wrote in the dust with his finger. 7 They kept demanding an answer, so he stood up again and said, "All right, but **let the one who has never sinned throw the first stone!**" 8 Then he stooped down again and wrote in the dust.*

*9 When the **accusers** heard this, they **slipped away one by one, beginning with the oldest**, until only Jesus was left in the middle of the crowd with the woman. 10 Then Jesus stood up again and said to the woman, "Where are your **accusers**? Didn't even one of them **condemn** you?"*

11 "No, Lord," she said.

*And Jesus said, "**Neither do I. Go and sin no more.**"*

Plan:

1. Jesus came to **honor**, promote, **make known the treasure** in you not the trash
2. Jesus came to model **Keep Your Love On (KYLO)** and build, protect and strengthen heart to heart connections when feeling screwed up, messed up, depressed and worthless
3. **Jesus came to end our addiction to punishment** by being our friend and savior (Matt. 9:10-11)..STOP PUNISHING OURSELVES AND OTHERS IN TIMES OF SCREW UPS, MESS UPS, DEPRESSION AND FEELING WORTHLESS..AMEN

Call to action:

1. I will...flush the stinking thinking...and all the lies from the devil...back to the sewer of hell...in Jesus name.
2. I will...be a treasure hunter for Jesus...and honor the good in others.
3. I will...Keep My Love On...and build, protect and strengthen...heart to heart connects.
4. I will...end my addiction to punishment...and invite Jesus to be my friend and savior.

Discussion questions:

1. Who's someone in your life that feels worthless that you need to honor and call forth the treasure in their life in the next 24 hours?
2. Where's a broken or weak connection in your life that you need to build, protect and strengthen a heart to heart connection?
 - a) Up: God
 - b) In: Someone who should be near and dear to your heart. Family or friend
 - c) Out: Someone at work or community
3. What will you do to stop punishing yourself and others because Jesus is your friend and savior?

Prophetic community:

1. Take 90 seconds to ask God, what does He love about the people in your group
2. Take the remainder of the time to share what God loves about the people in your group
3. Have someone close in prayer