



## Study Guide, Episode 80-How to Feel Self-Acceptance & Accepted by God

### Acts 10-15

00:00-09:36	"QOTW: How can I feel God's acceptance & self-acceptance, & accept what is?"
09:37-22:10	"Visions of Cornelius vs Peter-Do you listen/act immediately when God calls?"
22:11-38:33	"How to tackle self-doubt, increase self-acceptance & accept God's will"
38:34-48:52	"'Fear God & work righteousness' & He accepts you"
48:53-END	"Self-doubt & judgment; How to accept, recognize & receive miracles"

1. Check in with yourself: Using a scale of 1-10, 1=not at all, 10=Completely
  - 1) How "watered" do you feel lately? Taken care of? Well? Loved? 2) How well are you practicing self-acceptance? 3) How much do you feel the Lord accepting you? If you answered 5 or below for any of these, what's contributing to how you feel today? Write in your journal about how you really feel & what you need to do to help yourself this week.
2. Listening to 09:37-22:10, lately have you felt more like Cornelius or Peter? Have you felt the Lord's guidance? Personal revelations? The whispers of the Holy Spirit? Have you listened? Heard? Obeyed? Immediately acted on what you've received? Why or why not? What might you need to improve your ability to accept what the Lord asks of you? Write about this in your journal. Set a goal for this week.
3. Think of a time when you've doubted yourself. What led you to doubt? Was it from God? Or your own thoughts spinning, telling you you're "not enough"? What might you do to stop and catch yourself in times of doubt and turn it over to God?
4. Have you ever struggled to know if it's the Holy Ghost or your own mind telling you something? If so, listen to 22:11-38:33 and consider the ideas presented. How might you use these (or other) ideas to help you know when the Holy Ghost is speaking to you, to listen and obey, and to learn to silence your spinning or overthinking mind?
5. Set aside time to ponder "self-acceptance," "God's acceptance," & "accepting what IS." Which of these are strengths for you? Which are weaknesses? What might be blocking acceptance in these areas? Pray, listen, and write about what you might need to do to begin to work on acceptance in these 3 ways.
  - a. Get my free ["Self-esteem vs. Self-Worth Mini Course" here](#) or [www.DrChristinaHibbert.com](http://www.DrChristinaHibbert.com)
  - b. <https://www.drchristinahibbert.com/how-to-feel-self-worth-the-pyramid-of-self-worth-video/>  
<https://www.drchristinahibbert.com/the-pyramid-of-self-worth-step-2-practice-self-acceptance-video/>

#### Resources

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