

WEEK THREE... SHOW YOURSELF KINDNESS

Statement...we make a habit of getting in GOD'S WAY. One way we do it: we don't take care of ourselves. We NEGLECT OUR SOULS, postpone doing what's critical. In this crazy world, it is easy to send our souls to the BACK OF BUS. We procrastinate doing what we know should be done. We delay dealing with problems, hoping that they'll go away

TAKING CARE OF OUR NEGELCTED SOULS...there are many ways we neglect our souls. We can refuse to deal with grief by running from pain or by pretending that we are not grieving. We can neglect our soul's need for BEAUTY, not seeing or appreciating the miracle of God's creation. We can't find MORE OF GOD because we are looking with TOO LITTLE OF OUR SOULS. It takes MORE OF US to find MORE OF GOD.

THE ROLE OF SELF-IMAGE...we may not view KINDNESS TOWARD SELF as a SPIRITUAL GRACE. Unlike DETACHMENT, or ALLOWING FOR TRANSITIONS, to show kindness toward self seems off target. But without KINDNESS TOWARD SELF, all other graces will be rendered moot or useless. We are our worst enemies; we are harder on ourselves than others are. We not only know our failures; we know them too well. They torment us, tempting us to vlew ourselves as failures.

JESUS' TWIST ON GREAT COMMAND...Jesus was asked what GOD'S HIGHEST LAW was. He first told them what they expected to hear: to LOVE GOD/ NEIGHBOR. Then he added a few words that they didn't expect to hear: to love others as yourself. Jews never connected LOVING SELF with God's law. It was assumed, but not commanded. We can't assume it. Many people secretly carry "self-hatred". It's not a sin to love yourself; it is a sin to hate yourself. Jesus knew that there was a link between LOVING GOD, and loving NEIGHBORS/SELF. He connected the link intentionally...

TREAT OTHERS LIKE YOU TREAT YOURSELF. IF WE TREATED OTHERS THE SAME WAY WE OFTEN TREAT OURSELVES, WE WOULDN'T BE GOOD NEIGHBORS.

BASE OF SELF-LOVE...we are often unaware of how we treat our hearts. Proper SELF CARE is essential to healing our souls. Treat yourself with contempt, you will spray it on others. Show kindness toward yourself, it will spill over into kindness toward others. How do we practice it?

SELF TALK...how do we talk to ourselves? With love or contempt?

EXPECTATIONS...what are your expectations of yourself: are you a REALIST or an IMPRACTICAL SLAVE DRIVER?

PACE OF LIFE...is your pace of life under control or out of control?

