

# Guide to Overcoming Self-Hatred

We have 4 articles to help you in this Guide.

- 1) The first may be the one you saw as a condensed slideshow on the web that led you to this download. It gives 5 solid reasons why it is a great good thing to be you.
- 2) The second is intended to recast your image of God so that you see how He delights in you, despite the things about you that you don't delight in.
- 3) The third is a workbook chapter on who we really are now that Jesus has come to live in us. That's the game changer. The truth about us is almost too good to be believed (which could explain why you might be having a hard time accepting yourself).
- 4) The fourth is another extremely helpful workbook chapter which focuses on showing you how to love and accept your self—just as you are, just as God does.

Both workbook chapters are taken from our book at Amazon, [\*Matters of the Heart\*](#), which forms the core of our free [eCourse for Healing](#) at our website for emotional healing, <http://www.healingstreamsusa.org/>

**Properly equipped you can overcome  
mountains of difficulty!**



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# 1

## It Is Great to Be You!

*5 Powerful Reasons for Making Peace with Yourself*

### The Truth Is Better than You Think

**I have had a terrible time accepting myself**—just as I am. However, no matter what my complaint about myself was, Father God would work to help me love, forgive and accept myself—just as He does. Eventually, He said to me: "I want you to believe that it is a great good thing to be you—because you have Me for your God!" This brought so much emotional healing! Since I can't change me, it is a great good thing to have the kind of God I do as my personal Savior and Friend!

**These five reasons are true for you too.** Believe them and take greater joy in your life in Christ. It is great to be you because...

**1) Your Father always loves you.** Even as a Christian, there was a time when it meant practically nothing to me that God loves me. I wanted my life fixed! I didn't want to be the person with so many problems to deal with. What a shock to discover (gradually) that Father God wouldn't agree with me. He went right on loving me no matter what! I would certainly hate to be me, if it meant that God couldn't love somebody like me, but since He loves me so passionately and perfectly, it really is a great good thing to be me.

**2) Your Father always forgives you.** As you grow in the Lord, His search light of truth goes deeper and deeper. In order to get cleansed from the inside out, you have to be willing to look honestly at things like bad attitudes, wrong desires, and selfish motivations. Ugh! I hate it that I have such a dark side! However, if you are a natural born sinner like me, it is a great good thing to be the person God has chosen to always forgive!

**3) Your Father is always eager and able to rescue you.** He says "Call on Me and I will answer you" and He promises to rescue "all who call on His name." That's you, isn't it? Maybe you've had your trust broken by people who broke their promises. Your God is not like that! He is willing and able to come to your rescue--in any situation. Since I always seem to need a lot of



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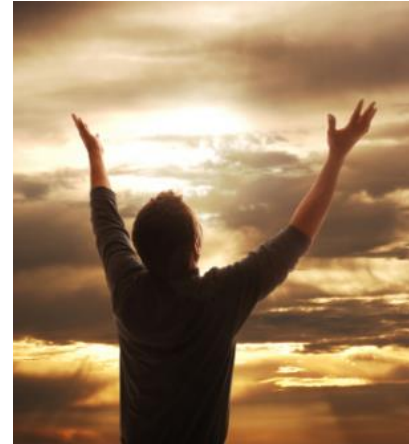
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help, it is a great good thing to be somebody that God always wants to rescue!

**4) Your Father is always making great plans for you.** God has plans for how to deliver us in every situation of need. But that is not all: He has plans for how to lead us by His Spirit whenever we trust and obey Jesus as our Lord. But that is not all: He even has plans for how to work through our distrust and disobedience to bring us back to Jesus, so that He can lead us once again. That's a lot of plans! And I am glad He keeps making them for me.

**5) Your Father is always making everything work for your good.** When I first came to faith in Christ, I started gathering up all the things that I wished had never happened and "converted" them by believing that they would be used to work for a greater good than the apparent evil that was in them. Eventually, my heart floated free from the fears, bitterness and discouragement that had been holding it down. I hated having had so many bad things happen, but I love having Someone dedicated to bringing good out of them!



Can you see how these five powerful reasons will help you to believe that it is great to be you? Join me in this prayer:

*Because of my Father's perfect love for me, His never-ending mercy for me, the future and hope He has for me, and His commitment to bring good out of everything that has ever happened or will ever happen to me, it really is a great, good thing to be me! I therefore choose to fully forgive myself and accept myself--just as He does. And I will fight to take my life back from all unloving attitudes against myself. I may have had a bad beginning, but I am going to have a great never-ending!*

***It really is a great, good thing to be you!***

#### **Interested in Going Deeper?**

Consider taking our free [eCourse for Healing](#)! We have designed a complete series for personal transformation, "Matters of the Heart," to help Christians gain emotional freedom and inner healing. In all there are 24 Main Healing Lessons and 24 Head to Heart Guides to help you bring your heart to God and receive His Great Heart for you in return!



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# 2

## 7 Reasons Why God Delights In You

*You'll Never Guess Them All*

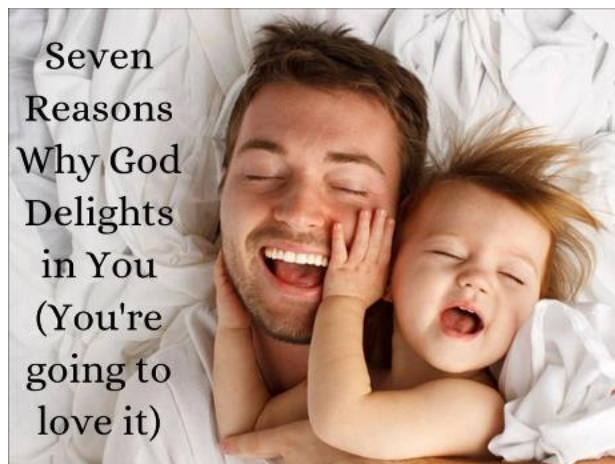
### God Delights in You!

What? How can He? I'm so weak at times, so full of fears and failures. I can't even delight in me! For many of us it is a stretch just to hope that God can forgive us. That He loves us, maybe. ***But that He delights in us?***

***Impossible!*** Happily, if you believe in Jesus, you can rest assured that your God delights in you. Let these 7 solid reasons why God delights in you give wings to your faith! Your life in Christ will soar!

#### 1) He Sees You As He Created You To Be.

This is the first of three things about you which God can see but which are completely hidden from your eyes. Were you there when He dreamed you up? God saw you as someone He could love with all His considerable power and might. He waited eons to form you in your mother's womb. He didn't mess up His one chance to get it right! Before the sins of an unseen enemy against you began "unmaking" you (sometimes with your cooperation!), God put His best into you.



**2) He Sees You As You Will Be In Heaven.** God is not restricted by the limits of time and space. He can see the future just as clearly as the past. If you are being saved by Him, He always sees who you will be in heaven. The person you will be in heaven--by the time His work is completed--will be someone both you and God desire you to become. You will be a being of grace and glory!

**3) He Sees You As A New Creation.** God not only sees the "invisible" future, He sees the invisible interior. Somewhere deep inside of us He has placed a new heart, one that is entirely



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good. You already are a New Creation! You can't see that--it is still mostly veiled by our fallen ways. That's OK. You are not supposed to be gazing at your own loveliness! Keep your eyes on Him, trust Him, and the beauty side of your new life in Christ will spring forth.

**4) He Never Forgets What Is At Stake.** God can always take delight in knowing what He is saving us from. We may have a hard time imagining hell, but never for a moment does God lose sight of the ultimate danger all of His children face. It is, therefore, His eternal delight that you have said "Yes!" to Jesus. He is free to rescue you and bring you home!

**5) He Never Forgets What His Son Had To Suffer For You.** Think about the gratitude that wells up in you whenever you touch base with what Jesus suffered for you. The Father feels it too! Jesus laid His life down so that the Father could regain you! No one "owes" more to the Son than the Father. Because you have accepted Jesus' sacrifice, the Father delights that His Son's suffering was worth it in your life.

**6) The Blood Of Jesus Truly Does Cover You.** Whenever we catch sight of things about us that we can't condone or excuse, we may fear that God is disappointed, or is losing patience, or is cooling off in affection for us. That just isn't true! You and I simply cannot sin a sin that hasn't already been fully atoned for! God delights that He is able to cover and cleanse us by the Blood of His Son.

**7) He Loves His Work Of Saving You.** This is a hard one to get. We often run out of patience with the "hard cases" around us--whether difficult people or problem jobs. Have you noticed though, that there is always someone who likes doing the very thing you don't have patience or desire for? Our Father is like that! He loves the hard work of saving us. He loves teaching us. He loves helping us improve our attitude and our gratitude. He loves drawing the best out of us by putting His best in.

**The bottom line to why God delights in us is that "God is love."** That sums it up! Because He is love, He delights in doing everything necessary to rescue the ones that He loves. If it turns out that you have needed more love, patience, mercy and help than you ever imagined you would need, relax. He saw all that about you a long time ago and He still chose You to love!

***Now that you know He delights in you,  
you can take even more delight in Him!***



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# 3

## Our New Identity (Lesson 9)

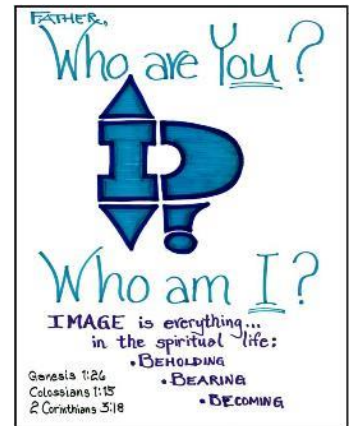
Healing Streams Ministry, Savannah, GA. All scriptures are from the ESV unless otherwise noted.

### Introduction

The all important issue of identity determines so much about how we will live and what we will do with our time here on earth. **No one who has a poor self-image can truly enjoy living**, yet the gospel has not come to tell you how great you are. Jesus says: “Without me you can do nothing (Jn 15:5),” and Paul writes, “For I know that in me (that is, in my flesh) nothing good dwells (Ro 7:18).” Hardly a formula for pride based self-esteem! So what is the answer?

Discovering who we really are—now that Jesus has come to live inside of us. And our sense of self-worth? It is based upon the solid rock of His love for us—period.

**You are His Beloved**—just try to wrap your heart around the enormity of that blazing truth. He lived and died and lives again to bring you fully to life! Everything else you could hope to get out of life—compared to this—is chump change (Php 3:7-8).



### Our New Identity

What could be of more practical value to us than discovering who we really are? There are two great questions that face every human being: is there a God and who am I? Socrates, after his encounter with the oracle of Delphi, believed he was commissioned by God to teach wisdom to men. The foundation? *Know thyself!* Our fundamental problem is that we do not know who our God is and we do not know who we really are. We are suffering from a kind of massive loss of identity made even worse by our failure to realize it and face up to it.

**The fall into sin created an identity crisis.** We tend to think mainly of the Fall as a fall into sin and into the sin nature, which it certainly was. We say rightly that fallen man, once created in the image of God, no longer reflects that image. But one essential effect of the Fall was that Adam in dying spiritually could no longer behold his God. Both the image of God and the image of man fell from his sight. **Adam could neither see who God is nor could he see who he**



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**himself truly was either**—since who we are is entirely defined in relation to God who created us. Jesus has come to restore both our lost vision and our true identity.

**Now that faith in Christ has come to us, we are new creations.** This is the miracle of new birth (Jn 3:3-7; 1Pe 1:23) that raises us into eternal life (Jn 3:16; Jn 17:3; 1Jn 5:11-13).

**Therefore if anyone is in Christ, he is a new creation. The old things have passed away. Behold, all things have become new.** 2 Corinthians 5:17 WEB

**What does it mean that we are new creations?** We still see a lot of the old nature and the former ways of living, thinking and feeling, but new things have been added that radically change *all things*. But before we look at the things that have *become new*, let's review what has not changed or passed away. For Paul cannot be trying to tell us that we no longer have a sin nature to contend with. He above all the apostles lays out the ongoing struggle between the new creation (spirit) and the old nature (flesh) in texts too numerous to fully mention (Ro 7:17-20; Ro 8:1-8; 1Co 5:5; 2 Co 7:1; Gal 5:13-17; Gal 5:24-26). **What does pass away?**

- **What no longer exists is the person** who did not know that Jesus is both Savior and Lord. That person has indeed *passed away* now that the revelation of Jesus Christ has come. Once you see the sun, even if you return to being blind, you are not the same.
- **Before conversion, we were one with our sins.** With our repentance and faith in Christ, the Father separated us from our sins—by forgiving them and justifying us. There is still an ongoing battle with sin, but continuing in sin is a spoiled thing for new creations because a) the conviction of the Spirit and b) the sense of separation from Christ both overshadow the former pleasures of unrighteousness. Many old ways of the new believer change with the new birth, but not all. We are in an all new process of cleansing and growth in Christ (2Th 2:13).
- **We are no longer “on the outside.”** We were not a people, but now we are a part of God's family. We were once strangers to the covenant, but now have been brought near (Eph 2:19).

This way of seeing the new birth (by what passed away) is like driving by looking in the rear view mirror. The really fine, forward looking view is how we appear now as new creations!

- We have been **spiritually reborn** through the revelation of Jesus Christ (see Lesson 8).
- We can no longer measure anything in life without reference to Christ (2 Co 5:16).
- We have been given a **new heart** and a **new spirit**—a new nature! (Eze 36:26).
- We live under a **new covenant** of immense mercy (Jer 31:31-34; 2Co 5:18-19).
- We are given the **Holy Spirit**, the **righteousness of Christ**, the **name of Jesus**.
- We are not our past, not our sin, not our negative emotions—we are new creations!



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**We are a mystery** even to ourselves. God is bestowing a new identity upon us only He knows. Who we now are is only revealed whenever we trust and obey Jesus—we are “hidden” in Him. He is the key! **As we die to self, we live through Christ** (Ro 6:5-11).

**For you have died, and your life is hidden with Christ in God.** Colossians 3:3

**Then Jesus told his disciples, "If anyone would come after me, let him deny himself and take up his cross and follow me.** Matthew 16:24

**Our acceptance by God** is absolute, complete and unchanging.

**It was God...in Christ, reconciling and restoring the world to favor with Himself, not counting up and holding against [men] their trespasses [but cancelling them].** 2 Corinthians 5:19 AMP

**This incredible Reconciliation covers all that we are**, have been and will be whether in Adam or in Christ. Faith is what God gives us so that we can receive this grace and be translated from the kingdom of darkness (in Adam) to the kingdom of His Son (in Christ), but faith did not in any way change God's heart towards us (which is love) or His reconciliation to our sins (which Jesus accomplished fully at the cross). In conversion the **former self** (that had no life in Christ) passed away and the **true self** (that lives through trusting Christ) has been reborn/regenerated. The new creation is a redeeming of the old, not an elimination of all that was former. We have a new start and a new center from which to live at any moment.

**We are new, but the old is in us.** The new creation **“comes to life”** in us whenever we trust in the One who is our new Life. As we “walk in the light” trusting God through Jesus Christ (1Jn 1:7), our old nature is laid to rest like a shadow lying down behind us (Ro 6:6; Gal 2:20). But the old creation can also “come to life” in us whenever we cease relying upon our God!

**I have been crucified with Christ... it is no longer I who live, but Christ... lives in me; and the life I now live in the body I live by faith in (by adherence to and reliance on and complete trust in) the Son of God, Who loved me and gave Himself up for me.** Galatians 2:20 AMP

**The old nature draws power from false ideas of self shaped by the world.** Some of us carry elements in our personality that we think of as ourselves. They are in us—but not us!

Nervous energy (anxious feelings)	Perfectionism (people pleasing/fear of man)
Addictive personality (compulsions)	Driven to achieve/succeed (self salvation)
Flashes of anger (hot temper)	Excessive sensitivity (too easily hurt)
Timidity or shyness (fear of rejection)	Deep wellsprings of grief over losses
Feelings of persistent loneliness	Depression, heaviness of heart
Nuclear reactivity (panic mode)	Impatience (prickly, irritable edges)
Stubbornness (pride and rebellion)	Impulse to control or be in control



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**These ideas of self are not who we really are!** Any or all of these may describe our personality as we have known it, but they are not who we really are—not our God given personhood in Christ. They reveal where the fallen nature still has power to block the life of the new creation from coming forth. Consider these two things:

- **When we were born** these traits weren't in us: we trusted and loved freely—no baggage!
- **When we die** and go to heaven, these traits will have to be removed from us.

**Restoration of our true life begins** by breaking agreement with false beliefs about ourselves and choosing to embrace instead what God is speaking over us about our new identity. Two images fell when Adam fell—that of God and of us. Get your image set right by seeing His.

***Whatever does not look like Jesus in you, isn't the real you.*** Proper self love is accepting God's view of us—it is not pride or self-absorption. Let's get cleansed.

**Beloved, we are God's children now, and what we will be has not yet appeared; but we know that when he appears we shall be like him, because we shall see him as he is. Everyone who has this hope set on him purifies himself, even as he is pure.** 1 John 3:2-3

**Descriptions of self.** Consider how these may make sense of your inner life.

**True self**—who I am in Christ, new creation life, **released** by trust and obedience (2Co 5:17).

**I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.** Galatians 2:20

**False self**—who I am apart from Christ, fallen nature, **restrained** by inward crucifixion.

**And those who belong to Christ Jesus have crucified the flesh with its passions and desires.** Galatians 5:24

**Actual self**—who I am at this moment, a mixture of the two, **revealed** by testing (Dt 8:2).

**"I the Lord search the heart and test the mind, to give every man according to his ways, according to the fruit of his deeds."** Jeremiah 17:10

**Here is the deal:** In this life we will be incorrigibly weak, foolish, sinful and ignorant in many ways—apart from Christ. But in Christ we are complete, secure, of breath-taking beauty.



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*Expect nothing of yourself, but all things of God. Knowledge of one's own hopeless, incorrigible weakness combined with absolute confidence in God's power are the two foundations of the spiritual life.*<sup>1</sup>

**Joy is produced in us** whenever we realize by an active faith **who we really are in Him**.  
Even so, the truly great joy is not who we are in Christ, but **Who He is to us!**

#### End notes for Our True Image

- 1 Francois Fenelon, Bishop of Cambrais. *Spiritual Letters to Women* (New Canaan, CT: Keats Publishing, 1980).

## Exercise

List the things you usually say about yourself when asked by someone you just met.

Hi, I'm \_\_\_\_\_, I...

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Now try describing yourself in ways that have nothing to do with relationships or work roles you are fulfilling that will pass away when you get to heaven: who you **are**, not what you **do**.

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Even better, describe yourself by the calling upon you and your dreams and purposes in God.

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## Main Points

- The new creation is something the world is yearning to see (Ro 8:19).
- The new creation looks just like Jesus in us, living through us (Col 1:27).
- The new creation comes to life whenever we surrender, trust and obey (Gal 2:20).
- We are new (deep down) but the old is still in us (and trying to take control back!).
- The life of the new creation can be blocked by false images of self that we cling to.
- Fall out of agreement with all wrong images and confess/believe who you really are.

## Digging Deeper

**Who you are in your eternal being**—if you are in Christ. Read and confess with full faith.



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- **I am eternally the beloved bride** of my Savior Jesus, who has promised never to forsake me.
- **I am eternally a receiver** of God's love, mercy, wisdom, grace, saving help and never-ending life. I am receiving every good thing in life from Him now and this will go on forever.
- **I am only a sinner in need of forgiveness for yet a short while**, so it would not be right to mainly think of myself as a sinner, though who I am apart from Christ is full of sin, weakness, ignorance, and foolishness. Though I can't change it, I can be reconciled to the reality of my fallen-ness beginning today—just as God is (2Co 5:19).
- **I am in Christ and He is in me. Who I am in Christ looks a lot like Him** (Col 1:27; 1Jn 3:3).
- **I am an eternal being** with a spirit as free as the wind and a soul of dazzling beauty and grace.
- **I am indestructible in my being**, because of His unending gift of life to me--the resurrection life of Jesus is in me. His own "endless and indestructible life" is joined to me (He 7:16 AMP). Therefore I can never truly die. I will pass through death to life—just as Jesus did (Ro 6:8-11).
- **I am both worse in my fallen-ness and better in my new created-ness** than I ever imagined.

As a new creation I cannot define myself by anything less than who I now am in Christ without damaging my self-image, security, sense of worth and purpose. I will therefore accept no lesser definitions of who I am. I will no longer regard myself according to the flesh.

**From now on, therefore, we regard no one according to the flesh. Even though we once regarded Christ according to the flesh, we regard him thus no longer.** 2 Corinthians 5:16-17

**A great C.S. Lewis quote** from *Mere Christianity*—the last two sentences. Go read the rest...

*Look for yourself, and you will find in the long run only hatred, loneliness, despair, rage, ruin, and decay. But look for Christ and you will find Him, and with Him everything else thrown in.*

## Sword and Shield

Are you willing to live the life that is hidden with Christ in God? Let's go for this!

**For you have died, and your life is hidden with Christ in God. When Christ who is your life appears, then you also will appear with him in glory.** Colossians 3:3-4

**To them God chose to make known how great among the Gentiles are the riches of the glory of this mystery, which is Christ in you, the hope of glory.** Colossians 1:27-28

## Our Acceptance as New Creations

**John 1:12** ...as many as received Him, to them He gave the right to become God's children...



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**John 15:15** No longer do I call you servants... But I have called you friends...  
**1 Cor 6:17** But he who is joined to the Lord becomes one spirit with him.  
**Ephesians 1:5** ...he predestined us for adoption through Jesus Christ...  
**Colossians 2:10** ...and you have been filled in Him, who is the head of all rule and authority.

## **Our Security as New Creations**

**Romans 8:1** There is therefore now no condemnation for those who are in Christ Jesus...  
**Romans 8:31** What then shall we say to these things? If God is for us, who can be against us?  
**Romans 8:37-38** No, in all these things we are more than conquerors through Him who loved us. For I am sure that [nothing] will be able to separate us from the love of God in Christ Jesus our Lord.

## **Our Worth as New Creations**

**John 15:9** As the Father has loved Me, so have I loved you. Abide in My love.  
**John 15:16** You did not choose me, but I chose you and appointed you?  
**1 Cor 3:16** Do you know that you are God's temple and that God's Spirit dwells in you...  
**Philippians 4:13** I can do all things through him who strengthens me.

## **Prayer Focus**

Pray for the Lord to open your eyes to see more and more who you really are in Him as a new creation. But do not get stuck by trying to see what He sees in you! The wrong is coming from the enemy's work in you, the old nature. Resist it. The good is Jesus in you united to you, the new creation. Rest in that. Pray for faith to believe that He and Father and the Spirit really do love to look upon you in love. Then pray for the grace to see others the same way He sees you. Remember what goes around, comes around—we reap what we sow (Gal 6:7). If we sow seeds of judging others, we will reap a harvest of inner condemnation. Counter this, by asking Him to give you eyes to see the new creation potential of others—even in unbelievers.

## **Renunciations and Affirmations**

Confess/renounce previous agreements with untruth;  
confess/believe Truth as your new Way of life.

**Renounce and break all agreements with false ideas of self.** Repent of any ways in which you have thought of yourself as if these patterns of the flesh were a part of who you really are. Ask the Father to go to work to break these patterns off of you. Commit to cooperating with Him as His Spirit leads. Then rest in His ability, casting these cares on Him (1Pe 5:7).

Example: *Father, I renounce thinking of myself as if \_\_\_\_\_ (Nervous energy...) were a part of me. Forgive me for believing that false image of myself and break the power of it off of me.*



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Nervous energy (anxious feelings)  
 Addictive personality (compulsions)  
 Flashes of anger (hot temper)  
 Excessive sensitivity (too easily hurt)  
 Deep wellsprings of grief over losses (carried too long)  
 Timidity or shyness (fear of rejection)  
 Feelings of persistent loneliness  
 Depression, heaviness of heart  
 Nuclear reactivity (panic mode)  
 Impatience (prickly, irritable edges)  
 Stubbornness (pride and rebellion)  
 Impulse to control or be in control

## Stretch Yourself!

Breaking patterns begins with prayer, but requires conscious effort over time. **The 3 P's** that move mountains are definitely needed here: **prayer, patience and perseverance**. If you want to be free of shyness, for instance, the 3 R's are a good beginning, but the time will come when you have agreed to do something (like attend a party or teach a class) and the old shyness pattern will try to get in the way. That is where perseverance really puts feet on your prayers. **Do it shy. Do it afraid.** Or the enemy will be able to stop you every time. Be sure to get the outward victory (doing the thing shyness wants to avoid) and the inward victory will eventually show up (being free of shy feelings). Now, look over the above renunciations and then write the active thing you can do to **persevere past the pattern!**

Pattern I renounced

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Pattern breaking activity I can do

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# 4

## Love Thyself! (Lesson 18)

Healing Streams Ministry, Savannah, GA. All scriptures are from the ESV unless otherwise noted.

### Introduction

In the previous lesson (Lesson 17 on Rejection) we explored the emotional damage that rejection by others can cause and the effective remedy that Jesus brings us through faith in His revelation of our Loving Father who will never reject or forsake those who desire His salvation. Not knowing our true security in God, when others rejected us (by thoughts, words or deeds), the power of that pain may have carried us into rejecting ourselves. The truth is that unless we truly believe in our heart of hearts that it is a great good thing to be who we are just as we are, we have been robbed. Did you know that Jesus actually expects us to love and accept ourselves—just as He does? Why else would He take love of self as a standard for how we are to love others?



**And he said to him, "You shall love the Lord your God with all your heart and with all your soul and with all your mind." This is the great and first commandment. And a second is like it: "You shall love your neighbor as yourself." Matthew 22:37-39**

These words of Jesus carry a curious fulfillment. We are to love our neighbors **as** we love ourselves. But what if we don't love ourselves? Not loving ourselves will limit and set obstacles to truly loving others. And it happens in this way: if I am angry with myself, it will spill out onto others as frustration with them. If I haven't learned to receive mercy for myself over my



brokenness, I will become judgmental of others. If I cannot entrust my life to God, I will tend to become fearful for and controlling of the ones I love. If I am critical towards myself, I will tend to be critical of others. It goes on and on, because the sad truth is that even though we try to manage it and make up for it and cover it up, we can only truly love others **as** we love ourselves. So, let's learn to give grace to ourselves and rightly love ourselves in Christ and become grace givers to others!



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# Love Thyself!

**A worthwhile life lesson.** For many of us the ultimate challenge of the truly converted Christian life is learning to **love the sinner and hate the sin**. Would you believe that to help us God has assigned a sinner to each us to get to know intimately. We are to learn to love that sinner unconditionally, yet with a perfect hatred of sin—that sinner is you! We need to bring ourselves to conversion about the gospel applied to our self.

**Ask yourself**—can you apply 1 Corinthians 13:4-8 (the “love” chapter) to yourself?

- Are you harder on yourself than on others? Do you berate yourself?
- Do you get angry with yourself easily? Depression counts as self-anger!
- Are there things about yourself that you dislike and can't accept?
- Are there things in your past that you just can't forgive yourself for?
- How do you talk to yourself when you have done something stupid?

*Why would you think that treating yourself this way on the inside is normal?*

**Accept the “unacceptable” things about yourself**—God already does! There are many things about us that God is at peace with, but which we still fear and hate. Not being reconciled to God about these things can keep us striving against ourselves. Complete self acceptance is always the starting point for entering into God's good plans for our life. Provided that we have repented where necessary, He is always the One who completely accepts us and is willing to lead us into new life. We are the holdouts who cannot accept our lives as they are and resist living them on His terms! Make sure you can fully accept the following things.

**...we implore you on Christ's behalf, be reconciled to God...** 2 Corinthians 5:19-20

Past hurtful events	Failures, wrong choices	Weaknesses/foolishness
Lack of knowledge	Family heritage	Your fallen nature
Present limitations	Personality and patterns	Physical appearance

There is one who hates you and will never stop putting you down—stop agreeing with him! It is pride in us that demands perfection of us—beware of inverted pride! Related spirits are false humility, self-pity, rejection, insecurity, arrogance, and fear.

**Pride goes before destruction, better to be of a humble spirit...** Proverbs 16:18-19

**Are you listening to God?**—or to your feelings, your understanding, your circumstances, your past failures? Let God be true (Ro 3:4) and all else be recognized as liars—even your own thoughts. The kingdom of enthroned self looks inward due to rejection or a broken heart. It rejects God and His Word. However, if I reject myself I am also rejecting my Creator. Rejecting



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self is also very damaging to our physical health, because it produces the auto-immune diseases—it tells your body it is OK to attack yourself.<sup>1</sup>

**I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well.** Psalm 139:14

**The kingdom of self-rejection is held in place by self-pity.** Throw off the unholy trinity of self, sin and Satan bound together by self-pity.

- Self-pity binds you to the past and to pains. It amplifies every thought.
- Self-pity will tell you that you are not loved and nobody understands you.
- Self-pity is a total denial that you have a God who actively cares for you.
- Self-pity says, “What was done to me, I can’t get over.” It makes Satan your lord.

Being saved by God through Christ means that ***we are not to be pitied*** because we have a God who saves, delivers, prospers, heals, and provides—all according to our real needs being watched over by His love and wisdom for us. Are you prepared to take your life back from this unholy kingdom? You have to be ready to fight to be free—self-pity is the super glue of hell.

**Live according to who you are going to be rather than who you have been.**

*I am not what I was. I am not what I will be. I am being changed from glory to glory.  
And God is loving me full throttle all along the way!<sup>2</sup>*

End notes for Love Thyself!

1. For auto-immune connection and self-pity insights: Teaching and insights from Be In Health® teaching and materials, Dr. Henry W. Wright, Thomaston, Georgia, seminar notes, October 2000.
2. “Unloving Spirit” cassette teaching series: Ibid.

## Exercise

**Write down your “victim” story**—all of the worst things you wish had never happened to you by other’s sins or your own. Make it as bad and bleak as you can, but be succinct! File stuff by title or you will need many more pages. Be sure to write down the things that the enemy gets you to agree with when you hit the end of your rope and your self talk is at its worst. Then recognize the source as demonic and break all agreements with this ungodly thinking.

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**Now write down your responsibility proclamation!** You can take 100% responsibility for 95% of what is going on, because even the 5% that belongs to the others in the past, you have been building on ever since. Then tell the truth with prophetic declaration. Shout it out if you need to: this is a battle for your soul’s orientation. Will you see yourself as you are really are, a person



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with all of the resources and love of heaven surrounding you (as an overcomer), or will you stay dispossessed and un-empowered (as a victim)—living way below your true inheritance in Christ? Here is a sample proclamation taken from a Lance Wallnau message:

*The truth is I'm an anointed spiritual (man or woman) whom God has assigned with an uncommon assignment and supernatural favor to learn things in the crucible of life so that I come out sharper, stronger, more equipped and better. I've got promises over my life that right now are working for me and years of sowing that right now are paying off. I am closer to the breakthrough I need than I have ever been before. This will be the best year of my life.*

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## Main Points

- We are to love, forgive and accept ourselves as fully as God does—and still hate sin.
- We can only love others as we love ourselves—our hearts truly need to be converted.
- We can only love God to the extent that we receive the revelation of His love for us.
- Any un-love towards self, blocks our ability to believe in and receive His love for us.
- Choose to stop hating and fearing the 9 “unacceptable” things about yourself.
- Self-pity is the super glue of hell that binds you to self-rejection and past hurts.
- You will have to fight to get your life back—but God will be loving you every step.
- It really is a great good thing to be who you are in Christ. Choose to believe it.

## Digging Deeper

**Reasons why it's really OK to accept the 9 “unacceptable” things about ourselves.** It would be great if you can just look at a list like this and say, “OK God, if this is what I have to accept about me, you've got it!” and be done. But for most of us our hearts need to hear compelling reasons for letting go after years of entrenched opposition to grace. Make no mistake about it—these issues are grace killers in our life. So let's go for the grace offered us.

**1) Past hurtful events.** We need to see that the Father grieved over pain and injustice coming into our lives, but God is a realist. He has had to accept that all manner of pain had to be allowed because free will is allowed. So God grieves, but He is also ready, willing and able to lead anyone into a life in which evil is overturned and made to work for good. Such living begins on the other side of acceptance. At the very least accept that it happened and be willing to go on with God. Even better, vigorously thank God for all you have been through.

**2) Failures, wrong choices.** No one wants to fail and make wrong choices, but we all do. God allows us to experience failure in order for us to learn from our mistakes things we evidently could not learn by the truths He has shown us. He will never reproach us; instead



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He will help us gain and grow. The only one who really fails is the one who doesn't keep trying. So be determined to persevere (Jas 1:12; Re 3:10), but don't live with a fear of failure. Simply repent, receive grace, push delete and restart!

**3) Weaknesses/foolishness.** Because we receive so much affirmation over our strengths, we have tended to concentrate our efforts there—and build a sense of self worth around things we do well. Let your perspective shift on this one. Our strengths are God's gifts to us; trusting Him with our weaknesses is our gift to Him. For most of us it wasn't our strengths that brought us to Christ, but our weaknesses. Our weaknesses grow our prayer life; increase our humility and compassion for others; remind us to depend upon God for his help. His strength and grace are perfected in us through weaknesses we despise (2Co 12:9-10). Don't try to be weak, but when you see your weaknesses, choose to see them as teachers and friends leading you to God.

**4) Lack of knowledge.** We often seek knowledge out of a misguided desire to cover ourselves by being right—or to be bullet proof against criticism by others. But it is not knowledge that covers us, it is Jesus' Blood and God's Love. And it is not knowledge as information that saves us, it is knowing God in trust and intimacy—this is saving knowledge. We are hugely ignorant of both the world of information and the vast Infinity that is God. Let pride take the hit: admit your abysmal and fundamental ignorance as a fallen creature, then acknowledge that you know One who will never fault you for it, but will graciously share His Wisdom with you (Jas 1:5).

**5) Family heritage.** It's too late. God made the call and didn't consult you. Take it on faith that God chose your heritage for reasons of the blessings that are in your generations that He wants you to receive and purposes that will fulfill your life as He has shaped you (Ac 17:26).

**6) Present limitations.** At times we probably have all hated our limits, whether of age, intelligence, appearance or abilities. God will likely grow us beyond many of our present limits as we pray and seek His will, but in the meantime there is a way to come to peace and acceptance about limits that are allowed to remain in our lives as we wait on God (Isa 40:31).

**7) Personality and patterns.** This is tricky because if you are taking this course you may want some of your personality and patterns changed so that the new creation life can come forth—never buy into an aspect of self as being the real you if it doesn't match up with Jesus in you. Right? (Good you're learning!) But what we don't want is to hold our breath as we wait for those changes to come. For example, if shyness has been a personality pattern, confess it as the fear of man, then cast the burden of freeing you from it on the Lord and take your peace back. Then the next time shyness tries to rise up inside of you be prepared to fight to not let it stop you and eventually it will lose its grip. Put the burden of changing you on the Lord.



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**8) Your fallen nature.** You didn't ask for it. It is not even your fault that you have it. It is in you because of Adam's sin—that's why its called *Adam's* nature. God isn't asking you to get rid of it—Paul never got rid of his. In fact God is in no hurry to remove it. It comes off of us when we die. While you live it is actually serving a good purpose for you to have a fallen nature: it keeps you humble and dependent upon Him, grateful that you are covered by the Blood and by the Love, and less prideful towards others. What He is saying is this: *Don't walk in it!*

**9) Physical appearance.** The truth about physical appearance is that anyone who has truly put on Christ (in love and delight) has such inner beauty shining out of them that it never fails to transform even the most ordinary countenance. The life of Christ alive in us is the best "make up" in the world and all it costs in this context is dying to the vanity of being concerned about how we look outwardly. God looks deep inside and loves us. Let's learn to do it His way.

## **Sword and Shield**

We are covered by a Great Love. Beloved, you just can't be more loved than this!

**"As the Father has loved me, so have I loved you. Abide in my love. If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love."** John 15:9-10

**"For the Father himself loves you, because you have loved me and have believed that I came from God."** John 16:27

**"I in them and you in me, that they may become perfectly one, so that the world may know that you sent me and loved them even as you loved me."** John 17:23

**No, in all these things we are more than conquerors through him who loved us. For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.** Romans 8:37-39

**In this is love, not that we have loved God but that he loved us and sent his Son to be the propitiation for our sins.** 1 John 4:10

**We love because he first loved us.** 1 John 4:19



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## Prayer Focus

**Time's up: accept these "unacceptable" things about yourself.** They aren't going away and life really won't get much better until you do! Go over each grace killer individually and make sure you are making real peace in your heart and mind with God and yourself about it. Then move on to the next one. Let your prayer be:

*Father, since you accept this about me, I choose by an act of my will to break agreement with all of my fear and hatred for \_\_\_\_ being in my life the way it is, and I choose to fully accept it about myself because you do.*

As you do each one, check it off. But make sure you pray it through thoroughly!

<input type="checkbox"/> Past hurtful events	<input type="checkbox"/> Failures, wrong choices	<input type="checkbox"/> Weaknesses
<input type="checkbox"/> Lack of knowledge	<input type="checkbox"/> Family heritage	<input type="checkbox"/> Your fallen nature
<input type="checkbox"/> Present limitations	<input type="checkbox"/> Personality and patterns	<input type="checkbox"/> Physical appearance

## Stretch Yourself!

Un-self-loving attitudes block Holy Spirit given ability to express or receive love. The truth is it really is a great, good thing to be you—because of who He is to you and who you are in Him. He believes it. So, forgive self, renounce self-rejection and agree with God! Make the following faith confession your own declaration of freedom.

**Confess by faith as an act of your will** (repeat this out loud, until your heart really believes it):

*Because of my Father's perfect love for me, His never-ending mercy for me, the future and hope He has for me, and His commitment to bring good out of everything that has ever happened or will ever happen to me, **it really is a great, good thing to be me!** I therefore choose to fully forgive myself and accept myself—just as He does. And I will fight to take my life back from all unloving attitudes against myself. I may have had a bad beginning, but I am going to have a great never-ending!*

### Interested in Going Deeper?

Consider taking our free [eCourse for Healing!](#) We have designed a complete series for personal transformation, "Matters of the Heart," to help Christians gain emotional freedom and inner healing. In all there are 24 Main Healing Lessons and 24 Head to Heart Guides to help you bring your heart to God and receive His Great Heart for you in return!



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