

Learning to love yourself

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BIG SANDY, Texas—Do you love yourself? Many people will quickly think in their minds that self-love is an act of selfishness or arrogance. But loving yourself does not have to be that way. Proper self-love is not that way.

We know that the Scripture tell us to "esteem others" better than ourselves (Philippians 2:3). And the purpose of this short article is to remind you that you can't really esteem other people well if you don't love yourself.

Do you remember the two great commandments given by Jesus Christ? He listed them as to love God with your whole being and to love your neighbor as yourself (Mark 12:29-31).

Jesus Christ instructed us to love others *as we love ourselves*. Before we can truly love other people, we have to learn how to love ourselves.

Avoiding selfishness

We know that selfishness is sin. A selfish person doesn't want to share. A selfish person will take things that are not his.

We realize that a selfish person is one who esteems himself better than others.

Having a proper love (respect) for yourself is not selfish.

It is proper to take care of your body, your emotions and your mind. It is good to live a healthy life.

Taking care of yourself physically, emotionally and mentally is not being selfish. Taking care of yourself can help you to serve other people.

Avoiding arrogance

When you have seen people confuse the concept of self-love with arrogance, have you ever noticed that sometimes their bravado covers up a lack confidence?

That arrogance is often their way of feeling good about themselves.

Let's apply the same principle to ourselves.

Have you ever allowed yourself to become arrogant or a know-it-all because deep down you were unhappy with yourself? Have you ever despised yourself?

Anger, bitterness and discouragement

How often do you deal with people who are angry or bitter? It happens more often than we would like.

Sometimes, they will lash out at you. Do you think they are really trying to hurt you? No, they are hurting themselves so much that it is easy to hurt others.

They are only loving you as little as they love themselves.

There are times when you try to help them figure out why they are angry and bitter, and you hope to influence them to release their anger and bitterness to God.

Have you ever had to deal with your own anger or bitterness? Sure, people may have hurt you. But the anger or bitterness will eat you up. Do you love yourself enough to deal with your anger and bitterness?

How often do you deal with people who are discouraged or depressed? You often try to help them find more of God's love for themselves.

The same applies to us. When we have to deal with our own discouragement or depression, we want to experience more of God's love to help us through the valleys of life.

He thinks we are worth it.

Showing mercy

How often do you deal with people who won't show a little mercy toward other people when those people make a mistake?

You probably figured it out that the same people oftentimes have difficulty showing mercy toward themselves.

They are hard on other people because they are often hard on themselves.

What about you?

Do you show yourself a little mercy when you make a mistake? Or do you turn your temper loose on yourself because you are not perfect?

It is a command

There is nothing wrong with loving yourself. In fact, we are commanded to do so.

Therefore, we should work on becoming lovable instead of behaving like a spoiled or abused brat.

When you start on this journey, you will gain real self-confidence. Then go out and love your neighbor with real love and care.

In conclusion, go to the Masters (God and Jesus Christ) to learn about love. I have a feeling that They not only love you but They love Themselves.