

One thing that holds us back from seeing changes in our life is when we don't love who we are. If you are not happy with the way God made you, then there is a constant battle going on inside - never feeling good enough, always feeling wrong, with feelings of self-disapproval. If you don't learn to like yourself as you are - with you faults, flaws, and weaknesses - you will always feel like you should be better. Added to the problem is that you have to live with you. You can never get away from yourself. If you don't like yourself, life is going to be miserable.

It is very powerful when you can say: "I like myself. Yes, I need to improve in some areas. I need to do better. But I am at peace with who I am right now. I accept myself. I approve myself. I am not a finished product. God is in charge, and He is still working on me, making me and moulding me. It is not just up to me. I am going to relax and enjoy life while God is in the process of changing and refining me."

Psalm 139:14 "I praise You because I am fearfully and wonderfully made; Your works are wonderful, I know that full well."