

Loving Yourself

One of the highest loyalties of loving God is the ability to love yourself. Loving one's self is the capacity to emulate the qualities of God through simple living. You become a **mirrored reflection** of Jesus Christ. When humanity truly learns to love themselves as a figure of the Divine Creator, we too can begin to love our neighbors. This love only comes as a by product of entrusting total self in the **care and guidance** of a Loving God. The love of God is an empowering love to live in love, wholeness, and possess a spiritual, and mental freedom. **The law of God is perfect love, and perfect love casts out all fear. 1 John 4:18.**

Perfect love is received in the soul and only then you and I can choose this love. The choices of real love are pure and right.

"Loving your neighbor as yourself" was part of the Old Testament law (Leviticus 19:18).

A part of loving yourself is having the ability to recognize those personal things which prohibits the natural person to love wholly. One unnatural occurrence and unhealthy addiction that prevents many to love is the addiction of Hurry. **Hurry** has not just become a part of this life; hurry is this life. Hurry has become a chronic condition in the home, work place, and even the church.

When men/women dare not to fall in love with themselves: Seven Important Life Factors are sacrificed all be-cause of the Addiction of Hurry.

Patience: The author of **Addicted to Hurry** suggests, "in our pushing and rushing, many of us have no listing, leave no place, for patience", for patience is listed as a Fruit of the Spirit in Galatians 5:22. Family Life and Work Environment are atmospheres that denote whether or not we, as individuals, have understood the cultivation process to harvest spiritual patience. Patience is an essential attribute of the Christian fiber, and is a necessary tool for living in a highly complex world driven by hurry and technology. Without patience, despair and cynicism become our options and way of life.

Judgments: When confronted with the need to make decisions each day of your life, the inability to model patience creates the pitfall of impaired critical judgment. The ability to think critically and allow our thoughts to be guided by practical information, gives way to seeing the entire larger picture. Driven not by emotionalism, or sensationalism, or even impaired thinking, our decisions have long-term ramifications that will affect our happiness and overall well-being. **Proverbs 2:1-6.**

Depth: Spiritual Depth comes as a reflection to understanding the importance of Balance. Spiritual Depth is often misinterpreted as what you know, instead of how we live. Application of the Scriptures is more important than quoting them. God calls us to a practical theology whereby we live by what we have received through Holy Instruction. **James 1:22**



Joy: is the Meaning full delight in life. Joy is more than Happiness. Joy is the sign that life has found its purpose, its reason for being! Biblical joy is inseparable from our relationship with God and springs from our knowledge and understanding of the purpose of life and the hope of living with God for eternity when there will be joy evermore.

Dialogue: Dialogue involves and continues conversation with self and other: verbally and nonverbally. Often times we spend far more time speaking than we do listening. Jesus was a Good Listener who through Dialogue understood. Dialogue is often underrated. True Dialogue should melt away all fear, fear arises when dialogue has been watered down. When we hurry we prevent dialogue, with God, family, and self. We must learn to trust the Spiritual Process. Personal Growth depends on constant dialogue, without dialogue you remain the same. Are you will to love yourself enough to wrestle with you?

Personhood: One writer suggests that God does not need our exhaustion or busyness and is not a sign of true faith. God calls us to set priorities in this life. "There is nothing Holy or Spiritual about running ourselves into the ground." Kirk Byron Jones states, "rushing is an enemy of personhood. Personhood should be our blessing.

Spirituality: Patience, Depth, Joy, Dialogue, and Personhood are dimensions of true spirituality. Spirituality is attentiveness to fruitful living.

