

# WEEKLY MESSAGE

April 24, 2017



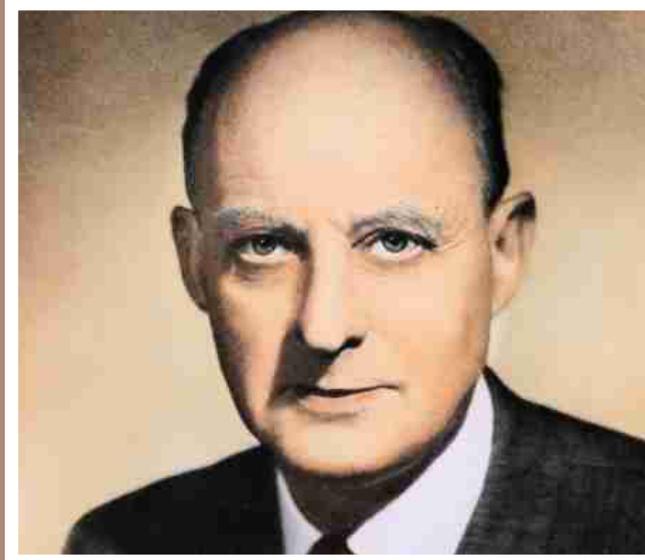
LIVING WORD ASSEMBLY

## I love being Me!



**Y**ou are who you are. The specific combination of your traits and its manifestations are unique to you and cannot be replicated in the exact way. There are many things man can change, but a few he cannot; his nature and talents fall into the few category.

I love the serenity prayer by written by the American theologian Reinhold Niebuhr (1892–1971): 'God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.



American theologian  
Reinhold Niebuhr ( 1892–1971)

***There are many things man can change, but a few he cannot; his nature and talents fall into the few category.***



*Self acceptance and self-love are two key ingredients for getting ahead in life.*



I love being me, do you love being you? Self acceptance and self - love are two key ingredients for getting ahead in life. This is because without these, a defective self- esteem is inevitable. Self esteem is a feeling of pride in your self, a confidence in your ability to create value and be successful at something , all other things being equal. Can anything good come out of me ? This self review question if answered in the negative at any point in time reveals a shaken self confidence, usually a symptom of an unhealthy self esteem. The point here is, every single being is created,

packaged and delivered with value to deliver value!!! The fact that it is not known does not invalidate that fact! The onus is on us to discover our value. Really, you can get no value from a person who knows not his own value nor how to deploy it!

We will come to self deployment , for now let's explore what prevents full self acceptance and self love. I accept they may be numerous. Let's discuss some here.

For many, the voice of man has become the voice of God. I don't blame them, for it is difficult for anyone to operate in a vacuum. Where we have not developed a mechanism to connect with God and the supernatural, we are limited to the natural. These category of people typically live and depend upon what their five senses dictate and are guided only by the opinion/ feedback of the people who are in direct contact with them. Not only that, the majority and popularly held opinion is adjudged as authentic. Their assessment of their capability is thus left entirely to the opinion of people; imperfect as we are. Unfortunately, only a few who live by these principles, get a completely credible feedback. More often than not, they are guided by false and sometimes malicious opinions which rob them of their God given esteem. I vehemently disagree with the notion that the voice of man is the voice of God. Man is not God and can never be. Man in his best estate is distinctly inferior to God. Consequently, everyone guided solely by man's opinion will certainly have a defective self assessment, the very source of a lack of self acceptance and self love. Let me add that I am not suggesting that people's opinions would always be false and misleading, we do have human mentors and sponsors who are invaluable for our self development journey. The point is, you should not depend entirely on human opinions for your self assessment and validation

because of the inherent frailties of man. Instinctively, most men adjudge themselves (and rightly so), as valuable and good. This is theoretically correct as we are all created in the very image and likeness of God. Where this personal expectation does not meet with public opinion and performance, man struggles to accept and love himself as is. Several failings, and mistakes are often confused as outright failure and a lack of natural ability and strengths. These may therefore inadvertently become a source of defective self assessments leading to a lack of self acceptance. Unfortunately, imperfections like failings and unintended mistakes are a feature of humanity making these occurrences inevitable in man's life. This however does take away our intrinsic goodness and value, rather they should serve as a source of learnings and improvements. However, where this truth is unknown, and skill has not been developed, mistakes and failings become a taint in our self assessment process.

In addition , unfulfilled expectations tend to also distort our self assessment process. Hope delayed introduces some temporary 'emotional distress' which could lead to a erroneous judgement of our selves and our natural endowments. However, for the well prepared, there is a realization that temporary setbacks are not a basis for any sort of permanent judgement and self assessment. Every single man/woman is created by God to succeed , all other things being equal e.g presence of self application. However, things are not always equal for many reasons. This does not imply that man is perfect in all ramifications, but he is created sufficiently good to deliver value in the world that in itself is imperfect. The fact is the ability to connect with God and the 'human agents' God has set on our way will put us in the right position to get the true information for an accurate self assessment.



Everyone with the habitual tendency for peer comparison is also prone to an erroneous self assessment. Not only that, with such habits comes the exposure to peer pressure capable of derailing our pursuit of life's purpose. Eventually, such people become 'square pegs in round holes', precipitating and fulfilling a self imposed prophecy of weakness and failure. Every man is unique in his/ her appearance and mannerisms, drawing such unfair comparisons is like comparing apples with oranges. The appropriate way for self review is to compare with the standard : our God given purpose, personal vision and set goals!

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