

Any Ideas?



Whitney Houston

“I believe the children are our future. Teach them well and let them lead the way. Show them all the beauty they possess inside. Give them a sense of pride to make it easier. Let the children’s laughter remind us how we used to be.

Everybody searching for a hero. People need someone to look up to. I never found anyone to fulfill my needs. A lonely place to be. So I learned to depend on me.

I decided long ago, never to walk in anyone’s shadows. If I fail, if I succeed, At least I live as I believe. No matter what they take from me. They can’t take away my dignity.

Because the greatest love of all. Is happening to me.

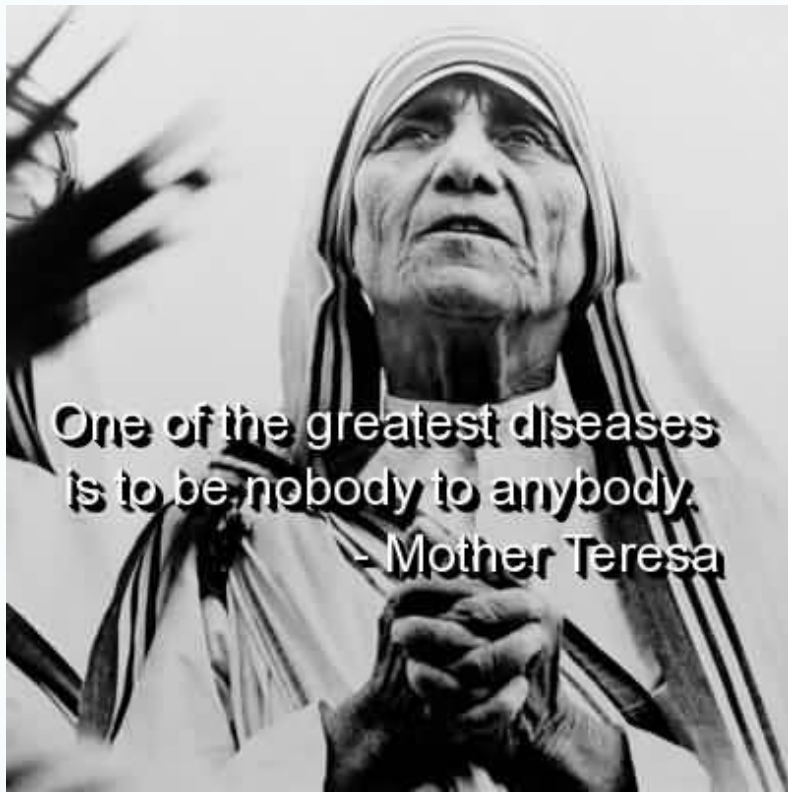
I found the greatest love of all, Inside of me.

The greatest love of all, Is easy to achieve. Learning to love yourself, It is the greatest love of all.”

Those who love themselves are often those who are most able to love others & love God.



Those who loathe themselves may be likely to hurt others and blame God.



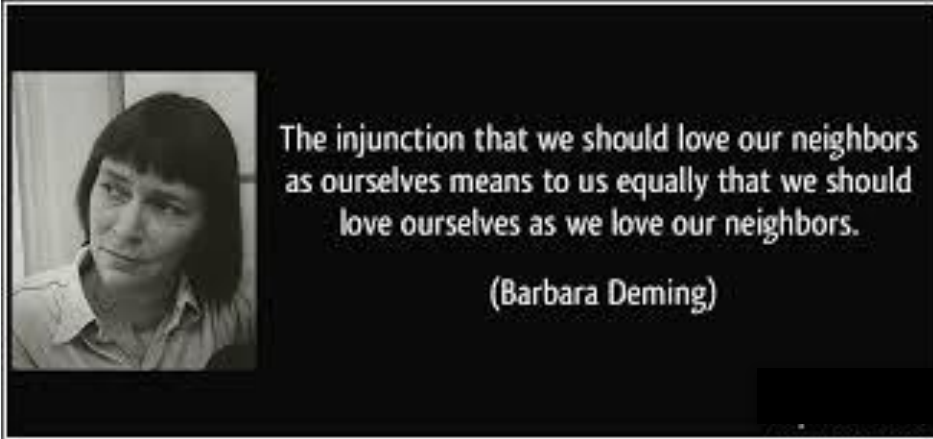
One of the greatest diseases
is to be nobody to anybody.
- Mother Teresa

Selfishness is wrong



Selfishness & self-love are
extreme opposites.

Why Should We Love Ourselves?



Because we are made in God's image.

Because God loves us

Because God believes in us

"It is difficult to make a man miserable while he feels worthy of himself & *claims kindred* to the great God who made him."

-Abraham Lincoln

How Can We Love ourselves?



Begin by telling ourselves the truth.

Work with the truth that we are sinners, ***but*** we are ***forgiven*** sinners.

By treating ourselves with love

Be patient & kind to yourself.

Don't beat yourself up. Forgive yourself, when God has forgiven you.

This forgiveness is through God's grace & mercy, which needs to be accepted.

If you haven't already, are you willing to accept God's grace today?

We cannot effectively love God or love our neighbour if we first cannot love ourselves.

You can't love another person if you do not love yourself.

Learning to love yourself **isn't** the greatest love of all, but it **is** a very important love.

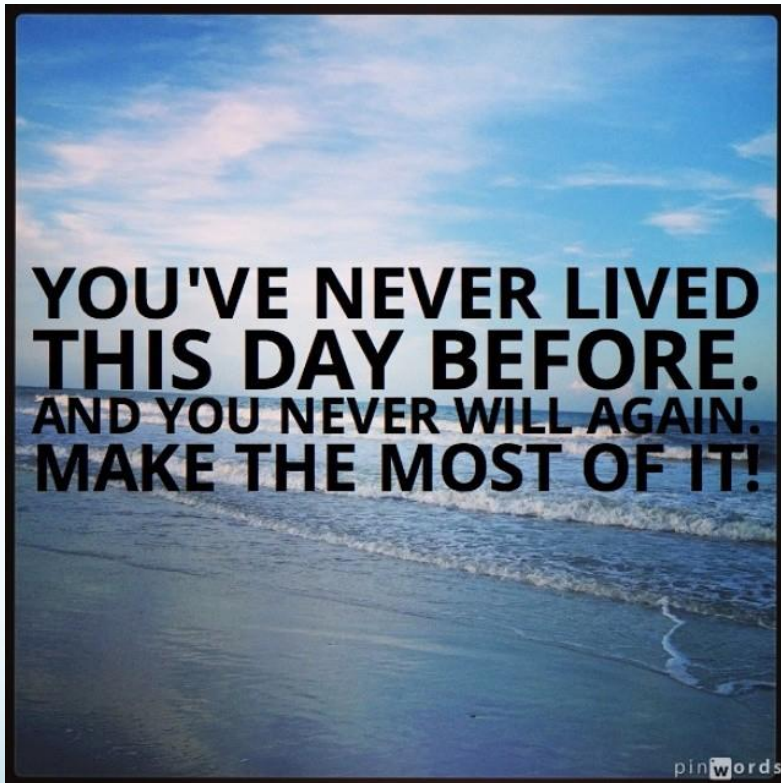
All the love that we need to love ourselves & our neighbours is available to us, right now.

God is ready to love you so powerfully that your love for yourself & others will become natural & fulfilling.



God showed how much he loves & values us when Jesus stretched out His arms on the cross at Calvary.

What are you going to do about it?



To love yourself more?

To love your neighbours more?

To love God more?