

# LEARNING HOW TO LIKE YOURSELF



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## What Happens If You Do Not Like Yourself?

This is a question every one of us should ask. To like you or not like you, that is the question. Your future well-being will hinge on your conclusion.

.....  
"Woe unto him that striveth with his Maker!"

(Isaiah 45:9)  
.....

"Woe," if you do not like yourself. One hundred and six times the word, "Woe" is used in the Bible. "Woe" is a crying out, a lament which is often prolonged based on urgency. It means to take care that you make no mistakes. Be alert, attentive, vigilant, prudent, discreet, taking heed. This is a critical heed with three serious "woes." Big trouble is lurking.

"Woe unto him that striveth with his Maker!" (Isaiah 45:9) You were your mother's baby, but God made the "you" He placed *inside* the baby. That's why we were taught to pray, "Our Father, who art in heaven." God made the real you and you do not want to be in strife with God. You will lose if you fight with the Almighty, your Maker. He made you and He has big plans for you and your life, plans that will take an eternity. He brought you into existence. He produced, fabricated, fashioned, constructed, and built you. You had better like it. You had better like the "you" He created. If not, woe! You are headed for big trouble that could last the rest of your natural life (and later).

Let's look further. "Woe unto him that striveth with his Maker! Let the potsherd strive with the potsherd of the earth. Shall the clay say to him that fashioneth it, What makest thou? or thy work, He hath no hands?" Let me paraphrase. "Will the pot say to the pot-maker, 'You did a lousy job?' Will the clay talk back to the potter? Will you carry on an argument with God? Will you tell God that His hands are clumsy, that He messed up when He made you?"

You should really *really* like yourself. You were in the hands of an artist Who makes no mistakes, the hands of a sculptor Who makes no blunders. What is the big deal? At your core, you will decide to accept your "self," the self that God made, or you will decide to reject your "self," the self that God made. You will either "like" your "self" or "not like" your "self."

Your future will be determined by this foundation. My strongest advice would be for you to say, as David the Psalmist said, "I will praise Thee; for I am fearfully and wonderfully made: marvelous are Thy works; and that my soul knoweth right well" (Psalm 139:14). Say it every time you look in the mirror and every time you see a picture of yourself.

You will either be grateful for the way God made you or not. You will either celebrate yourself or criticize yourself. Suicide does not begin with a bottle of pills, a knife to slash, or a rope to hang. Self-destructive behaviors begin with how you value yourself. If you treat yourself the way God made you, self-destructive behaviors will not even cross your mind. At your core, you need to embrace yourself. God loves you and you are a product of that love. You will rarely have to deal with depression. Self-acceptance or self-rejection will affect everything.

If you do not like yourself, you will spend the rest of your life trying to be like someone else, always comparing yourself to others. This is the root of superiority complexes or inferiority complexes: comparison. Just compare yourself to God. You will not have an inferiority complex; instead, you will be humble.

That was the first woe. Here are the other two:

.....  
*“Woe unto him that saith unto his father,  
What begetteth thou? or to the woman,  
What hast thou brought forth?”*  
.....

Some of us blame our parents for who we are. That’s a bad choice. There are the other two woes: one, to blame your father, or two, to blame your mother. Self-rejection plus blame is still self-rejection. We must, however, come to terms with what’s so “woeful” about blaming your father or mother?

We know the attitude we are supposed to have towards our father and mother but, unfortunately, we do not often live it. We are instructed to “honor your father and your mother.” Honoring your father is the antithesis of accusing him of “begetting” you. Honoring your mother is the opposite of incriminating your mother for what she “has brought forth.”

Your father and your mother were the conduits, or the instruments, that God used to bring you into the world. Anyone who helped bring this “one of a kind” you into the world should be esteemed. Rejecting your father and mother, regardless of their faults and failures, brings to us these “woes.”

Disregarding the woe warnings will bring damage and destruction into our present and future lives.

.....  
*“Whoso curseth his father or his mother,  
his lamp shall be put out in obscure darkness.”*  
*(Proverbs 20:20)*  
.....

This simply means that our light, our ability to influence others the proper way, will end. We will not have a positive or godly effect on those around us.

In contrast, if we honor our father and mother, we will not have woes, but blessings. Take a look:

.....  
*“Honour thy father and mother;  
(which is the first commandment with promise;)  
That it may be well with thee,  
and thou mayest live long on the earth”*  
*(Ephesians 6:2-3).*  
.....

What is the essence of these two promises? 1) It will be well with you. You will have success in every area of your life. Your spirit, your conscience, and your example will power you forward. 2) You will live long on the earth. You will have fewer health issues. Your spirit and the right condition of your mind which comes from the proper honoring of your parents will prompt, induce, stimulate, and encourage you forward because the spiritual clutter that comes from dishonoring your parents will not now contribute to the demise of your physical body. The health of your relationship with your parents will affect the health of your body... you will live long... and well!

Let's look at another verse:

.....  
*O man, who art thou that repliest against God?  
Shall the thing formed say to him that formed it,  
Why hast thou made me thus?  
Hath not the potter power over the clay,  
of the same lump to make one vessel unto honour,  
and another unto dishonour?*

*(Romans 9:20-21)*

.....  
Here's the *Message* translation to help us to better understand:

.....  
*Who in the world do you think you are to second-guess God?  
Do you for one moment suppose any of us knows enough to call God into question?  
Clay doesn't talk back to the fingers that mold it, saying, "Why did you shape me like this?"  
Isn't it obvious that a potter has a perfect right to shape one lump of clay into a vase for hold-  
ing flowers and another into a pot for cooking beans?*

*(Romans 9:20-21)*

.....  
What are the woes of not liking yourself? I want you to understand these, because I submit to you that you will have an artificial sense of inferiority if you don't. You will think something's wrong with you when it's not. An artificial sense of inferiority is as devastating as if it were earned in reality. So, what are the woes of not liking yourself?

### 1. You will blame God and/or your parents

Number one, you will end up blaming God or your parents, or maybe both. When you reject yourself, you're going to blame somebody. You may blame God, because He's your Maker, or your father, because he helped make you, and you have ties to him. Or you may blame your mother. So, the first woe is that you will end up blaming God and/or your parents for who you are.

### 2. You will be bitter towards God and/or you will dishonor your parents

Secondly, you will be bitter towards God and/or you will dishonor your parents. Because, if you blame God, you'll become bitter. If you blame your parents, you will not be able to honor them. Every time Fathers' Day or Mothers' Day comes around, you know you have to honor them, but you don't feel like it, when you should feel like it 365 days of the year.

### 3. You will assume God doesn't like or love you

Thirdly, you will assume that God doesn't like you or that He doesn't love you if you don't like yourself. Since God made you, you will assume that God doesn't like you. You will also assume that He doesn't love you. Of course, this leads to a tremendous sense of being alienated from God.

#### 4. You will assume others won't like you

If you don't like yourself, why would you think other people will like you? You probably wouldn't... and that's not a nice way to live.

#### 5. You will hide or disguise the real you

It gets worse. When you assume that others will not like you, you hide or disguise the real you. You will try to make something up that you think people will like. You will present yourself in a certain way to be accepted because you think people won't like you. Of course, this leads to great artificiality.

#### 6. You will create a caricature of yourself that you think others will like

You will manufacture a new you that you think other people will like. You'll check out the things that other people do that seem to be popular, and you'll shape yourself so that others will like you. In doing so, you distort the real you. This is what we call peer pressure. Peer pressure is the pressure to conform to the group around you in order to be accepted. Individuality is lost.

#### 7. You may compensate with materialism

You will seek certain kinds of compensation to make up for the fact that you don't like yourself. It could be materialism—you'll go shopping more often and buy more stuff because you don't like yourself, and you think that if you have stuff, it will help you. It isn't just materialism. You may have other forms of selfishness, not self-love, but selfishness.

#### 8. You will experience abnormal sensual temptation

If you do not like yourself, you will tend to look for love and acceptance in all the wrong places. The emptiness caused by self-rejection begs for something, for someone, to care, to love, to see value in you, or to affirm you. To fill the void, you grasp at virtually anything that appears to be accepted by others. Consequently, those who are concealing evil and selfish motives can become attractive to you. You will think you're being accepted, when what is really happening is you will be used and abused. Lust has many disguises for love. Lust impersonates affection.

The danger is that you may give massive amounts of time to making yourself physically attractive. You falsely imagine that if someone is attracted to you physically, they must like the real you. Wrong! If your body is not for sale, don't advertise it. Whatever you advertise is what buyers will seek. If you show off your body or body parts, you will attract those interested only in those parts. Yuck. They'll be coming after you all right... but for immoral, corrupt, dishonest, and devious reasons.

After being used or abused in the "dating context," you are discarded for someone else. Discarded... how degrading is that! Your already low self-esteem is further reduced and demeaned. Sex is a poor substitute for self-assurance.

#### 9. You will not have self-respect

Respect is esteem, regard for, reverence, and admiration. Without self-respect, you lose a proper sense of dignity. Factually speaking, you are royalty of the highest order, a son or daughter of the Most High God. You were designed for nobility and grandeur, character and poise. These attributes engender respect. Respect is not snobbishness. We are not talking about being a spoiled, pampered brat, but rather seeing yourself properly and accurately with confidence, faith in yourself, and self-regard. Without self-respect, you will mistreat yourself in a hundred ways.

### 10. You will not believe you are worthy of respect (but will seek it anyway)

If you do not like yourself, you will not believe that you are worthy of respect, even though you seek it from other people. Do you think you're inadequate, inferior, or that there's something wrong with you? I want to affirm to you, my friends, that God never intended for you to live the rest of your days thinking badly of yourself. You might cover it up, hide it, or mask it. You might put some kind of veneer on the outside, but inside you think you're trashy, unworthy, unrespectable, unloved, or unliked. I'm not sure that we can tally up the pain that results from this condition.

### 11. You will secretly side with or believe your critics

Secretly, you will mentally side with people who make fun of you, mock you, despise you, point their finger at you, ridicule you, or call you names. The internal fortitude that comes from liking yourself is gone, so when your enemies attack you, you can't withstand them, because you don't like yourself either. So, you hardly blame them on the inside, even though you might openly blame them on the outside.

### 12. You will side with the adversary against yourself

You will side with the adversary against yourself. Understand a little bit about the devil:

.....

*And I heard a loud voice saying in heaven,  
Now is come salvation, and strength  
and the kingdom of our God, and the power of his Christ  
for the accuser of our brethren is cast down,  
which accused them before our God day and night.*

*(Revelation 12:10)*

.....

One of Satan's names is the accuser of the brethren. He once had legal access to heaven. God was legally obliged to listen to him, until Calvary, where Satan was defeated and cast down. Satan no longer has access to heaven, and God is no longer obliged to talk to him. But until Calvary, Satan was always accusing the saints. Now, after Calvary, he is cast down. Satan is still accusing the brethren, but his words are no longer heard in heaven, but only to the ears of men.

Satan, your adversary, is constantly pointing his finger at you. Like a roaring lion, he walks around the children of men, and he wants to devour you. We are to resist him steadfastly in the faith. What faith could that possibly be? It includes faith in your own personal worth and value. He accuses you to prevent you from liking yourself. He is the arch enemy of God, and since you are the creation of God, he wants to hurt God by hurting you.

You may be wondering, where do I get these crazy ideas about how bad I am? They come from your adversary, the devil. Note this Scripture about self-opposition:

.....

*In meekness instructing those that oppose themselves;  
if God peradventure will give them repentance  
to the acknowledging of the truth;  
And that they may recover themselves out of the snare of the devil,  
who are taken captive by him at his will.*

*(2 Timothy 2:25-26)*

.....

If you do not like yourself, you will work against yourself. Notice how you get into a condition of opposing yourself, of badmouthing yourself, or of thinking evil about yourself. How do you start “not liking” yourself? Your recovery is knowing you are in the “snare of the devil.” It is the devil who wants you to not think of yourself the way God thinks about you. When you don’t like yourself, you’re really siding with the enemy.

### 13. You will view others as competitors

Rivalry is a natural inclination when you do not like yourself. You don’t want others to be better than, higher than, more popular than, or smarter than you. You will compare yourself and consciously or unconsciously live in tension with others. Your ability to genuinely be happy for others is impaired. You will be able to weep with those who weep, but rejoicing at the success of another is more difficult. You don’t want to be outdone. It can even influence you as you search out others who you can dominate. You look at them as inferior, so you can feel superior. Non-genuine acceptance of yourself causes you to view others through biased eyes.

### 14. You may not be able to get along with siblings

No group of people should be more bonded than family. That bonding begins with a father and a mother who are indissolubly attached to each other by the covenant bond of marriage. Their bonding extends to each child. Mother and father are equally attached to each of their children. This bonding includes respect, esteem, honor, and commitment for one another. That same attachment should extend from each child to their brothers and sisters. “We be brothers” is a phrase indicating the strongest of attachment and association.

In fact, one of the reasons to have a brother is to have someone you can count on in times of trouble. Note this Scripture, “A brother is born for adversity” (Proverbs 17:17). *The New Living Translation* says, “a brother is born to help in time of need.” Another translation says, “brothers stick together in all kinds of trouble.”

When you do not like yourself, you will probably not like your brother or sister either. Psychological projection is when you project undesirable feelings or emotions onto someone else, rather than admitting to or dealing with your unwanted feelings. You will not like your brother or sister. Competition becomes rivalry, rivalry becomes contention, and contention becomes hatred. Cain and Abel is a famous example of sibling rivalry which ended in death: “And Cain killed his brother Abel.” (Genesis 4:8)

### 15. Your sense of happiness will rise or fall based on the affirmations others give or do not give

If you don’t like yourself, the only thing that encourages you is if someone comes along and says something nice about you. You end up trying to get as many people as possible to like you, or say nice things about you; otherwise, you become depressed. This is one of the problems with peer pressure, because peers will approve of your bad behavior and that may make you feel good. But it’s artificial and synthetic, because inside, if you really liked yourself, it wouldn’t matter what anybody says about you, because, “to our own master we rise or fall.” Listen to this scripture: Jesus said, “How can you believe since you accept glory from one another but do not seek the glory that comes from the only God?” (John 5:44 NIV) When you don’t like yourself, you don’t like what God made you to be, and you introduce a self-destructive dynamic, as you shall see in a moment.

### 16. You will tend to be a people pleaser

Everyone else’s opinions will be more important to you than yours or God’s. Always being worried about what somebody thinks about you is not a nice way to live. You will become subservient to others, whether they are right or wrong. Others shape and contour your life. You become manipulated, dominated, and controlled by others. Your self-confidence will be undermined. You will worry about what everyone else thinks. Your own convictions will weaken. When others catch on to what is happening to you, they will treat you like a door-

mat. Your natural impulse will be to hide your true feelings, lie, and only say what you think others want to hear. You will have to develop a built-in public relations department. This is tortuous and inhumane, and it's all because you don't like yourself.

### 17. You will not find satisfaction from within

You were designed to be happy from the inside out, satisfied, and complete.



*The backslider in heart shall be filled with his own ways:  
and a good man shall be satisfied from himself.*

*(Proverbs 14:14)*



If you like genuinely yourself, you will have an inner source, a fountain of joy, an exaltation that happens from the inside of you. We call it joy. We call it happiness. It's an exaltation of your inner spirit that comes from genuine harmony with yourself. If you don't like yourself, that fountain of joy doesn't exist and you can spend the rest of your days in restless pursuit of other compensation.

### 18. You will not have peace

How could you possibly have peace if you don't like yourself? How could you possibly have inner tranquility? Calm, coolness or, collectedness? Confidence? You want to have the interior knowing that, "Hey, I'm alright. I really am somebody."

A lack of peace in anyone's life is troubling. Peace is referred to 429 times in Scripture. Thirteen of the fourteen New Testament Epistles begin with an expression of peace to the readers. Five times in Scripture, God is referred to as, "The God of peace." Jesus is known as, "The Prince of Peace" (Isaiah 9:6). Jesus came to, "guide our feet in the way of peace" (Luke 1:79). You do not want to have Jerusalem's condition as Jesus referred to it in Luke 19:42: "the things which belong unto thy peace... are now hid from thine eyes." Genuine self-acceptance is one of those things that "belong unto your peace."

### 19. You will not have joy

You were designed by God to have so much joy that you shout about it. (See Psalms 32:11, 35:27, 132:9, 16) You were designed to have so much joy that you sing. The Christian way is a joy-filled way. Some people *profess* to be Christians who look like they were baptized in lemon juice. They have faces so long they look like saxophones. These fakes give Christians a bad name. God is a happy God. His people are a joyful people, of whom it is said, "therefore with joy shall ye draw waters out of the wells of salvation" (Isaiah 12:3).

Without the Lord's natural and exuberant joy inside us, people go looking for it elsewhere. That's why amusements attract us. Amusement is the entertainment of those who do not think. Muse means to think, the "a" in the beginning turns the meaning into "not to think." Amuse means to divert the attention. Thus, we have these games, whatever they are, that stop us from really thinking, because we have an inner lack.

### 20. You will not have contentment

Contentment is pretty elusive these days. One of the primary dynamics in most advertising is to stir up dissatisfaction with whatever you have so that you will feel a need for the product they're advertising. The advertiser plays up your inadequacy and your fears to get you to spend your money, transferring the wealth of your pocketbook into theirs.

Contentment is realizing that God has already provided everything you need for your present happiness. If you don't like yourself, how would you ever be content?



*But godliness with contentment is great gain.*

*(1 Timothy 6:6)*



### 21. You may live an artificial life, attempting to compensate

To compensate means to make up for, especially for something that is unwelcome or unpleasant. Psychologically, compensation means to make up for some real or imagined deficiency. Imagine the waste of life, energy, time, talent, and treasure as you attempt to make up for an imagined deficiency. You could waste an entire lifetime. How could you ever come up with an equivalent for the real you? Impossible! You end up competing with yourself, trying to prove to yourself that you are somebody. That you really are something. It's one of the "woes" of self-rejection.

### 22. You will have rejected the real you

To not like yourself is to reject yourself. What disapproval! What bondage! What suffering! What self-inflicted wound of unworthiness! What self-abuse! What self-hatred! What self-annihilation! What treason! This is suicide by installment plan! A sin against ones-self! An entrance into an illusionary world! A wrong moral judgment! A discarding of value! It is the mistake of all mistakes! It is the wrong of all wrongs!

### 23. You will tend to imitate others you admire

You will try to be like people who you think are likeable. You will make judgments based on mere appearances. If you spend your life trying to be like other people, guess what? There will be nobody left to be you, the real you, the remarkable you. Who will be you? The whole universe will be robbed of the blessing that you were intended to bring it by just being... yourself!

### 24. You will develop varying degrees of self-hatred

Last week, I sent my wife a beautiful picture of the sunset taken over the Atlantic Ocean. I attached the caption, "You think this is beautiful? Look in the mirror!" If I could, I would do the same with you.

If you hate everything about yourself, you need to understand with certainty that your judgement is severely impaired. Self-loathing to any degree sides against God's view of you. In case you haven't figured it out yet, God is always right! He doesn't hate you. He loves you! He is not a respecter of persons, and He will say to you exactly what He said to Jeremiah, "Yea, I have loved thee with and everlasting love: therefore, with lovingkindness have I drawn thee" (Jeremiah 31:3). My best advice to you is, "Get on God's side. Love you!"

### 25. You will subconsciously develop self-destructive attitudes

Stop being a traitor to your self. Self-destructive behaviors will start cropping up in your thinking. When you don't like yourself, you turn on yourself. Thoughts turn to attitudes; attitudes to feelings; feelings to actions. Negative thoughts = negative attitudes = negative feelings = negative actions. Negative actions are actions that destroy. It doesn't matter how incrementally they happen. One cigarette after another is one coffin nail after another. One drug after another destroys thousands of brain cells after other thousands. I like what Shakespeare said about alcohol, "I would not put a thief in my mouth to steal my brains." There are so many self-

destructive behaviors: over-eating, under-eating, drug abuse, alienating yourself from others, over-spending, refusing sleep, and more. These destructive dynamics, both consciously and unconsciously, sabotage the soul.

## 26. You will speak evil

Your self-talk will be contaminated. What you say to yourself is very important. If you do not like yourself, you're saying, "I'm no good." You probably wouldn't say it out loud for other people to hear. If you know someone who's outwardly like this, you ought to declare an emergency over them. They need you to give them this message on how to start liking themselves. They will say things like, "I'm dumb," or "I can't do anything right." They trash themselves. The pain in their soul builds, builds, and builds until their self-destructive behaviors get worse.

But isn't this "just talk?" No! Words have power. "Death and life are in the power of the tongue..." (Proverbs 18:21) The more evil you speak to yourself, the more evil will increase in your life. You may ask, "How so?"

We are taught "So then faith comes by hearing, and hearing by the word of God." (Romans 10:17 NKJV) When you say something, you reinforce it and it increases your faith. The more you say something, the more you believe it. Commercials play the same message over and over and over again. Why do they repeat it? Because the more you hear that you need their product, the more you will believe it.

The words that you say to yourself, whatever they are, will increase that condition of your soul. You end up believing what you say to yourself. If you speak evil to yourself, you will believe that evil.

This is so important that I want you to at least see some Scriptural truths about this:

.....

*The tongue of the wise useth knowledge aright  
but the mouth of fools poureth out foolishness."*

(Proverbs 15:2)

.....

*A wholesome tongue is a tree of life:  
but perverseness therein is a breach in the spirit.*

(Proverbs 15:4)

.....

*Whoso keepeth his mouth and his tongue  
keepeth his soul from troubles.*

(Proverbs 21:23)

.....

*What shall be given unto thee?  
or what shall be done unto thee  
thou false tongue?*

(Psalm 120:3)

.....

*Thy tongue deviseth mischiefs  
like a sharp razor, working deceitfully.*

(Psalm 52:2)

.....

.....  
*Keep thy tongue from evil,  
and thy lips from speaking guile.*

*(Psalm 34:13)*  
.....

## 27. You may lose all hope

Hopelessness is despair without a glimmer of optimism. Despondent, desperation, depression... these are not nice words and certainly they are not nice conditions of the soul. It may seem like the whole world is against you and that no one cares. If you feel this way, please read the rest of this book. Make sure you grasp the four steps so you can enthusiastically like yourself.

## 28. You may wish you were never born

The Bible tells us Job's story. His life was negative and he did not understand why. Instead of blaming his environment, he blamed himself and eventually he wished he'd never been born. Let's let the Scripture tell the story:

.....  
*And Job spake, and said,  
Let the day perish wherein I was born  
and the night in which it was said,  
There is a man child conceived.  
Let that day be darkness;  
let not God regard it from above,  
neither let the light shine upon it.  
Let darkness and the shadow of death stain it;  
let a cloud dwell upon it  
let the blackness of the day terrify it.  
As for that night, let darkness seize upon it;  
let it not be joined unto the days of the year,  
let it not come into the number of the months.  
Lo, let that night be solitary,  
let no joyful voice come therein.  
Let them curse it that curse the day,  
who are ready to raise up their mourning.  
Let the stars of the twilight thereof be dark;  
let it look for light, but have none;  
neither let it see the dawning of the day:  
Because it shut not up the doors of my mother's womb,  
nor hid sorrow from mine eyes.  
Why died I not from the womb?  
why did I not give up the ghost when I came out of the belly?*

*(Job 3:2-11)*  
.....

Job said, “Just forget about my birthday. Forget it ever happened. Let the day be darkness, let God not regard it from above, and don’t let the light shine upon it. Get it off the calendar, let there be no joy—don’t celebrate my birthday—it’s a cursed day—I wished I had been born dead!”

The psychological condition presented to us in these scriptures is similar to many in our culture. Sorrowfully, even some Christians who don’t like themselves wish they’d never been born.

### 29. You will be tempted to medicate

There is no chemical cure for a spiritual problem. Brain- and mind-altering drugs may mask the problem for a time, but they cannot cure it. For example, guilt is a spiritual problem that can be resolved completely by practicing spiritual principles. Guilt on a man’s soul cannot be chemically removed.

It is beyond the scope of this writing to fully discuss this subject, but a few things must be mentioned. The Scriptures predict and describe conditions that will exist as we move towards the collapse of the world. Drug taking is one of them. Here’s the Scripture:

.....  
*...for by thy sorceries were all nations deceived.*  
*(Revelation 18:23)*  
.....

The word for sorcery is the Greek word, *pharmakeia*, the word from which we get pharmacy, medication, or drug-taking. In other words, entire nations will be deceived or tricked into the illegitimate use of drugs. America seems to be one of those nations. But a nation is only deceived if the people are deceived. How could this happen? The answer, I believe, is found on the money trail. Here is plainly what the Scriptures teach:

.....  
*...they that will be rich fall into temptation and a snare  
and into many foolish and hurtful lusts,  
which drown men in destruction and perdition.  
For the love of money is the root of all evil:  
which while some coveted after,  
they have erred from the faith,  
and pierced themselves through with many sorrows.*  
*(1 Timothy 6:9-10)*  
.....

Let’s look at the facts:

- 1) These persons are money motivated
- 2) A money motivation produces temptation
- 3) A money motivation produces traps
- 4) A money motivation produces stupid desires
- 5) A money motivation produces hurtful results
- 6) These desires damage other people
- 7) The other people are destroyed
- 8) The root cause is love of money

- 9) It causes people to disregard Biblical principles
- 10) It results in many sorrows

This is the story of drugs in our time. Unfortunately, this not only applies to street drugs, but to mind- and brain-altering prescriptions. Watch out. There is no chemical cure for a spiritual problem.

### 30. If unchecked, you may think of suicide

Instead of suicide on the installment plan, one cigarette after another, one drug after another, one drink after another, or one hit after another, some want to end the whole thing. All of this comes out of not liking yourself.

Plato believed that suicide was like a soldier running away from his post, running away from his duty. People who don't like themselves can reach an extreme mental, emotional, spiritual disorder, and not even know that they have a post, a mission, a responsibility, and a joyful enterprise. They don't even know they have an important function. Their truth has been so obliterated. At the root of the issue is such a dislike for themselves that life becomes meaningless, hopeless, and an endurance contest until some with weakened wills cannot endure it any longer. And Satan, the hater, the destroyer, wins, and self-murder is still murder. Woe!

The answer is to think correctly about yourself. You will know when you're thinking correctly, because you will be joyful, enthusiastic, exuberant, cheerful, and energetic. How will this happen? You have a chance now to change your thoughts about yourself. Change to God's thoughts about you. They are the facts. They come from the Holy Bible. They are the Truth. It is time to end the pain that is based on illusions and false ideas. Your pain will go away. Depression will vanish. You will have better things to do than to fight with yourself. God is on your side even when you are not. He is always *for* you, never against you. Why not join Him for, "if God be for us, who can be against us." (Romans 8:31)

## The Reasons Some People Do Not Like Themselves

I want you to understand the utter importance of liking yourself. Sure, I'd like you to like me too. Put me in the mix if you want to, but the person you really need to like is yourself.

The two questions now before us are: 1) Why do some people not like themselves? 2) How can you learn to like yourself? Let's get started on why some people do not like themselves. Here are some reasons:

### 1. They don't know, recognize, or respect their origin

The number one reason is they don't know where they came from. They don't know their origin. They don't recognize or respect or have regard for their own lives, and the "Author" of their lives. Let me show you what we know they *should* know.

#### *We are the offspring of God*

.....  
*That they should seek the Lord, if haply they might feel after him,  
and find him, though he be not far from every one of us:*

*(Acts 17:27)*  
.....

The Scripture says that we are the offspring of God. How delightful is that? We are His family. We are family. We are family with God. We are His progeny.

#### *God is our Father*

God is our Father. What a simple truth. Jesus taught us, when we pray, we should always pray, "Our Father which art in heaven." We have an earthly father, Who is referred to in the Bible, as a father after the flesh. A man and a woman created a baby, a physical body. But God made *you* and put you inside that baby's body. He is your Father.

#### *God created us*

.....  
*Know ye that the LORD he is God:  
it is he that hath made us, and not we ourselves;*

*(Psalm 100:3)*  
.....

People do not make people. They make babies. God creates the person. Do you know how wonderful this is? If, somehow, this simple truth would grip your mind and your emotions, you would be utterly transformed. God created the *you* that you don't like. He created *you*.

***We are loved with an everlasting love***



*The eternal God is thy refuge,  
and underneath are the everlasting arms:*

*(Deuteronomy 33:27)*



We are loved with an everlasting love, and underneath His love is everlasting arms. He loved us then, He loves us now, and He will always love us. He will never quit. We are always loved.

***We are intricately created***



*For thou hast possessed my reins:  
thou hast covered me in my mother's womb.*

*(Psalms 139:13)*



Reins are a means of control, usually when we're talking about the control and guidance of a horse. In your case and mine, it simply means that God controlled certain outcomes from the time before we were born.

***God thinks about each one of us***

God, Mr. Big, the Creator, Number One in the whole universe thinks about every single one of us.



*For I know the thoughts that I think toward you, saith the LORD,  
thoughts of peace, and not of evil, to give you an expected end.*

*(Jeremiah 29:11)*



God not only thinks about you, but His thoughts toward you are peaceful, constructive, and well-intentioned.

***We belong to Him***



*My beloved is mine, and I am his: he feedeth among the lilies.*

*(Song of Solomon 2:16)*



He is our beloved, and we are His beloved. Beloved means dear, precious, cherished, treasured, prized, highly regarded, esteemed, and admired. Think about this: you are His beloved's and His desire is towards you. No one can spoil you, unless you allow them.

.....  
And I give unto them eternal life; and they shall never perish,  
neither shall any man pluck them out of my hand.  
My Father, which gave them me, is greater than all;  
and no man is able to pluck them out of my Father's hand.

(John 10:28-29)

.....  
According to Jesus, *nobody can pluck you out of your Father's hand, nobody, nobody.* You're untouchable. Nobody can change your status of being a son or daughter (if you can imagine) of the Most High God. If you can understand this picture, you can understand that you are a child of God. How could you not like yourself?

### ***We do not have the ability to direct our own steps***

.....  
O LORD, I know that the way of man is not in himself:  
it is not in man that walketh to direct his steps.

(Jeremiah 10:23)

.....  
“The way of man is not in himself.” It is not in our ability to direct our own steps. We know that we're not capable of figuring out our lives by ourselves. We do not know how to direct our steps. So, God, we need You.

## **2. Mistreatment as a child**

Another reason people may not like themselves is because they were mistreated as children. Many parents think that criticism is the best method to correct a child. Wrong! Let's explore the difference between being criticized and being critiqued.

### ***Criticize:***

To criticize means to denounce somebody, condemn them, or attack them. A little child doesn't know any better, and they get criticized and attacked. Their uninformed, immature, and thoughtless parents are forever pointing their fingers at their children, thinking that by criticizing them they're helping them. What they're really doing is tearing their children down. To criticize means to fault and to disapprove or to disparage. We live in a culture where this has become normal: the pointed finger, the loud exclamations, the volume level, the repeating, the mocking—*What's the matter with you, boy? Are you stupid?* Children get damaged, sometimes even from well-meaning parents who don't understand that criticism is not a constructive way to change behavior.

### ***Critique:***

In contrast, to critique means to constructively analyze, assess, evaluate, or review.

What happens to a child who lives with criticism? Who is repeatedly told, with emphasis, everything that's wrong with them? They will learn not to like themselves.

### 3. Abused as a child

Some people don't like themselves because they were abused as children. This word, *abuse*, ranges from the physical, to sexual, to social, or to verbal. The Bible tells us the power of death and life is in the tongue. Please review this verse with me:

.....  
*The spirit of a man will sustain his infirmity;  
but a wounded spirit who can bear?*  
(Proverbs 18:14)

Who can handle the wounding of their spirit? It's not a physical wounding, and it's not merely mental or emotional. Now the real *person* is damaged, in their spirit, the real person. A translation says this:

.....  
*A healthy spirit conquers adversity,  
but what can you do when the spirit is crushed?*  
(The Message)

Some people don't like themselves because abuse has crushed their spirit.

### 4. Childhood rejection (real or perceived)

Some people don't like themselves because of childhood rejection. That rejection might be real, or it might just be the *perception* of rejection. Real or perceived, the outcome is the same. Perhaps no one shows adequate interest in them. Nobody asks them what their goals are. Nobody wants to know the truth. They don't get past "Did you have a nice day?" or "How are you doing?" Everybody gives standard answers. This too is very sad.

.....  
*I looked on my right hand, and beheld,  
but there was no man that would know me:  
refuge failed me; no man cared for my soul.*  
(Psalms 142:4)

"No man cared for my soul." Some teenagers go to bed at night, and now that they're alone, they put their head on the pillow, and some of them shed hot tears that no one knows about. They pound their chest and say, "Doesn't anybody care? Doesn't anybody understand? Does anybody like me?"

.....  
*And he said unto him,  
My lord knoweth that the children are tender,  
and the flocks and herds with young are with me:  
and if men should overdrive them one day,  
all the flock will die.*  
(Genesis 33:13)

Rejection is one of the causes of not liking oneself, because children are tender.

There are a thousand things I like about God. One of these days, I may write them all out. Here's just one of them: God is tender towards you. Sometimes we get our concept of God from our parents, and we think that God has a club, and He's waiting, hiding behind the clouds, to beat us up every time we do something, or bring Him any displeasure. Because of this, people have a picture of God that is malformed, malfunctioned, or mal-constructed. What is God really like? He is the number one person in charge of the whole universe. There's no one greater. There's no one wiser. There is no one more loving. If you had to describe this person of God in one word, it would have to be the word, *love*.



*The LORD is good to all:  
and his tender mercies are over all his works.*

*(Psalms 145:9)*



He's good to all. I love this, don't you? His tender mercies are over His works, and that includes us. Some of us had to deal with rejection, real or perceived. That is why Jesus gives us a warning as to how we should treat our children.



*And whoso shall receive one such little child in my name receiveth me.  
But whoso shall offend one of these little ones which believe in me,  
it were better for him that a millstone were hanged about his neck,  
and that he were drowned in the depth of the sea.*

*(Matthew 18:5-6)*



*If you receive one such little child in My name, it's like you're receiving Me.* I just love this about Jesus. He had a crowd around Him, everyone vying to be number one. Jesus took a little child, set him up in front of the people, put His hands on him, and blessed him. And He said, such is the kingdom of heaven. Except you become like little children, you cannot enter the kingdom.

It's no small wonder that when He came here, He came like one of us, as a baby. He came as a child. You can always tell how civil a culture is by how they treat their children. We live in a culture now that has already killed 60 million children—killed them even before they were born. What mental and emotional state is in the mind of a person who kills babies? Some babies escaped the blade or the suction cup of the abortionist, and they made it here. Do you think our culture is any nicer to the children who made it here than the ones who didn't? Jesus is saying how we treat children is important. *If you offend one of these little ones who believe in Me, it would be better for you if a millstone were hanged around your neck, and you were drowned in the depths of the sea.* Childhood rejection.

## 5. Desertion

42% of American children live in a home where their father has deserted them. Listen to this scripture:

.....  
*Children's children are the crown of old men;  
and the glory of children are their fathers.*

*(Proverbs 17:6)*  
.....

The glory of children is their father. Children need to boast about their fathers. Instead, that's one reason some people don't like themselves. They have been deserted by their father. Their father didn't even see enough value in them to stick around.

## 6. A learned faulty value system

Children learn from their culture, parents, relatives, and environment. They may not like themselves because they've learned a faulty value system.

.....  
*And should not I spare Nineveh, that great city,  
wherein are more than sixscore thousand persons  
that cannot discern between their right hand and their left hand...*

*(Jonah 4:11)*  
.....

Sixscore thousand is one hundred and twenty thousand, 120,000 children, children who were so young that they didn't know the difference between their left hand and their right. God showed compassion to the city because of the children. If only we would care for children like God cares for them.

Even the disciples were wrong about children. The disciples were chasing the children away. Here's the story:

.....  
*They (the parents) brought young children to him (Jesus),  
that he should touch them: and his disciples rebuked those that brought them.  
But when Jesus saw it, he was much displeased, and said unto them,  
Suffer the little children to come unto me, and forbid them not:  
for of such is the kingdom of God.  
Verily I say unto you,  
Whosoever shall not receive the kingdom of God as a little child,  
he shall not enter therein.  
And he took them up in his arms,  
put his hands upon them, and blessed them.*

*(Mark 10:13-16)*  
.....

When a culture exchanges evil in the place of good and good in the place of evil, that culture is in a woeful condition.



*Woe unto them that call evil good, and good evil;  
that put darkness for light, and light for darkness;  
that put bitter for sweet, and sweet for bitter!*

*(Isaiah 5:20)*



This happens to children from a very young age. They live in a culture that calls something that's evil, good. The child's value system has been turned upside down by evil men and women. So, they've been taught that something that is evil is actually good, or something they would naturally have thought to be good, is really evil. Their value system becomes skewed.

The culture puts darkness over light. The culture glamorizes adultery, fornication, perversion, and even promotes it! The airwaves are filled with it, and many in leadership are trying to convince everyone that every form of darkness is okay. Our children are raised in this, and we wonder why they don't like themselves. They have been given a system of justice that has been perverted and disturbed. Our culture puts bitter for sweet, and sweet for bitter. Our children end up making decisions about everything, including themselves, from a perverse value system.

## 7. Exposure to the iniquity of a society

Some people don't like themselves because they have been exposed to the iniquity of a society. *Iniquity* is the Biblical word for narcissism, the exaltation of self above all others. Let's take a look at what scripture has to say about iniquity:



*Because of the voice of the enemy, because of the oppression of the wicked:  
for they cast iniquity upon me, and in wrath they hate me.  
My heart is sore pained within me:  
and the terrors of death are fallen upon me.*

*(Psalms 55:3-4)*



“Because of the voice of the enemy.” This comes down to iniquity. The voice of the enemy is the voice of the wicked, “for they cast iniquity upon me, and in wrath they hate me. My heart is sore pained within me.” Iniquity is everyone trying to outdo everyone else. Everybody wants to be better looking, better accepted, and more popular—and children live in this competitive culture. Even now as adults we have become accustomed to one-upmanship. Everything is competitive; everybody is out to do exactly what Satan did.



*Thou wast perfect in thy ways from the day that thou wast created,  
till iniquity was found in thee.*

*(Ezekiel 28:15)*



Remember, Satan was perfect in all his ways until iniquity was found in him. He was a great guy. He was number three in charge in God's kingdom. Then he said, "I will be higher than God, I will be like the Most High God, I will exalt my throne above the throne of God." We live in a culture that feeds on this. Iniquity is the root of narcissism, a very widespread condition in our culture.

Love is the opposite. Love rejoices not in iniquity.



*Rejoiceth not in iniquity, but rejoiceth in the truth...*

*(1 Corinthians 13:6)*



When you compare yourself with people who seem to have a better P.R. department than you do, who boast and self-promote, you can easily end up not liking yourself. When we don't like ourselves in our competitive world, we enter the competition, and then we have winners and losers. We have those we admire, and those we disdain. We get caught up in it, because they cast their iniquity upon us, and our hearts are pained. Inner peace is destroyed.

### 8. Comparing self with others

Comparing ourselves to each other is the main activity of iniquity. Remember what iniquity is: always trying to be above the other guy and always thinking we are better than everybody else. Comparing ourselves to others is the main activity of iniquity. Let's see how nonsensical this is. Take a look at this scripture:



*For we dare not make ourselves of the number,  
or compare ourselves with some that commend themselves:  
but they measuring themselves by themselves,  
and comparing themselves among themselves, are not wise.  
But we will not boast of things without our measure,  
but according to the measure of the rule  
which God hath distributed to us...*

*For we stretch not ourselves beyond our measure...*

*(2 Corinthians 10:12-14)*



Notice the phrase, "we dare not." It is risky to do what this verse tells us to do. We dare not join in the crowd, or make ourselves "of the number," that compare ourselves to others, any others!



*Most men will proclaim every one his own goodness:  
but a faithful man who can find?*

*(Proverbs 20:6)*



Everyone wants to talk about their own goodness, but a faithful man, who can find? "I did this, and I did that, and I'm so great, I'm so wonderful." We start comparing ourselves with others, and we shrink on the inside. The scripture says, *don't do that*. You should never compare yourself with someone else, because no one

is in the same category as you are. You are unique; no one was made like you. There's just one *you* designed by God, created to be wonderful, and marvelous, and special. Nobody compares to you.

You were created, designed by the most magnificent being you could ever imagine—God, the creator of the whole universe, made you. So, why would you take your uniqueness and put it in competition? Why would you compare someone else to yourself? If you have a faulty value system underlying your identity, then you will start to think that other people are better than you, that you're missing something, that there's something wrong with you, that you are inadequate, inferior, and you'll end up with the biggest undeserved inferiority complex a person could ever have. You become lost in this lonely, desperate, heartsick, depressed, discouraged thinking that you got the short end of the stick, that God messed up.

Don't compare yourself with those who praise themselves. Hasn't Hollywood trained us to do this? Haven't they glamorized, albeit synthetically, certain lifestyles, personality types, and appearances? We compare ourselves with these stars, and we end up not liking ourselves. Do you understand the pain of this? They live in a culture where they are comparing themselves with someone else every moment of their day, and since they have big promotional campaigns on their side, they make themselves grandiose.

They measure themselves by themselves and are not wise! When God says something is not wise ... what does that mean?

## What it Means to Be “Not Wise”

Being “not wise” means not intelligent, not clever, not learned, not knowledgeable. Not wise means not enlightened, not smart, not sensible, not sharp, not prudent, not rational, not logical, not sound, not sane, not astute. One word that really sums it all up is *stupid!* Those who compare themselves and measure themselves among themselves are not wise.

Let’s see what the rest of the scripture says. “But we are not going to boast of things outside of what we really are, our real measure.” This is reality therapy. We don’t have to compare ourselves with anyone else because God has distributed to us a measure, a measure that follows a rule.

What is a rule? A rule is a law of action that happens every time. Spiritually, psychologically, mentally, emotionally, and socially, there are rules of action. God says that to compare yourself with others, and measure yourself by others, is not wise. It’s really stupid. Instead, we are to live according to the measure that *God* wrote. God wrote the specs for you, specifically. He has distributed them directly to you.

You are indispensable. Nobody could ever take your place, because He’s distributed to you an endowment, a gifting. You have a measure that can reach others, and you do not need to stretch yourself beyond your measure. No exaggeration is necessary.

God designed you, purposely, intentionally, lovingly, and so perfectly that He intends for you to live eternally. Unfortunately, you may not have yet grasped the measure you have. When you do, you will like yourself, because you will know what you *are*, not what people think of you, or don’t think of you, but that you really are somebody. Our goal is to learn, through scripture, to discover the greatness of you, so you will never again not like yourself. Do you think God intended you to dislike yourself? What a torture chamber that would be. What a psychological conundrum, what an anxiety, what a torment. How wicked!

What if you don’t like yourself because of your childhood?

What if you don’t like yourself because you were mistreated as a child?

What if you don’t like yourself because you were abused as a child?

What if you don’t like yourself because you were rejected?

Or what if you don’t like yourself because you were deserted?

I have some wonderful news for you and here it is. This is what God says to you:



*For I will restore health unto thee,  
and I will heal thee of thy wounds, saith the LORD;  
because they called thee an Outcast, saying,  
This is Zion, whom no man seeketh after.*

*(Jeremiah 30:17)*



I love the word *restore*. What happens to a computer that goes haywire? Once you get it restored, it’s functioning again, right? No matter what has happened to you, no matter how you’ve been broken, or damaged, or disgraced, or shamed—God wants to restore you, to put you back in your original condition. Look at what He says:

I will restore health to you, mental health, emotional health, and spiritual health. *I will restore health to you, and I will heal thee of thy wounds*, saith the Lord. Nothing can be broken that He can’t fix. That’s why we

call Him Savior. That's why we call Him Redeemer, blessed Redeemer. "I will restore your health. I will heal your wounds because everybody's treating you like an outcast, as if there's something wrong with you." Look at what He says:



*And I will restore to you the years that the locust hath eaten,  
the cankerworm, and the caterpillar, and the palmerworm,  
my great army which I sent among you.  
And ye shall eat in plenty, and be satisfied,  
and praise the name of the LORD your God,  
that hath dealt wondrously with you:  
and my people shall never be ashamed.*

*(Joel 2:25-26)*



"And I will restore to you the years that the locust has eaten, the cankerworm, the caterpillar, the palmerworm," everything that's tried to chew you up and spit you out, and ruin your days, your weeks, your months, and your years. God will put you back at a restore point as if none of that had ever happened. You'll eat plenty, and you'll be satisfied. You'll praise the name of the Lord, your God, because He will have dealt wondrously with you and you will never be ashamed.

At this point, we move to the great redemptive principles of scripture, principles that are called laws. These are the laws of Calvary, our rules of action. Redemption is through the blood of Jesus that forgives, cleanses, heals, and restores you to the condition you were before all of the damage was done. Confess your sins, for He forgives them. You can live as if it never happened, because it will no longer have any power over you, and you will have no shame. The drunkard, the woman of the streets, the whoremasters in the high-rise buildings downtown can come to God because of Calvary:



*Ho, every one that thirsteth,  
come ye to the waters,  
and he that hath no money; come ye, buy, and eat;  
yea, come, buy wine and milk without money and without price.*

*(Isaiah 55:1)*



*Everyone that thirsts, come to the waters.* God has never stopped loving you, no matter what's happened to you. He wants to wrap His arms around you, and He will heal you. You will not be ashamed of what or who you are. You will like yourself.

## How to Enthusiastically Like Yourself

I don't know how old you are right now. It doesn't matter. I don't know how life has gone for you. It doesn't matter. Do you like yourself? That is what matters. You may have wandered in lonely and perilous ways. You may be striving to keep your life together. You may not have been able to find answers to burning questions like, "Who am I?" "What am I?" "Why am I here?" "What is the purpose of my life?" "Where am I going?" "What if I'm already off track?"

If you or someone you know does not like themselves, what should you do? What should you do so you don't just casually like yourself, but you like yourself enthusiastically? The purpose of this teaching is to answer that question.

### 1. Anchor your life to sacred truths.

The truth is. Life is. You are a hallowed person. I am too. What makes us sacred? The answer is in the Scriptures. "Forasmuch then as we are the offspring of God" (Acts 17:29) There it is. You are the offspring of God, a child of God, a son or daughter of the Most High. You are in the same category as God because, "God said, Let us make man in our image, after our likeness..." (Genesis 1:26) We are in the same category as God, though far below Him, like a candle is to the sun; while both are light, a candle is less than the sun.

To be anchored to the sacred means to be attached to the truths we've been discussing. You anchor by accepting, believing, and vigorously adhering to the truth about God and yourself.

She was a sixteen-year-old runaway named Bonnie. (It's strange: when I was young, kids ran away from home. Today, parents run away.) Her wrists bared the scars of attempted suicide. She arrived at the Teen Challenge Center in Toronto where my father was the director and I was the preacher on the streets. After a Thursday night chapel service, I sat half way across the room from Bonnie. She wasn't far from me. The chapel would seat about twenty-four people. I remember the scene well, the red carpeted floor, the blackboard I drew diagrams on, and the little rostrum with a big Bible perched on top.

I had opened my Bible to its most worn passage, Psalm 139. I was walking Bonnie through each phrase, telling her in the simplest terms I could how much God loved her, from in her mother's womb, how he had designed her, and how she was the object of His affections.

Suddenly, she jumped to her feet, ran at me with fingers and nails flailing to scratch my face, screaming, "Can your God make me a virgin again?"

I guarded my face as much as possible and then placed one hand on her forehead and whispered the name, "Jesus." She fell to the floor in a puddle of tears. She sobbed and sobbed. I told her Jesus could make her pure again. We talked about the cross, the blood of Jesus, and God's love for her personally. The moments had grown into minutes and the minutes into an hour, but in the end, Bonnie had received three things: forgiveness, cleansing, and reinstatement to her right relationship with her loving Father, God. She became anchored to the sacred truths of redemption.

Whatever you have done, whatever sins you have committed, whatever iniquities have consumed your life, there is a way back. Jesus came to provide the way back to your Father. We need a Savior. Really!

Let's imagine that you and I are walking along a railway track, balancing on that forever-long piece of steel, and I start to lose my balance. You grab me so I don't fall six inches to the broken glass and cinders by the wooden ties. I would say, "Thank you very much for saving me." However, if we are on a trestle, an elevated track on a bridge over a canyon that was three hundred feet below us, and you save me from falling over the edge to be dashed upon the rocks below, then you will have "saved me" indeed.

If we think lightly of our sin, we will think lightly of the Savior. But when we see the horror of what we've *really* done, giving God the middle finger, telling Him to get out of our lives, screaming, "I don't want you God, leave me alone. I don't want your Bible. I don't care about your love, your cross, your blood, your heaven. Go away God!" When we see that we have spurned the love of the holy God, our Maker, Creator, Redeemer and friend, only then will we see that we really need a Savior, One Who can become the anchor of our soul.

Ever wonder how God feels about you? Do you care? Who cares how God feels? He has done everything and yet we have rejected not just our wonderfully created selves but we have rejected Him, our Creator, our Maker, our real Father. Look what He says, "O my people, what have I done unto thee? and wherein have I wearied thee? testify against me" (Micah 6:3).

Would someone like to stand up and tell God where He's gone wrong? Not me! And I think, not you either. We don't tire of these precious truths. In fact, we anchor ourselves to the sacred.

Whatever you've done wrong, however many times you done it, even if until now you have rejected your real "self" which God made, there's forgiveness, pardon and re-establishment. Jesus provided the way back. You see, in a very real sense, when you reject yourself, you reject God's work, and ultimately it is a rejection of God Himself. Come back to Him. Love Him. Come back to you, the you He made and planned and provided for. This is what He says about you:

.....  
*"For I know the thoughts that I think toward you, saith the LORD,  
thoughts of peace, and not of evil, to give you an expected end.  
Then shall ye call upon me, and ye shall go and pray unto me,  
and I will hearken unto you. And ye shall seek me,  
and find me, when ye shall search for me with all your heart.  
And I will be found of you, saith the LORD: and I will turn away your captivity..."*  
*(Jeremiah 29:11-14)*

Get anchored to sacred truths. Let's look once more at the grandeur of His creation.

.....  
*"I have made the earth, and created man upon it:  
I, even my hands, have stretched out the heavens,  
and all their host have I commanded"*  
*(Isaiah 45:10)*

I'm going to print that verse again, leaving a space for you to add your own name. Ready?

.....  
*"I have made the earth, and created \_\_\_\_\_ upon it:  
I, even my hands, have stretched out the heavens,  
and all their host have I commanded."*  
.....

God says He made you, and in the exact same breath He says He created the heavens. Get a picture of the stars. Google it. Stare at it. Realize that the God Who created the stars is the same One Who made you. Anchor yourself to these sacred truths.

## 2. Anchor your soul to the sacred One.

It is not enough to be anchored to sacred truths, precious and wonderful as they are. We must be anchored to God Himself. Get connected if you are not. After getting connected, stay attached. Jesus is the connection. Through Him we are attached. He put it this way, "I am the way, the truth, and the life: no man cometh unto the Father, but by me" (John 14:6).

He is the way; you'll never be lost. He is the truth; you will never be confused. He is the life; you will never be depressed. Connected and attached! But how? He will never fit into our lives just any old way. We must fit into His. He doesn't come under our direction. We must come under His. He is not ours to command. We must be His to command. Why? Because He is wiser, the biblical word for smarter. He loves us more than we love ourselves. The cross is proof. The cross is God's big + (plus) sign. The center beam is vertical, connecting earth to heaven. The horizontal beam is elevated by the vertical. And that's precisely what Jesus does, He lifts your life up to be richer, fuller. It's no wonder the great Scotsman, George Matheson, penned these words:

.....  
*O Love that wilt not let me go,  
I rest my weary soul in thee;  
I give thee back the life I owe,  
That in thine ocean depths its flow  
May richer, fuller be.*  
.....

The issue is a simple one, though it's difficult for many to follow. It's simple because it means we should bring our lives under Christ's management. It's difficult because most people do not want to give up the "god-position" of their lives to God. We'd rather play god ourselves. This is the great iniquity and the root of varying degrees of narcissism.

Instead, we must realize that God's will for our lives is exactly what we would choose if we knew all the facts. He knows all the facts; we do not. You can trust your life in His hands, His care, His keeping, and His leading.

## 3. Remove all unbiblical and conflicting data from your mind.

Listen to no voice that contradicts the truths we have learned together. Accept no print, no music, no video, no data, anything that does not agree with your sacred anchors. Let nothing break your anchor, nothing! No book, no lyric, no voice, no person, no devil, no demon, no foe, no friend, no circumstance, no anything. Let nothing separate you from the love of God. Nothing can, unless you allow it.

.....  
*"Who shall separate us from the love of Christ? shall tribulation,  
or distress, or persecution, or famine, or nakedness, or peril, or sword?  
As it is written, For thy sake we are killed all the day long;  
we are accounted as sheep for the slaughter.  
Nay, in all these things we are more than conquerors through him that loved us.  
For I am persuaded, that neither death, nor life, nor angels, nor principalities,  
nor powers, nor things present, nor things to come,  
Nor height, nor depth, nor any other creature,  
shall be able to separate us from the love of God, which is in Christ Jesus our Lord."  
(Romans 8:35-39)*  
.....

View all opposing thought as treasonous. Brook no opposition. This may seem like a daunting task at first; daunting because we are invaded by voices, advertisements, secular educationalists, billboards, newspapers, magazines, music, videos, and the internet. We must vet all data. “Let God be true, but every man a liar; as it is written, That thou mightest be justified in thy sayings, and mightest overcome when thou art judged” (Romans 3:4).

#### 4. Discover your measure, your endowment, your gifting, the great deposits that God has bestowed upon you.

You are extraordinary, although you may not know it. If you like your Creator, you will like yourself. You are not an accident or a mistake, but rather the work of His hands, magnificent, elegant, and perfectly put together, in a combination as different from others as your fingerprint. *Scientific American* reports, “Two like fingerprints would only be found in 10<sup>48</sup> years.” That’s how unique you are. Biometric identification systems, whether in the form of iris or retinal scans, hand geometry, palm vein authentication, face recognition, or voice analysis, will never find another you. And that’s only your biometric uniqueness. What about your spiritual DNA?

Although often misattributed to Helen Keller because she quoted it so much, Edward Everett Hale, American author and chaplain, wrote the following:

.....  
“I am only one, but I am one.  
I cannot do everything, but I can do something.  
What I can do, I ought to do,  
And what I ought to do, by the grace of God, I will do.”  
.....

He further proclaimed, “I will not let what I cannot do, interfere with what I can do.” Why not memorize the above four lines and repeat them to your “self.” I’ve been saying it for almost forty years.

You! You are not a copy, a duplicate or a clone. You are an indispensable original, made by and Fathered by the great Creator, God Himself. That is why Jesus taught us to pray, “Our Father who art in heaven... hallowed be Thy name.” You were made in His likeness and created in His image. He’s has big plans for you, plans that will take eternity. What is there not to like?

#### Emotive for You

.....  
I wish you could understand how deep is my anxiety for you  
and for all who have never met me. I long for you to be encouraged,  
and find out more about the strong bonds of Christian love.  
I long for you to grow more certain in your knowledge  
and more sure of your grasp of God Himself.  
May your spiritual experiences become richer as you see God’s great secret,  
Christ Himself, more fully! For it is in Him, and in Him alone,  
that men will find all the treasures of wisdom and knowledge.\*  
.....

\*Inspired by Galatians 1, *J.B. Phillips Translation*

## Post Script

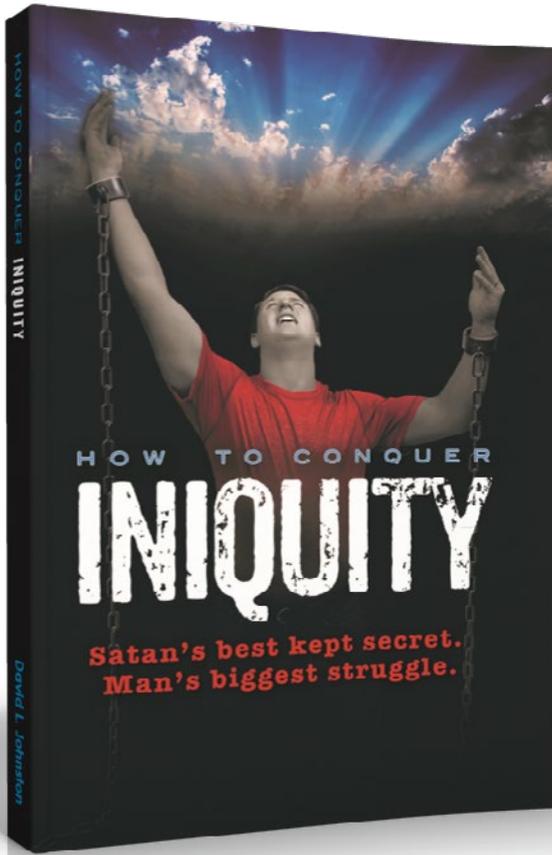
Our website is [NothingButTheTruth.org](http://NothingButTheTruth.org) and there you can access several hundred teaching videos at no cost. Please help yourself. It's my pleasure to share with you.

We've already published two books. They are:

1. *How To Conquer Iniquity*
2. *A Time To Kill & A Time To Heal* (written to help combat warriors recover from PTSD)

Upcoming book releases:

1. *Why You Were Born*
2. *God's Way To Riches*
3. *Wisdom, The Get Smart Book*
4. *Jesus' Inaugural Address*
5. *The Ultimate Feminist—The Virtuous Woman*
6. *Red Letter Living*
7. *Help Lord, The Devil Wants Me*



## How to Conquer Iniquity

*If iniquity lured an angel into becoming Satan (the devil), what can it do to us?*

Iniquity is mentioned 334 times in the Bible, yet so many Christians remain oblivious to its significance and negative impact on everyday living.

I think we would all agree that a problem must first be identified and understood before it can be solved. As you journey through the pages of this book, you will not only identify the severe problem iniquity poses, but you will also discover the enormous benefits of the solutions God provides to each and every one of us.

In this book you will discover:

- How iniquity is different from sin.
- How iniquity contributes to mental illness.
- How iniquity causes divorce and destroys households.
- How conquering iniquity leads to answered prayers.
- How conquering iniquity will finally empower Christians to live without fear or regret.
- How conquering iniquity leads to a life filled with meaning and purpose.

*“Unto you first God, having raised up his Son Jesus, sent him to bless you, in turning away every one of you from his iniquities.” Acts 3:26*

## There Is a Time to Kill & A Time to Heal

Coming home from the battlefield doesn't mean the war is over. For most veterans, a new battle begins. The Department of Veterans Affairs has reported that 22 veterans commit suicide every day. That's one every 65 minutes. War veterans are at a very high risk of PTSD (Post Traumatic Stress Disorder). Some are plagued by survivor's guilt.

After leaving the killing fields, even of a “just war,” every soldier needs time to heal. The concept of this book comes directly from Ecclesiastes 3:1,3 in the Bible.

This vivid gift book is written for veterans. In it, they will discover the way to genuine healing. Consider giving this book to someone you know and love or even a soldier you don't know personally because he or she has been on duty guarding your life and freedoms. It is time for these soldiers to heal. Will you help them?

