

How to Feel Twenty Years Younger



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Part 2:

Stay Positive Toward Yourself

“A cheerful mind works healing.” (Proverbs 17:22)

Lesson 2:

Stay Positive Toward Yourself

**Nobody should think better of you
than you do.**

“Love your neighbor as you love yourself.” (Mark 12:31)

You can't love others if you don't first love yourself.

The best thing you can do for your family and friends is ... be good to you ... be kind to you ... be merciful to you ... be forgiving to you ... be loving to you.

Someone once said, “I discovered the enemy. It was me.” Are you your own worst enemy?

Stay positive toward yourself. Nobody should think better of you than you do.

Three Ways to Stay Positive Toward Yourself

1. Approve of yourself _____

If you're waiting to perform perfectly before you feel good about yourself, you'll be waiting your whole life. You have to accept who you are while you're in the process of changing.

You're not supposed to beat yourself up because you haven't arrived yet. I don't know one person who has arrived. There will always be some areas that we need to improve.

"The path of the righteous just gets brighter and brighter."
(Proverbs 4:18)

You're on a journey. You're only part way down the path. Learn to enjoy where you are right now. You might not be where you want to be, but you're not where you used to be.

Instead of looking at how far you have to go, you need to look back and thank God for how far He's already brought you. It takes a mature person to say, "I'm okay with where I am while I'm on my way to where God is taking me."

2. Mistakes do not _____

Can I tell you something? The mistakes didn't change God's purpose for you. Don't let failures and times when you got off course cause you to be against yourself. Be as merciful to you as you are to others. You have to learn to forgive yourself.

The Bible says God sees you as holy, blameless, and without fault. (Colossians 1:22)

Example: Peter

3. Something awesome _____

Example: Moses and Aaron

How much farther will you go if you stay positive toward yourself?

Quit beating yourself up for past mistakes, quit dwelling on your flaws, and quit overanalyzing your weaknesses. You're not a finished product. God is still working on you.