

# The Power of Accepting Yourself: An Exercise

Read Ephesians 3:16-19 or Psalm 103. Take some time to prayerfully meditate on these passages. Ask the Holy Spirit to make them real to your heart and in your life.

**Now reflect on the following questions, writing your answers in a journal or on a separate sheet of paper:**

Take some time to reflect on your own internal dialogue. How do you talk to yourself when you fail or make mistakes? How about when you are facing a challenge?

Do these thoughts sound like God as He is portrayed in the above Scriptures? If not, ask Him to reveal His thoughts about you. (Psalm 139:17-18)

Take some time to pray and invite the Lord into what you are discovering. Ask Him to help you to grow into an understanding of His unconditional love and acceptance based on what Jesus did for you.