

Why Many Believers Find Loving Themselves Challenging

In 2004, I went through a massive transformation, and I've never been the same since. I've dedicated my life to helping people to experience healing, to experience freedom, experience transformation from the inside out: understanding the power of love to set you free, understanding the war we're under and tending to the areas of the heart that we don't pay attention to and we neglect.

Let's be honest: In the world we live in, it's really easy to ignore the life of your heart. It's really easy to ignore pain. It's really easy to ignore the problems you're going through. It's easy to shrug past them and just get busy, fill your day with stuff. Then we're wondering why we're struggling so much. We're wondering why we aren't seeing the transformation that we need. A lot of it has to do with the fact that we're just numbing ourselves out to things and we're not facing the things we need to face.

The Struggle of Not Loving Ourselves

One of the major problems is we do not love ourselves. One of the things I want to change—and I want to be an echo to the church, and be an echo to people and believers, and to really raise the megaphone and say, “We’ve got to deal with this issue”—is the subject of what it truly means to love yourself. If you search the topic online, you’ll probably end up on a lot of psychology sites, self-help sites. All good stuff, all helpful things, but why aren’t we, as the body of Christ, talking about this?

Watch this video as I talk more about how we can learn to love ourselves the way God wants us to. {eo}

Mark DeJesus has served as an experienced communicator since

the 1990s. As a teacher, author, coach and radio host, Mark is deeply passionate about awakening hearts and equipping people towards transformational living. His message involves getting to the core hindrances that contribute to the breakdown of our relationships, our health and our day to day peace. He is well-versed on struggles that originate within our thoughts. Through his own personal transformation, Mark is experienced in helping people overcome and live fruitful lives. He is the author of five books and hundreds of teachings. He hosts a weekly radio podcast show called "Transformed You" and blogs at . His writings have been featured on .

For the extended original article, visit .

{eoa}