

Are You Your Own Worst Enemy?

Has anyone ever told you that you are your own worst enemy? Chances are, you've heard this a few times in your lifetime. Christians have been taught to fight against Satan, for he is the enemy of our souls.

But what do we do when our problems stem from the inner me and not the enemy? Let's unpack this thought according to Scripture.

"There is a way that seems right to a man, but its end is the way of death" (Prov. 14:12).

In other words, you are your own worst enemy. You will cause yourself more pain and trouble than 10 foes! Your own soul can be a deadly danger in your life.

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How can this be? Let's start with you being your own worst critic. Do you judge yourself too much? Do you constantly sell yourself short? By doing so, you will only hold yourself back and never experience the value of your full potential.

Stop beating yourself up over every mistake you make. Overcriticizing yourself will hold you back and dampen your confidence.

Do you tend to overanalyze and overthink everything before you make a move forward? It's human nature to contemplate solutions, then struggle between our mind, instinct, brain and heart. Overanalyzing becomes an exhausting merry-go-round as your solutions do a complete 180, which, in turn, only serves to paralyze your progress.

Do you assume too much? This major mistake can cost you dearly.

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Making assumptions about situations can end in disaster. This happens when your brain acts to fill in the gaps by forming a presumption that is most often based on inaccurate facts.

Never presume to know everything about everything. You cannot place your own standards or morals on everyone else. Each one of us is different, and we “tick” differently. When dealing with others, it is important to rely on facts rather than assumptions before deciding on a course of action.

You may never know the full story of the other person. Spending lots of time and energy on a particular outcome when you do not have all the facts is exhausting.

Use your time wisely, and you won't end up as your own worst enemy.

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