

Lead Yourself With Love

If we talk bad about ourselves, we probably speak badly about others.

Negative self-talk is dangerous because we hear the words and begin to believe them.

I sometimes call myself names on the golf course. I repeat scripts I heard in my childhood,

“You’re not.”

“You can’t.”

“You won’t.”

I verbally describe my golf game as would a television sports commentator; “Bob, what’s this kid doing in a golf tournament? He has no talent!”

Long ago I decided, I battle competitive forces every day at the office, I don’t want to compete on the golf course.

So why do I ridicule myself following a bad shot or six?

Why would any of us ever engage in bad self-talk?

We all need to find our answer to that question. Certainly, we need to change our thinking about our worth to the Father. We need to speak to our strengths and value.

We hear enough negative words from others. We don’t need to join the party.

Speak well of yourself and perhaps we can keep His commandment to “love your neighbor as yourself.”

Lead yourself with love.

“But none of these things deter me. Nor do I count my life of

value to myself, so that I may joyfully finish my course and the ministry which I have received from the Lord Jesus, to testify to the gospel of the grace of God” (Acts 20:24).