



"The most damaging statements that have ever been said about us are those things we have said about ourselves to ourselves." Tim Keller

"When Jesus told us to love our enemies, I suspect He meant our inner enemies too. He knew that love was the only means by which to transform them." Sue Monk Kidd

"The process of spiritual formation in Christ is one of progressively replacing those destructive images and ideas [of ourselves] with the images and ideas that filled the mind of Jesus Himself." Dallas Willard

What are your tone and posture when talking to yourself about yourself? Is your voice patient, kind, keeping no record of wrongs? Is it gentle, overflowing with mercy and having a good effect on you?

Me neither.

Yet according to the embodiment of love and wisdom*, these adjectives describe God's voice--His tone and posture toward His beloved children. Shame and criticism won't change us. Impatience and harshness belittle our souls. Let's try softer. Be as Christ to yourself.

Only love transforms.

