



Self-Hate is an epidemic within modern day society. However, it manifests itself differently through every person.

Jesus says, “Love your neighbor AS yourself.” In other words, the standard we set for loving ourselves, is the standard we are going to set for loving our neighbors. There is a high calling to love ourselves. It is the most humble approach we can take because we are God’s creation —so having a healthy love for yourself is loving God. It is an act of worship.

We can have all the “self-love” theology we want, but if we do not have the tools to live it out it is not going to do much for us.

Mirror Tool (Proverbs 18:21)

Look into the mirror and speak powerful words of “life” to yourself.

Think about the things that you have found yourself not liking (or hating), whether it is in regards to your looks, personality, etc. Reflect upon those things and then intentionally speak the opposite over yourself into the mirror.

e.g. Body, I LOVE YOU. Hair, I LOVE YOU. Sensitivity, I LOVE YOU. Personality, I LOVE YOU

It can help to say your name and follow it up with “I love you. You are worthy of love.”