Seeing Yourself Through God's Eyes and Loving Yourself as God Does

Often when you have been wounded by family or people who are supposed to love you, you wonder if a Being that you can see could love you when you are having trouble loving yourself. Memorizing and Meditating on Scripture of God's love can be a helpful blessing. Here are a few:

Jeremiah 30:17, I will heal thee of thy wounds and restore health unto thee.

Jeremiah 31:3, I have *loved you with an everlasting love*; Therefore with lovingkindness I have drawn you to me.

John3:16, For God so loved the world (us) that He gave His only son as a sacrifice to die for our sins so we may live.

Zephaniah 3:17, God shall rejoice over you with joy; he renews you in his love; he will exult over you with singing.

Romans 8:35, 37-39, Can anything ever separate us from Christ's love? Does it mean He no longer loves us if we have trouble or calamity, or are persecuted, or hungry, or destitute, or in danger, or threatened with death? ... No, despite all these things, overwhelming victory is ours through Christ, who loved us. And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow — not even the powers of hell can separate us from God's love. No power in the sky above or in the earth below — indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.

Write your own favorite Scriptures about God's love for you:

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Meditate on these Scriptures 10 minutes a day at least 6 times a day. It takes repetition over time to grow new thought trees (dendrites) and kill old ones and change the structure of your brain. Christian Mindfulness practiced repeatedly over a significant period of time will change your brain and your life.