

Title: “Learning to Be Kind to Yourself”

Scripture:

“Thou shalt love thy neighbour as thyself.” — Mark 12:31 (KJV)

Sermon:

Jesus taught that loving our neighbor is second only to loving God. But notice — He said, *“as thyself.”*

We often focus so much on loving others that we forget the other half of that command. How can we truly love others well if we don’t know how to love ourselves as God does?

Self-compassion isn’t pride or selfishness — it’s acknowledging that we are human, that we make mistakes, and that God’s mercy covers us just as it covers everyone else.

Psalm 103:13–14 reminds us, *“Like as a father pitieth his children, so the Lord pitieth them that fear him. For he knoweth our frame; he remembereth that we are dust.”*

God knows our weakness, yet He still loves us tenderly. Shouldn’t we learn to do the same for ourselves?

When we treat ourselves harshly — replaying failures or condemning our flaws — we forget that grace applies to us, too. Self-compassion allows healing. It invites God’s love to mend our hearts and renew our strength.

Story:

There was once a young woman named Sarah who tried her best to serve everyone — her family, her church, her job. But one day she broke down in tears, feeling like a failure because she couldn’t keep up with it all.

Her pastor gently asked, “If someone else in your shoes came to you with the same story, what would you say to them?”

She replied, “I’d tell them they’re doing their best and that God still loves them.”

The pastor smiled and said, “Then tell yourself the same thing. God’s love didn’t stop when you got tired.”

That day, Sarah learned that extending grace to herself wasn’t weakness — it was obedience to the same command Jesus gave: *love your neighbor as yourself*.

Closing Thought:

Self-compassion is not lowering God’s standard — it’s living in His mercy. Be kind to yourself as God is kind to you. When you stumble, don’t stay down — remember His words in Isaiah 43:1:

“Fear not: for I have redeemed thee, I have called thee by thy name; thou art mine.”

You belong to Him — and that is reason enough to show yourself grace.