

5 Ways to Give Yourself Grace

- 1) **Talk to yourself** the way you would talk to your kids or your friends. Would you dare utter those condemning or belittling thoughts to someone else? Of course not! You are just as precious, cherished, loved and worthy of grace my friend. (Eph 2:10)
- 2) **Expect the unexpected.** While setting ourselves up for failure isn't an option, allowing margin for detours, do-overs, and plan B certainly is. Flexibility and forgiveness are your friends. (Rom 5:3-4)
- 3) **Remember how far** you've already come. This process of becoming who Jesus wants us to be is a marathon, not a sprint. It will take a lifetime of trial and error before we reach this goal. (2 Cor 4:16)
- 4) **Stop comparing** yourself to others, especially on social media, television, and movies. Chances are you don't know their entire story. Most people show their photoshop life, not the real deal. They screw up every single day just like you and me. They yell at their kids, eat too many donuts, and fight personal demons too. (Rom 3:23)
- 5) **Pray it out.** Have candid conversations with God pouring your guts out. Confess your sin, repent, ask forgiveness - EXTEND forgiveness, then leave the mess with Him. (Pro 28:13)