

Don't Put Yourself Down

As you prepare for Christmas, give yourself a wonderful gift, be positive about yourself. Don't be your own worst enemy. Stop putting yourself down.

What do I mean when I say, stop putting yourself down? I mean that you should not let your negative thinking take hold of your mind with words like, "you're not doing enough ... you're not trying hard enough ... you'r not doing it right!"



Nonsense! With God's help, you're doing fine.

This month will be filled with added pressures: writing cards, buying and wrapping presents. Lots of things are going to happen to cause you to be frustrated, tense, and angry. So be careful not to put yourself down. Decide to be your own best friend for the next few weeks. If you do, I promise you will have a happier holiday season.

Have you ever thought about the fact that it's un-Christian to put yourself down? True humility is not negative thinking. The Supreme Law is based on a love of self: "Love God with your whole heart, mind and soul, and love your neighbor as you love yourself."

Love of self means at least this: being nice to yourself. It means treating yourself with the same consideration and respect you would

want from others. If you only focus on your shortcomings you'll spoil your Christmas. Instead, focus on God's strength. This is the season when you are supposed to celebrate God's wonderful self-giving. His love for all His children includes you.

Making Christmas a beautiful event is largely a job left to women. They shop, decorate, cook, wrap presents, and generally run themselves ragged trying to make it nice for everyone else, and when exhaustion follows, they tend to get down on themselves. This is all quite understandable, but it isn't fair. Instead, it might be better to be kind to yourself and get a good night's sleep. We all need to be more patient with ourselves.

The word patience is from the Latin root as the verb to suffer; pati. To get through Christmas, we often have to stifle our frustrations, endure heavy work loads, and put up with hurt feelings. This takes patience and strength of character. So pat yourself on the back, and in the process, give God credit for all the good you do. Jesus said, "Without me, you can do nothing." God will make up what is lacking in you.

You are His child. You have a loving Father who is closer to you than your own heart beat. He is determined to get you through this month, this day, and every moment of your life. Trust Him. Turn to Him when you feel weary for your weakness attracts His strength.

All of today's problems will pass away. All of your sins are forgiven, and God delights in loving you as a mother delights in holding her new baby.

Sing those Christmas hymns with a joyful heart. Don't put yourself down; just lift Jesus higher.

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