

Finding Peace with Ourselves

When we repent and are forgiven for our sins, we often refer to that as having found peace. But what is peace? Many people consider peace an emotion or feeling, but it is much more than that. Being at peace means being free from conflict, condemnation, or guilt.

Besides having God's peace in their lives, Christians must work toward finding peace with themselves. This may be harder than finding peace with God. Most people struggle to accept certain things about themselves. This could include their body, talents (or lack of), personality, or lot in life. It is God's will that we accept and cherish how He made us.

Real peace only comes through an honest assessment of ourselves as we are in God's eyes, and it often requires us to forgive something we may have condemned ourselves for. It is an unfortunate fact that some Christians mistake self-loathing or dissatisfaction with themselves as humility. However, true humility requires us to respect and appreciate what God has created us to be. Self-acceptance will be elusive for those who obsess excessively about themselves. The best way to reach an appropriate balance is to spend less time focusing on ourselves and more time reaching out to others and working in the kingdom.

Scriptures

Genesis 1:27

Psalm 139:14

Colossians 3:15

Isaiah 12:2

Isaiah 26:3

Romans 9:20

Ephesians 2:10

Romans 8:28

Questions

1. Why can we find it so hard to value ourselves without feeling like we are being prideful?
2. How do we cultivate a proper appreciation for how God created us?
3. Can Satan sometimes use the fear of pride as a tool to keep us from growing in our gifts or finding peace with ourselves?
4. It is common to wish we were different. How can we still work toward proper Christian growth while accepting who we are as a person?
5. If we find we despise the body we were given (due to the way we look or other perceived deficiencies), at what point does it become sin?
6. Do all people carry emotional baggage throughout life? Is it our duty to help our fellowmen recognize and deal with such things?
7. Why is it so hard to be honest about our talents? When we are not as gifted as others in some areas, why do we often translate this fact into a negative feeling about ourselves?
8. What are some things we might need to forgive ourselves for? Why is this so important?