

LOVE OUT LOUD

Day Eight: Loving Yourself as God Loves You

Scripture: “*Love your neighbor as yourself.*” — Mark 12:31

When Jesus gave this command, He assumed something important: that we already knew how to love ourselves. But the truth is, many of us struggle in this area. We’re quick to show kindness, patience, and grace to others, but when it comes to ourselves, we can be our own harshest critics.

We replay mistakes. We carry shame. We convince ourselves we’re unworthy of God’s blessings. And when we live that way, our ability to love others becomes limited—because we’re pouring from an empty cup.

Loving yourself isn’t selfish—it’s biblical. It means recognizing you are God’s creation, fearfully and wonderfully made (Psalm 139:14). It means setting healthy boundaries, caring for your body, nourishing your soul, and speaking truth over yourself instead of lies.

Think about it this way: if you never charged your phone, it couldn’t function. If you never filled your car with gas, it wouldn’t go anywhere. In the same way, if you don’t let God’s love recharge you, your tank will run dry. Loving yourself is

about allowing God to fill you so that His love overflows into others.

Reflection:

- Do I speak to myself the way God speaks to me—with grace, mercy, and truth?
- What is one area where I need to show myself more patience or forgiveness?
- How might loving myself better help me love others more deeply?

Prayer:

Lord, thank You for loving me just as I am. Help me to see myself the way You see me—worthy, redeemed, and beloved. Teach me to extend grace to myself, so I can extend grace to others. Let Your love fill me to overflowing, so I can love out loud without limits. In Jesus Name We pray, Amen.