

As You Love Yourself

by Stephen Cobb

Questions to consider, discuss or journal.

- 1a. What is the first thing that comes to mind when you hear “love your neighbor as yourself”?
- 1b. The author turns this phrase around into “love yourself as your neighbor”. How does this change how you feel about yourself?
2. When you read 1 Cor 13, can you do so with yourself in mind? Are you patient, kind, not easily angered, etc towards yourself?
3. The author quotes Carl Jung and shared that he resonates with the question *what if I myself am the enemy who must be loved - what then?* Do you resonate?
4. The author explains the honor-shame culture in which the scriptures were written and understood, and compares this to our culture of guilt-innocence. How does this perspective change how you view yourself?
5. The author states:

All this may lead to us experiencing God's forgiveness as something distant and abstract, while our own self judgment is something that is very close, very tangible, and felt deeply. And even though God has forgiven us, his forgiveness may not feel as tangible and real to us as our own self judgment, and may leave us in doubt about God's forgiveness or feel as if his forgiveness is incomplete somehow.

Does this help you feel kinder towards yourself?