

HEALTH _ WISE

This month, I would like to share with you a poem by Chaplain David F. Carlson of Minneapolis, Minnesota titled:

AFFIRMATION OF SELF - LOVE AS A CHILD OF GOD

I am a child of God, a uniquely created person, with a right to be here.

I can confidently trust that my own space is all right because it is all I need.

I am accepted by God: therefore I accept myself.

I am loved by God: therefore I love myself, because I am lovable.

I love myself unconditionally, irrespective of how weak or strong, good or bad I feel in my emotions.

I will not de - value myself with destructive criticism, for I do not de - value God's creation.

I love, esteem, appreciate and celebrate my own personal worth.

It is good to be me. I am happy to be me. I am who I am.

I rejoice in my own uniqueness, and give others the same right.

I do not need to be more than I am.

God's purpose for me is that I live fully, be myself, and be all that I can be.

I will have unconditional warm regard for all people irrespective of how they regard me or have treated me. I will not de - value others with destructive criticism.

I accept personal responsibility for myself and my relationships. I rejoice in the freedom and dignity of my personhood, which I exercise by doing so.

I accept my body as a marvelous creation of God. I like my body.

I am thankful for my body and I rejoice in its ever - increasing wholeness.

I am small, but I am small in the hands of God.

I am a new person, a new creation each day through my response to God and God's Spirit within me.

I will be loving, forgiving, outgoing, strong, confident, serene, and free each day by God's presence and power within me.

I am thankful to God for the fact of my existence, for the wonder of my being, for the goodness of God's purpose in and through me, and for the opportunities before me.

I will live my life within the human family and contribute to its enrichment.

I am thankful for God's many gifts. I am thankful for His gifts of grace, forgiveness, love, and salvation given through His Son, Jesus.

Michelle Schumann