

Be Kind to Yourself

You got all that emotion that's heavy like an ocean,
and you're drowning in a deep, dark well.

I can hear it in your voice that if you only had a choice,
you would rather be anyone else.

I love you just the way that you are. I love the way He made your precious heart.
Be kind to yourself.

I know it's hard to hear it when that anger in your spirit,
is pointed like an arrow at your chest.

When the voices in your mind are anything but kind,
and you can't believe your Father knows best.

I love you just the way that you are. I love the way He's shaping your heart.
Be kind to yourself.

How does it end when the war that you're in, is just you - against you - against you.
Gotta learn to love - learn to love - learn to love your enemies too.

You can't expect to be perfect, it's a fight you've gotta forfeit,
you belong to Me whatever you do.

So lay down your weapon, darling, take a deep breath and believe that I love you.
Be kind to yourself

Andrew Peterson's song, "Be Kind to Yourself" is a powerful one indeed. He gets us to think in terms of ourselves being our own worst enemy. Yet we understand that Jesus wants us to love even our enemies. So the point being, we have to learn to love our enemies too, including ourselves.

It's actually talking about allowing God to love us as we are, receiving His love, believing He loves us as we are, not as we should be. Of course He wants us to grow, but it's His kindness that draws us and can change us.

⁴ Or do you show contempt for the riches of his kindness, forbearance and patience, not realizing

that God's kindness is intended to lead you to repentance? Romans 2:4

⁴ But when the kindness and love of God our Savior appeared, ⁵ he saved us, not because of righteous things we had done, but because of his mercy. He saved us through the washing of rebirth and renewal by the Holy Spirit, ⁶ whom he poured out on us generously through Jesus Christ our Savior, ⁷ so that, having been justified by his grace, we might become heirs having the hope of eternal life. Titus 3:4-6

Paul Fletcher