

Love is patient and kind.

Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. It does not rejoice about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance. 1Corinthians 13

The Simplicity of loving yourself and others means

- Renew your mind and keep it set on the finished work of Jesus Christ
- Guarding your heart above all else
- Set healthy and realistic goals for yourself
- Have healthy boundaries in place for everyone including yourself
- Saying no more often (let people experience disappointment, it will help them understand you are not a doormat)
- Only committing yourself to what you can accomplish in each season of life.
- Eat frequently, hydrate, and get plenty of rest (No staying up late to craft)
- Speak kindly to yourself and others even when things go unexpectedly
- Have plenty of Do- overs (in case you haven't practiced this before a **do over** simply means- I messed up and I need to do that thing I should have done right over again)
- Do not over work yourself (**do what you can with the time you have and save the rest for the next day**)
- Start doing one thing at a time, multi-tasking triggers frustration, anger, and isn't bringing productivity.
- Do not rush yourself on the account of someone else's impatience.
- **Stay committed to the calling God has for you. Remain loyal, faithful, and trustworthy**

Please take note this is a little reminder for me on how to love others on a moment to moment basis. We all have our own interpretation of the word love based on experiences-So let's all just keep growing towards the real definition of love from a biblical context. I know that I am learning and growing in this area daily and as I grow- I am making mistakes but I am progressing towards growing in love biblically.

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