

GIVE YOURSELF A HUG

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The word hug means, “To put the arms around and hold closely; to embrace tightly and affectionately; to cling to or cherish; to comfort and console.”

Most likely you have never been told to “Give yourself a hug.” We have probably done our share of hugging but it wasn’t hugging ourselves. “Go give grandmother a hug, granddad, aunts or uncles, moms and dads, sisters and brothers” but never, “Hug yourself.”

Most people, if not all, like to be hugged because it is a sign of being cared for and we all need affirmation and affection from others. But, should I be giving myself a hug? We are reluctant to even entertain such a thought because we know the real us living inside our skin and most of us have a hard time believing that we really deserve a hug.

Most people have low self esteem. We don’t think we measure up. Deep down inside of us there is a feeling that we don’t deserve a hug. That because of past mistakes and failures we don’t deserve to be loved. Therefore, it is easy to become critical of ourselves.

The Apostle Paul said in 1 Cor 15:9-10 “For I am the least of the apostles, that am not meet to be called an apostle, because I persecuted the church of God. But by the grace of God I am what I am: and his grace which was bestowed upon me was not in vain; but I labored more abundantly than they all: yet not I, but the grace of God which was with me.”

What is Paul doing here? He is giving himself a hug! We know Paul today as one of the greatest men who ever lived. He wrote over half of the New Testament. He accomplished great things for the Kingdom of God, but everybody didn’t feel good about Paul. Everyone didn’t accept him. Everyone didn’t believe in him. Many doubted his experience and questioned his authority and criticized his preaching. Every time they ran out of something new to bring up against him they would revert back to his past and the manner of life he lived before his conversion. But instead of being intimidated by that, Paul just declared his acceptance as a result of God’s grace. “By the grace of God, I am what I am.”

Paul accepted the responsibility of his past mistakes but he also accepted the present state of God’s grace. So should we.

Give yourself a hug!