

EPISODE: 384

TITLE: **How to Stop Taking Everything Personally**

When you feel like someone has disrespected you, it's easy to take their words or behavior personally. It's emotionally draining! But the Gospel offers a way out.

Here are three key things to believe and consider about taking everything personally...

- 1. It's not about you!** In most situations where we take something personally, our self-love and fear of what others think, drives us to be at the center of the issue. Stop choosing to TAKE offense in the situation, and try to look at it from the other person's perspective. When you choose to take what someone has said and CHOOSE to be offended, or take it personally, it's not really about them in that moment, it's about you, your choice... what you are believing to be true in that moment.
- 2. Remembering what God thinks is true about you changes everything!** If we believe what is now true of us because of the Good News of the Gospel, no one has power over us; we're free. We'll experience more harmony and connection between us and others, and our energy and emotions can go towards positive things, instead of endlessly battling against the things that drive us crazy.
- 3. Be kind to others and to yourself.** Love always hopes and assumes the best and is never arrogant and self-focused. Also, be patient and kind to *yourself*. Remember that no one is perfect or does everything perfectly—or the way everyone else wants us to—and that your Identity is not connected to your DOing... your performance. It's connected to our triune God himself and that never changes.

All of this takes a gospel-realignment in our hearts... but what a peaceful way to live and be! Practice this, teach this to others, teach this to your kids, and save them a million heartaches. There's such Good News in this!

Also: If you are interested in being coached by Caesar and his wife Tina in a lifestyle of discipleship and mission, new cohorts are starting soon... Start experiencing greater spiritual freedom and relational peace today!

Check out: everydaydisciple.com/coaching

Thanks for listening... we'll see you in the next episode!

~Caesar