**Thirty First Sunday in Ordinary Time**

November 4th 2018

**Loving your neighbour? Check.**

**Loving yourself? Well that’s more complicated**

If you went to a Christian Primary School no doubt you will have been taught the great rule of Jesus...to love your neighbour as yourself. When looking at this we immediately think about how we can help others, care for those less fortunate and generally have an eye for being helpful. But if we look carefully at the phrase...we must love our neighbour **AS WE LOVE OURSELVES.** Do we love ourselves? In the 2018 Girl Guides Attitude Survey[[1]](#footnote-0) they found out that only 7% of 17-21 year olds are very happy with how they look. One girl commented “I sometimes feel ashamed of the way I look because I’m not like girls and women in the media.” Do we encourage others to love themselves as God loves them? The reality is for the most part we don’t see ourselves as God sees us. The truth is however…that ”you are God’s masterpiece” (Eph 2:10), you are ‘marvellously made’ (Ps 139:13), you were made in God’s image (Gen 1:17) and you are ‘worth far more than rubies.’ (Prov. 31:10). Let’s listen to the Truth rather than the lies of the world. You are wonderful. Love yourself AND love your neighbour.

Catherine

SYMT

1. https://www.girlguiding.org.uk/social-action-advocacy-and-campaigns/research/girls-attitudes-survey/ [↑](#footnote-ref-0)