



## ESTEEM

*Try to satisfy as much by words as by actions. That will be very easy for you if you maintain great esteem for your neighbour.*

Spiritual Writings. L. 200B Pg. 209

*The cause of love is esteem for the good in the thing loved.*

Spiritual Writings. Pg. 710 A 29 "On Charity"

Jesus gives us a perspective on love that we often miss. He tells us to love God and love our neighbour as ourselves. Love of self becomes the foundation for not only loving our neighbour, but also for loving God. We cannot maintain "esteem" for others or see the good in others if we do not have it for ourselves first.

- Do I love the good in myself?
- How high is my self-esteem?
- How did I maintain great esteem for those I encountered today?

Loving God, neighbour and myself is easy to say, but at times my actions betray my words. Help me, God, to always look for the good in the people and interactions that I find hardest to deal with.

Amen.

