

# Cut Yourself Some Slack

*“By the grace of God I am what I am, and His grace did not prove in vain.” I Corinthians 15:10*

It is easy to be hard on ourselves and hard to be easy on ourselves.

Have you found that to be true to your experience? I have and you probably have too from time to time.

So what are you and I to do when we tempted to be hard on ourselves?

**Do what Paul did. Cut yourself some slack.** The Apostle Paul shows the way for cutting ourselves some slack in this week’s word. With unashamed Christ-confidence, he makes a bold declaration: *God’s grace made me who I am and His grace wasn’t wasted on me.*

If anyone in the Bible could have justified being hard on himself, it was the Apostle Paul. Paul’s background as a religious blasphemer, violent persecutor and murderer of Christians (see I Timothy 11:12-15, Acts 7:54-8:3) could have left him reeling with regret, remorse and not so good feelings about himself. While Paul was Saul, he sinned against God and made some terrible mistakes in his spiritual ignorance. Saul became Paul when Christ came into his heart (Acts 9). God’s grace changed Paul.

**Our memories can haunt us if we allow them to.** Our mental hard-drives contain some files that we are not particularly fond or proud of. Paul put those files in the proper place. Paul deleted them with the blood of Christ. He knew who he had been as Saul. But he also knew who he was now as Paul. Paul did not focus on who he was without Christ. He focused on who he was in Christ and what God had done for him.

**Paul did not crucify himself for his past sins. Neither did he listen to others who tried to pin him for his sinful past. He allowed the crucified Christ to forgive his sins and make him a new creature.** God’s grace had saved Paul and made him into the godly man and successful missionary he had become. God’s grace had not been given to Paul in vain.

**Acknowledging and accepting the gift of God’s grace, Paul cut himself some slack.** We need to do the same. Let’s face it. The devil, the unbelieving world, significant people in our lives, and our fleshy nature all like to take a pound of flesh out of us as often as possible.

Without doubt, Steve Roll is his harshest critic. You probably are too. I am amazed, perplexed and sometimes disturbed at how I can make life hard on myself when Christ died and rose again to make it a little easier. I am a continuing work in progress when it comes to Steve cutting Steve some slack.

**When tempted to be hard on yourself, cut yourself some slack like this:**

- Don't pound yourself into the ground for past failures; praise God for deliverance and what you have learned from them.
- When feeling low and getting down on yourself, pull up your spiritual bootstraps and get to work on building yourself up with God's Word.
- Replace discouraging, negative self-talk with encouraging, positive self-talk based on what God says about you.
- When regret and remorse knock on your minds door, rebuke them, telling them to take a hike. Then flood your mind with the good things you have done.
- When someone beats you down with their words, plug your ears, scream loudly and run from them for all you are worth!
- When tempted to talk yourself into quitting, refuse to throw in the towel. Clean up the old towel or get a new one. Just don't throw it away.

**A word to someone reading this who is too hard on themselves.**

Stop hurting yourself by being hard on yourself. Be easy on yourself. It's okay. It is the right thing to do. God's grace is a very good thing. Open your heart to His healing and sustaining grace this very moment. Do not hammer yourself anymore. Lighten up on you. Give yourself the benefit of the doubt. Cut yourself some slack.

Grace means we get to begin again. Start right now to walk in God's abundant grace. God has not wasted His time or effort on you. God does not withhold His grace from you. So why should you withhold His grace from yourself?

You, yes you, are His treasure in Christ...so see yourself that way and act like the royal child of God you are! Take it easy. Jesus took the hard stuff to the Cross so we could experience an easier life in Him (see Matthew 11:28-30).

Someone told me years ago "Steve, make things easy on you and hard on God. Your problems are not your problems. They are God's problems and He knows how to solve them. Wise words indeed.

**Cut yourself some slack today. You will like it and the people who have to live with you will like it too!**

*“Therefore if any man is in Christ, he is a new creature; the old things passed away, new things have come. “*  
*II Corinthians*  
*5:17*

*“Come to Me, all who are weary and heavy laden, and I will give you rest. Take My yoke upon you, and learn from Me; for I am gentle and humble in heart; and you shall find rest for your soul. FOR MY YOKE IS EASY AND MY LOAD IS LIGHT.”*  
*Matthew 11:28-30*

**A Word For Your Week:** Cut yourself some slack like God does.

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