



### **Video 3: Self-Acceptance and Interior Freedom**

#### **Wisdom from the Saints**

*“Perfection consists in doing His will, in being that which He wants us to be.” — St. Thérèse of Lisieux*

*“If you are wise, you will be reservoirs and not channels.”—St. Bernard of Clairvaux*

#### **THE MIRROR OF TRUTH**

**Objective:** To shift the focus away from the negative aspects of yourself and your spouse and increase in self-acceptance. More self-acceptance means greater freedom to give and receive love from your spouse and others.

#### **Instructions:**

**Step 1: Write Down Lies** – Each of you write down three negative things you often think about yourself. (For example, “I’m not a good spouse,” “I always fail,” “I’m not lovable.”)

**Step 2: Replace with Truth** – Ask yourself, “What would Jesus say in response to this?” Look up Scripture or saintly wisdom that counters the lie.

**Step 3: Affirm Your Spouse** – Share three things you see in each other that reflect God’s love.

**Step 4: Pray Together** – Ask God for the grace to see yourself and your spouse through His eyes.

#### **CONCLUSION**

Here’s the key takeaway: Interior freedom starts when we stop measuring ourselves by our failures and start embracing our identity as God’s beloved children.

Take this question to prayer over the next few days;

***What would change in your marriage if you truly saw yourself as God sees you?***

*\*Start looking for signs that it is already happening in your marriage.*

Remember, loving yourself is not selfish—it’s the foundation for loving your spouse well.



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