



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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