

## Part 10: Accepting Ourselves-I

Start with some stillness for recollection and a short prayer. How did the week go? Share some of your experiences. (15 minutes)

### Accepting ourselves

In looking at our response to different situations in our day, we see the difficulty of being consistent and true to ourselves in each case. We will be looking at the causes in later weeks. When we become aware of this changeable nature in ourselves, we may find ourselves feeling good about one type of reaction and disliking another. We may even find that we begin to hate or reject that side of ourselves. We can easily end up loving ourselves conditionally, saying 'if I can stop being angry or lazy or whatever, then I can accept myself, then I will be ok.'

As Jesus lived with his disciples day by day we see situations where different sides of themselves came out, often not very pleasant sides. Peter, in particular, is shown in his many sides. His strengths and his weaknesses are very real, and yet Jesus loves him. We can learn from Peter's experience of growing as a disciple.

Spend 15 minutes on Luke 5:1–11.

What do the following statements mean to you? Have there been times when you felt the same way?

'We've worked hard all night and caught nothing'

'Go away from me, Lord; I am a sinful man!'

'They left everything and followed him.'

Journal and share for 30 minutes. End with a short prayer.

### At home

Look at Peter in the different accounts.

1. What was he like; what strengths or weaknesses showed in each situation?
2. Can you remember a situation in which you reacted in a similar way?
3. What does each event show you about Peter's relationship with Jesus? How does it reflect your own relationship?

John 6:66–69

Matthew 14:22–33

John 13:1–15

Mark 14:26–42

Luke 22:54–62

John 20:1–10

On Sunday, spend the time with God not 'working' but resting, as you would spend some time with a close friend, chatting over a cup of tea.



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