

Release Yourself from Embarrassment and Disgust

Recently, Father has had more to say on how we are to treat ourselves. This adds on to what he's already taught us, specifically, to use care on ourselves,¹ and to treat ourselves with mercy and kindness.² His new message covers 'disgust' and 'embarrassment' because they have a negative impact on us.

““ Release yourself from your past along with all regrets, embarrassment, and disgust. You can do nothing to change what was, but you can make a difference today by doing your best to be righteous and steadfast. You are no longer that person. You have a clean slate and a new future ahead of you. Be glad and rejoice,” says the Lord.”³

Father has already drilled us in the need to have no regrets or disappointments,⁴ but he hasn't covered 'disgust' and 'embarrassment' with us before.

If we think of ourselves or our activity with disgust, we aren't living in the fullness of Kingdom life, which is one of forgiveness and being unconditionally loved. We aren't caring for ourselves if there is any disgust about our thought life. Actually, disgust with ourselves is vastly more detrimental to our spiritual health and our overall wellbeing than regrets or disappointments. We must release ourselves from any thoughts of disgust and take hold of the reality that all our sins are forgiven. From there, we need to live out of our identity as sons, and not let negativity take hold of our thoughts.

That's not easy, but it's essential to get to that place if we're to grow and mature in our sonship as Father wants us to.

Embarrassment is another type of negative thought that we can have. This usually gets a foothold in us from our childhood and from our previous life outside of the Kingdom. One thing that's important to know about embarrassment is that we make a decision to be embarrassed – it can be overridden by our will.

Embarrassment is an outworking of inferiority, of fear, and of the need for approval. Suffering from it is an indication that we aren't primarily living out of our sonship identity. It can also indicate that we aren't drawing all our personal needs from our Beloved and we're looking to others for their approval so we feel good about ourselves. His approval is already there for each of us and it's far superior than any person's approval.

What I've covered, about the source of disgust and embarrassment, will not be easy for most readers to accept. The reason for that is that we mostly react to situations and circumstances unconsciously, which is why we find them hard to alleviate. The starting point to get release is to get a revelation of sonship, or of our Beloved's desire to meet all our personal needs (including our emotional ones). In addition, an essential revelation that we're already forgiven for any unrighteousness and that punishment will never await us when we die.

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(Readers will need to look up for themselves any scriptures alluded to in this document)

1 – “Handle Yourself with Care” (12-8-2023) canberraforerunners.org/wp-content/uploads/Handle-Yourself-with-Care.pdf

2 – CCOP MESSAGE: “Treat Yourself with Mercy and Kindness” (5-8-2023)

canberraforerunners.org/wp-content/uploads/MESSAGE-Treat-Yourself-with-Mercy-and-Kindness-5-8-2023.pdf

3 – Marsha Burns “Small Straws in the Soft Wind” (Oct. 9, 2023) ft111.com/smallstraws.htm [ARCHIVE: ft111.com/straws2023.htm]

4 – CCOP MESSAGE: “No Regrets and No Disappointments” (7-8-2022)

canberraforerunners.org/wp-content/uploads/MESSAGE-No-Regrets-and-No-Disappointments-17-8-2022.pdf