

# Self-Pity Stifles Spiritual Growth

All negative ‘self thoughts’ are counter-productive to our lives. That fact seems to escape much of society as they regularly wallow in self-pity, self-loathing, and the like. It appears, from my experience of these negativities in my life in the past, that their soul has convinced their mind that there is great benefit in self-negativity. Unfortunately, those thoughts are very destruction – full stop!

Most people can’t get out of those negative attitudes, and so, their lives never have the enjoyment that it should. Resilience, bounce, productivity, and many more positive attributes are destroyed by such personal negativity.

Life of sons in the Kingdom is lived, both in the natural and supernatural, on a continual basis as we live out of our Internal Kingdom<sup>1</sup>, while going about our daily routines and duties. Any negativity in the natural will also impinge on our spiritual life, a common enough situation which prayer lines attest to.

Some of the most spiritually debilitating negative attitudes are bitterness and self pity. It’s important, therefore, to identify them as soon as they manifest and deal with them immediately. That’s where monitoring ourselves is of great importance.<sup>2</sup> We cannot allow our soul (or our mind) to dominate our being in any way, as that’s the job of the spirit for sons.

A negative transformation can occur at any time. Even simply feeling sorry for yourself opens the door for a downward spiral into deeper negativity.

Father has instructed us about the need to deal with feeling sorry for ourselves, letting us know that we need to get ourselves out of it, rather than begging him to extricate us:

*“You cannot advance spiritually or naturally when you continue to feel sorry for yourself. It is like being stuck in the mud. Rise up and set new obtainable goals. Even if you have to take small steps, every step will strengthen your resolve to extricate yourself from this dark place.”<sup>3</sup>*

If we desire to grow and mature in our sonship, then negativity needs to be eliminated in all its forms. Otherwise, the result will be a stifling of the processes leading to our maturity.

**REMEMBER** Father is always positive, and therefore, so is the Kingdom. As that’s the case, anything negative needs to be eliminated ASAP so we can align ourselves with him.

## Update

*“Rise up out of the dung heap of self-pity and put your trust in me,” says the Lord. “I am able to do what you cannot. But, you must pledge your allegiance to me instead of allowing the enemy of your soul to drag you through the mud. Set your will to be strong and resolute.”<sup>4</sup>*

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7-9-2023

[Updated 5-10-2023]

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

1 – “The Internal Kingdom Life” [canberraforerunners.org/wp-content/uploads/The-Internal-Kingdom-Life.pdf](http://canberraforerunners.org/wp-content/uploads/The-Internal-Kingdom-Life.pdf)

2 – “Watch Yourself in all Areas of Your Life” (30-11-2018)

[canberraforerunners.org/wp-content/uploads/2018/12/Watch-Yourself-in-all-Areas-of-Your-Life.pdf](http://canberraforerunners.org/wp-content/uploads/2018/12/Watch-Yourself-in-all-Areas-of-Your-Life.pdf)

3 – Marsha Burns “Small Straws in the Soft Wind” Sept. 6, 2023) [ft111.com/smallstraws.htm](http://ft111.com/smallstraws.htm) [ARCHIVE: [ft111.com/straws2023.htm](http://ft111.com/straws2023.htm)]

4 – Marsha Burns “Small Straws in the Soft Wind” Oct. 4, 2023) [ft111.com/smallstraws.htm](http://ft111.com/smallstraws.htm) [ARCHIVE: [ft111.com/straws2023.htm](http://ft111.com/straws2023.htm)]