

An Authentic Life Series w/  
Dr. LaTasha Morgan ©2025

-A 10 Week Wellness Group-

A journey to self-discovery, courage and  
authenticity to be who God PURPOSED you to  
be!

Alfred Street Baptist Church  
Office of Christian Care and Counseling  
Rev. Dr. Howard-John Wesley- Senior Pastor



# **-Chapter 1- Enhancing Self-Compassion**

# Self-Compassion:

Intentionally treating YOURSELF with kindness, understanding, warmth and care- especially during times of difficulty or failure.

Jesus said, “‘Love the Lord your God with all your passion and prayer and intelligence.’ This is the most important, the first on any list. But there is a second to set alongside it: ‘Love others as well as you love yourself.’ These two commands are pegs; everything in God’s Law and the Prophets hangs from them.”

Matthew 22:38-40

# What comes to mind when you hear/say self-compassion?

**I don't  
have  
time...**

**I feel guilty  
when I focus  
on me...**

**I am a  
servant  
leader;  
I serve  
others...**

**What does  
that even  
look like??**

**I don't  
matter...**

**That's  
selfish!**

**I'm not that  
important...**

**I'm not  
worthy...**

# Enhancing Self-Compassion

II Cor. 10:5 NIV

We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

**Honoring Self (Self-Care)**

**Creating Space for Self**

**Creating New Narratives**

**Looking at Self with GRACE**





# CRITICAL TO THE JOURNEY:

*Your growth in this area is highly connected to if you think self-love is a necessity for YOU...*

After reflection, this may lead you to:

- RELEASE that harsh way of thinking and treating yourself
- CREATE space for your fullness
- LOOK at yourself with appreciation and honesty
- OFFER some self-forgiveness

Remember Romans 8:1- There is now no condemnation for those who are in Christ Jesus, who walk not after the flesh but after the spirit.

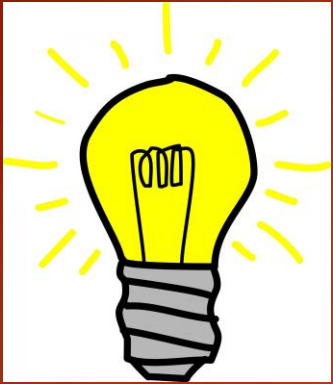
# This work takes PRACTICE!!!!

- ▶ Self-compassion and Self-forgiveness is an ongoing journey. It is an extended commitment for each new day you have.



**What do you need to forgive yourself for?**

# Self-Forgiveness Cont'd...



☐ Are you a chance giver?

☐ Are you a leeway giver?

☐ Are you a grace grantor?

If you answered YES to any of these, the question then becomes, how well are you at giving *yourself* these things?





“Self-Compassion requires not only self-forgiveness but also liberation from perfectionism.”

-Dr. Thema (p.6)

# Tools For the Journey:

## ▶ Gratitude

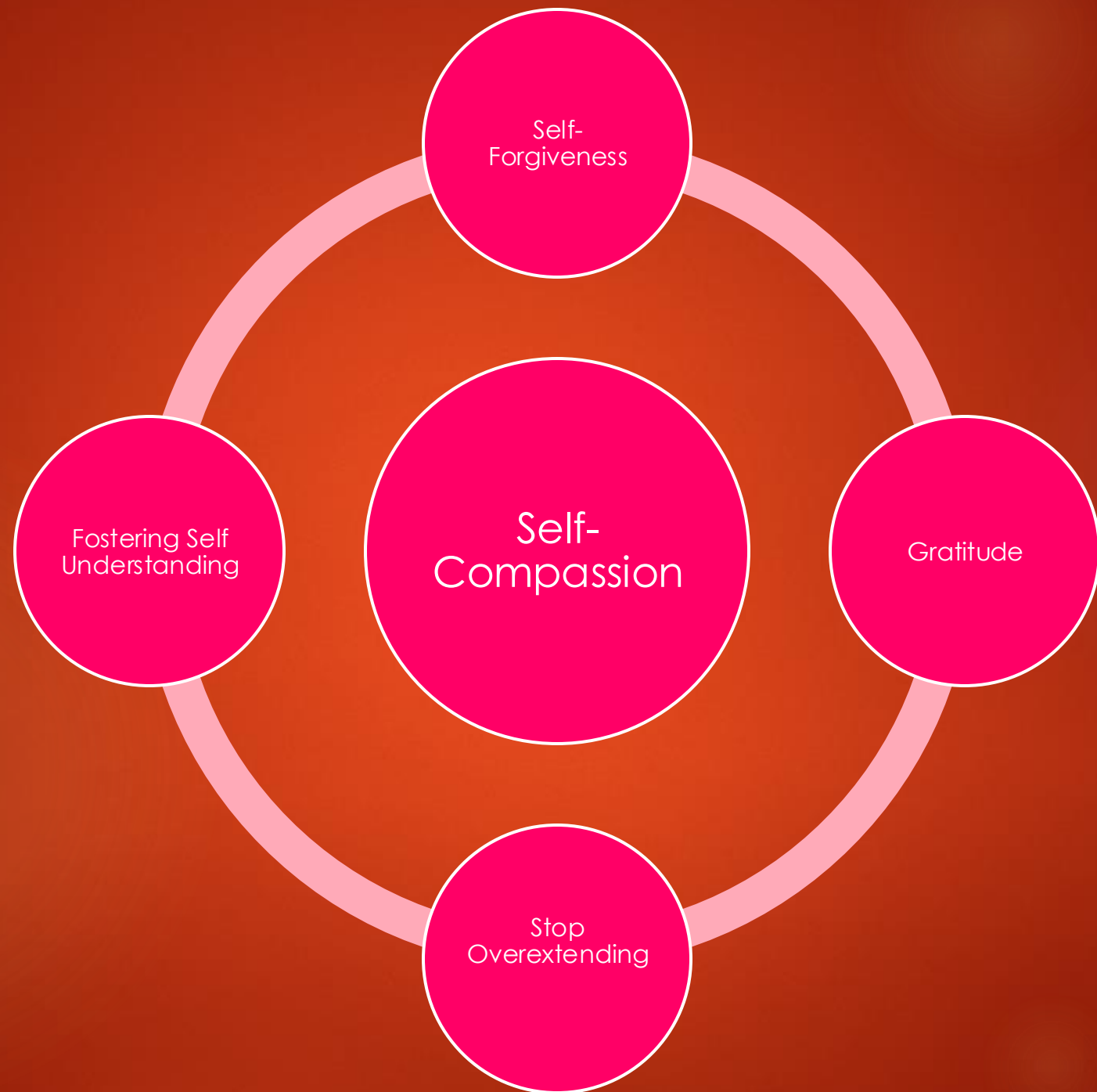
- ▶ Be more gracious towards you and your progress.
- ▶ Be grateful. Mindfulness (being present in the moment) as a practice can help.

## ▶ Stop Overextending

- ▶ Monitor your generosity!
- ▶ BEAWARE here because on one hand you believe you are being a blessing and on the other hand you can dishonor yourself by constantly sowing into “TAKERS ONLY” soil.
- ▶ No is HOLY!
- ▶ Boundaries build self-compassion

## ▶ Self-Understanding

- ▶ To cultivate self-compassion is to choose self-understanding over self-judgement.
- ▶ Learning to understand with grace is liberating! p.11



# Note to Self



## WRAPPING UP...

- How are you already changing?
- What positive shifts have you noticed?
- Becoming aware of your progress AND celebrating it- IS self-compassion.

**GOAL:** Shift from your self-critical voice to your self-compassionate voice.

**PRACTICE:** Intentionally look for your progress. Journal and take a look back often.

**Taking note of the situation, event, and the dynamics that occurred and how you have responded.**

**HOMEWORK (p.13):** Write a love letter to yourself. Make it full of appreciation, understanding, forgiveness, and self-preservation.

**\*YOU HAVE TO BE ABLE TO SEE THE CHANGE WITHIN YOURSELF\***