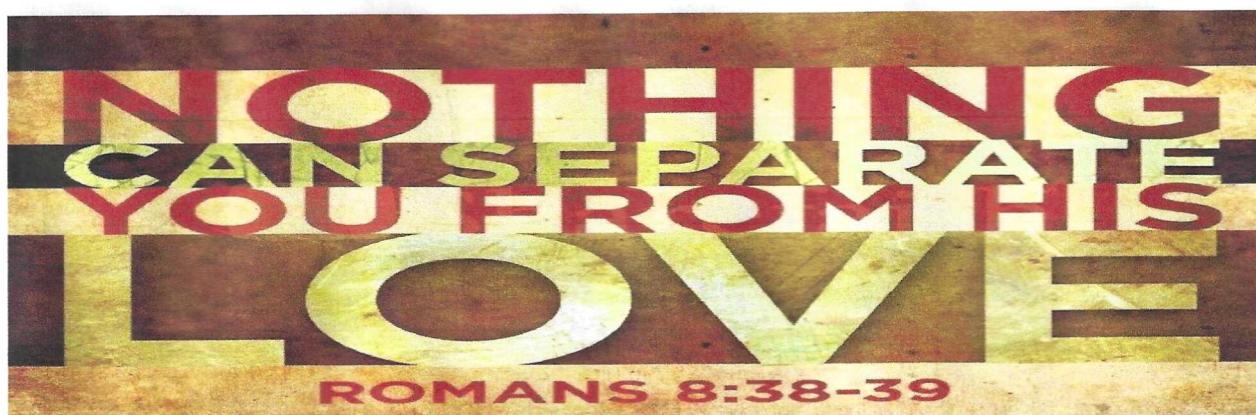




## STOP BEATING YOURSELF UP

You feel your flaws so deeply, yet God never turns away.  
His mercy meets your trembling soul with kindness every day.  
God lifts the weight you carry, wipes the tears you cannot see.  
He whispers peace and comfort, saying, "Child, just rest in Me."

So hush the voice that scolds you; its harshness isn't true.  
The Lord delights in healing what the world has done to you.  
He binds the hidden bruises, those you never dare to show.  
He pours His love upon them with a tenderness that grows.

To God you are a treasure, held in Arms that never fail.  
His compassion wraps around you like a soft and steady veil.  
Stop beating yourself up, dear one; He holds you close each day.  
God knows your weakness well, yet He loves you anyway.

So breathe again, dear one; let His peace begin to flow.  
Release the self-condemning thoughts that strike you hard and low.  
You're loved beyond all measure and forgiven from the start.  
Stop beating yourself up, dear one; He's holding your whole heart.

*Donna Arsene Cooper*