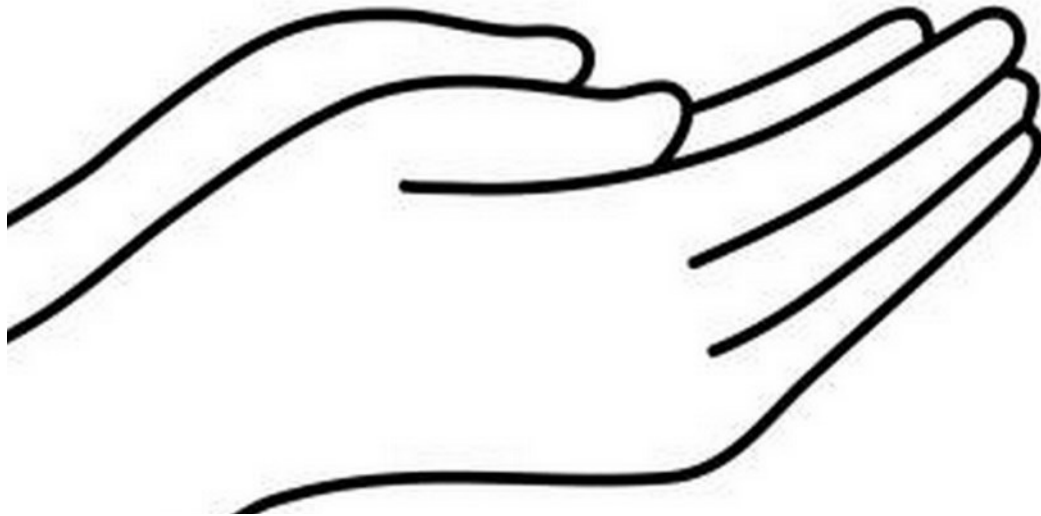


FRIDAY

# Be Gentle with Yourself



"His compassions never fail" (Lamentations 3:22)

**FOR TODAY:** Holiday preparations can intensify emotions and self-criticism. Practice treating yourself with the gentleness you'd offer others who are struggling. If you make mistakes or fall short of expectations - pause, breathe, and acknowledge your humanity. Gentleness might mean taking breaks, adjusting expectations, or simply saying, "This is hard, and I'm doing my best."

→ **Reflection:** If a friend were feeling exactly as you are right now, what gentle words would you offer them? Can you offer those same words to yourself?

**SACRED MOMENTS:** Even in deep sorrow, Lamentations reveals that divine compassion never runs out. God's gentle love renews daily, not because we earn it, but because gentleness is God's nature. Jesus showed this by his kindness to the weary and struggling. When we're gentle with ourselves, we embody this divine compassion.

→ **Practice:** Each time you notice self-criticism today, try whispering, "Divine compassion never fails — I can be gentle with myself."