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While humans can be very different, we do have many similarities as well. For the most part, our physical makeup is very similar with the largest difference being male versus female. And then of course how we look. Unless you are an identical twin most of us don't look exactly like anyone else on this planet. Although some say we each have a doppelganger I have yet to meet or see mine if that is true. This means there is nothing wrong with you or anyone else who wants to be loved, accepted and feel connected. Nothing. What can be wrong is how some of us go about trying to find love, acceptance and connection. Like everything else I talked about there are healthy and unhealthy ways to find what we want and need and it is unhealthy to get into any relationship or the other person is married, already has a significant other or has a history of having quote, side relationships. Be wary. Too often women especially will seek out someone who is taken as proof that she is worthy, as well as creating a sense of competition and I'm going to win. Of course this is usually unconscious, but nonetheless unhealthy

brain seeks to build connections with people even if you are unaware. That is what your brain is doing right now. And if you aren't strong in your convictions and standards, you could easily fall prey to unhealthy attention that there are always people out there willing to give. Look at gangs, for instance. I mean, this is a scenario where people are often lost, fatherless, maybe orphaned, and they're seeking to fit in they're seeking that love and acceptance from someone from anyone. And then gang members swoop in and make that person feel important. Like they're part of a family and they're accepted. All you have to do is prove yourself to them. It is not healthy. But yet so many people want to belong so badly that they fall for it. Look at people falling into drugs. This happens in a similar way. There's a dealer or a user who offers drugs, something to someone to make them feel better. Plus, they welcome and accept you as you are. Then you're now connected by the drugs and you'll protect each other and do anything for each other because of that connection. Men and women get into wrong relationships all the time because someone seems to give them what they're lacking in life, or what they think they are lacking in life. These are all unhealthy and the wrong reasons and the wrong ways to get love and acceptance and connection. The difficulty comes in that most of these decisions are usually on conscious or unaware. That's why it's so important for us all to work at having better awareness about what we do in life, and why the why behind our actions is so important. Trust is a huge issue in all of this as well. If someone has been hurt by a parent or grandparent or another family member, they're very likely to have family issues. If a man has assaulted a woman, she may fear all men or have a problem with most men. A man that was let's say taken to the cleaners, like taking for everything he has by a woman. Well, he's gonna have his defenses up against women. It makes sense. We're trying to protect ourselves from getting hurt again. The sad problem with this is we usually end up hurting ourselves and others with these defenses. It's hard to be vulnerable, but vulnerability is always best. My husband and I were highschool sweethearts. We broke up in college, when we reunited seven years ago. We had to have some conversations about the past. I don't believe that our current relationship really has much to do with our past at all. But we did have some trust issues that needed to be addressed. Was it easy? knew it wasn't sucked, but it had to be done in order for us to proceed. And healthy relationship. Humans seem to love to run and hide from problems or sweep them under the rug. I think we all know that doesn't work because eventually you have a big heap and Messick crap

that you just can't get around any longer. And then it starts causing all sorts of issues in your life. Just imagine if you'd only dealt with that heaping pile of crap sooner. It would only be a little poop and not a big achy mess. You know what I mean? And I'm not gonna lie, I cracked man jokes a lot, usually poking fun at the male brain and

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the difference between men and women. If I thought for one second, I had issues with men in general, I would definitely seek help for it. Sadly, I see this all the time, people who have been physically mentally, emotionally, psychologically sexually, financially, even intellectually abused by someone else. They will often develop a seeming hatred of that gender or race, whatever it is, they associate with that person as bad. I mean, it's sad but it happens a lot. Thankfully, there is one who knows everything you have done and ever will do in your life and loves you anyway. And if you don't know who that is, is Jesus Christ. He loves you and accepts you so much that he's willing to give His life on the cross. For you. He was nailed to a cross for you. He's waiting for you with open arms. turned to the right one in your time of need. It is God's desire for you to be connected with him. He is already connected to you. He is just waiting for you to accept him. Isn't that amazing? But it amazes me. The creator of the universe wants more than anything to be accepted by you. Wow, that y'all there's so much power in that if you think it's possible, you have been seeking love and acceptance in any of the wrong places, which I think we all do that from time to time. I know that I've been there on more than one occasion. Take that as a sign that it's time to stop whatever it is you're doing. Don't beat yourself up. Don't let guilt or shame overtake you. Just stop. Ask God to forgive you. And if you've never accepted Him into your heart before, you can invite Him in. If you're already a Christian who has back slid, simply repent of your sins. seek guidance now from a pastor, counselor or therapist. You deserve to be loved, accepted and connected to the source. You deserve only the best regardless of anything. You've done up to this moment in my thank God for His grace and mercy. Otherwise we wouldn't deserve any of this. But rejoice. Rejoice in the fact that God gave us His Son Jesus Christ who died on the cross for my sins and for your sense in the sense of this world. Or choice. Now is the time to bask in the love of Jesus. Pay His Holy Spirit penetrate your being and fill you with a piece of his glory. This is a new day. A new beginning. You are loved. You're accepted. You're forgiven. That's why I do this podcast. That's why I am on a quest to get this the higher life movement out there. Yes, of course. I want people to be happy in life. And yes, I believe that God wants happiness for us. But more than anything, I want people to understand that God's desire is for us to be obedient to Him. So we can experience true joy and peace on earth in this lifetime. God wants that for you. And it comes through connection and relationship with the Trinity, God the Father, Jesus the Son and the Holy Spirit that Jesus left to guide each day. God it just it's so powerful. It gives me goosebumps we are so blessed. We are so loved and we are accepted. I think too many times people beat themselves up for the sins of their past or even Sins of the present.

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And feel unworthy. Don't tell yourself that because it's not true. If you weren't worthy. God would not have allowed His Son to die on the cross for you. He wouldn't have but you are loved so much. That that sacrifice was worth it. Even if you're a sinner. Why like the rest of us, you're

accepted. God accepts you for who you are right now. Now, that doesn't mean that you won't have some changes to make. If you're not being obedient then yes, there are changes that need to be made. You can take baby steps each day and make progress towards everything that God has for you. It starts with repenting of your sins. And if you've never accepted Christ as your Savior, that is the place to start. If you've been seeking your love and acceptance in wrong places. God forgives you every time I say that the power just overwhelms me. God forgives you. He

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forgives me for all the things that I've done. And today is a new day. A new beginning. I love that. This is Kelly Renee

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