



## End Years of Suffering From Infertility! How to Overcome Infertility and Have a Healthy Baby

Help For Infertility  
Masterclass

# Stop Condemning Yourself

Condemnation is a strong disapproval. Condemnation is the expression of strong disapproval of someone or something and also the feeling of a sense of guilt about something. Self-condemnation happens as a result of feeling inadequate about everything concerning you.

Also, if you do not love yourself, you tend to condemn yourself all the time. Instead of feeling this way, I encourage you to start worshipping, praising and celebrating God for your life. God does not want you to condemn yourself as He does not even condemn you at all. He is a loving God and He wants you to appreciate Him for all He has done for you.

There are so many people who are condemning themselves because of past failures, disappointments or hurts they have gone through. Jesus told the woman who was caught in adultery, "Woman, where are they? Has no one condemned you?" "No one, sir", she said. "Then neither do I condemn you", Jesus declared. "Go now and leave your life of sin". John 8:10-11.

This is very powerful indeed and this scripture should be an encouragement to you. As you are now a child of God, His Word says, "Therefore, there is now no condemnation for those who are in Christ Jesus because through Christ Jesus, the law of the Spirit of life set me free from the law of sin and death." Romans 8:1-2 Beloved, I pray for you now: Be set free today from self-condemnation through the powerful Word of God in Jesus' most exalted name. I agree with you right now that you are free indeed. AMEN! Now begin to worship, praise and celebrate God for your freedom and breakthrough.

Say it now: Father I bless you and I worship you.

God wants to use you as His vessel Jesus' sacrifice on the cross for you would be a waste if you still condemn yourself or feel condemned. He has forgiven you all your sins and you need to receive this forgiveness from Him and learn to forgive yourself. When God forgives you, He wipes away all your sins and gives you a clean slate.

He then chooses not to remember your sins because He is God; not because He is forgetful. He wants to relate to you in your present state and not in your past state. Praise and celebrate Him for this! His Word says in Isaiah 43:25, "I, even I, am He who blots out your transgression for my own sake and remembers them no more".

You see, when God forgives, He forgets your past condition and looks at your present and future. He is not like man who holds on to past failures and reminds you of them. Child of God, let go of self-condemnation, as God wants to use you to touch other lives. Show gratitude for His mercies and goodness.

But, He cannot use you when you are in the state of self-condemnation. He wants to use you as His vessel and He does not want you to carry any excess baggage of guilt and condemnation with you. This does not glorify Him at all! You need to see yourself as God sees you. You are precious and honoured in His sight because He loves you.

Don't allow anything to steal your joy Apostle Paul talks a lot about joy in his epistle to the Philippians. He encouraged them in their suffering and warned about those who would steal their joy.

If your joy is based on daily circumstances, you will not have lasting joy because there is some discomfort and displeasure from day to day. But if your joy is based on Christ, you will experience joy unspeakable. The joy of the Lord will be your strength as you live for Jesus Christ. Paul encouraged the Philippians by telling them to "Rejoice in the Lord always. I will say it again: Rejoice!" Philippians 4:4.

When you experience the joy of the Lord, you will enjoy peace and rest in HIM. Even when you don't get exactly what you want, you can still rejoice, worship, praise and celebrate God. And He will shower you with His divine favour, for His glory.

The Lord will fill you with joy Our joy comes, not because of what we experience, but because of who we know, Jesus Christ, our Lord and

Saviour. Even in the midst of painful conflict, you can experience joy because you are never alone. The Lord will fill you with joy in His presence, with eternal pleasures at His right Hand. You can rejoice that your sins have been forgiven, in thankfulness and endless praise for the Almighty God. When we stop defending our sinful ways and humbly acknowledge that God's ways are right, true joy will spring

The Joy Of The Lord Is Your Strength The joy of the Lord will give you a release The joy of the Lord is a supernatural disposition, which is experienced through the right relationship with our Heavenly Father. When the joy of the Lord invades our lives, it spills over into everything we do and onto everyone we touch. Also, everlasting joy will crown our heads and gladness will overtake us. Joy is one of the "segments" of the FRUIT OF THE SPIRIT and it is the God-kind of joy that lasts.

This joy overflows when you praise and worship God. When you have this joy, there is release and relief and you will experience deep satisfaction in your relationship with God. A joyful person is a balm of healing to hurting hearts. There is joy in living, serving, sharing and in resting in God's goodness. Let the joy of the Lord be your strength, always. Celebrate and appreciate HIM for these priceless blessings!



**End Years of Suffering From Infertility!  
How to Overcome Infertility and Have a Healthy Baby**

Help For Infertility  
Masterclass

**Veronica Anusionwu**  
Healing and Fertility Coach, Teacher, Author, and Motivational Speaker