

# Debunking the Myth of Self-Love





**“Love yourself first  
and everything  
else falls into line.  
You really have to  
love yourself to get  
anything done in  
this world.”**

—LUCILLE BALL



**“To love oneself is  
the beginning of a  
lifelong romance.”**

—OSCAR WILDE

**“You alone are  
enough, you have  
nothing to prove  
to anybody.”**

—MAYA ANGELOU



**“Respect yourself  
and others will  
respect you.”**

—CONFUCIUS

**“You yourself, as  
much as anybody in  
the entire universe,  
deserve your love  
and affection.”**

—BUDDHA

**“You are the one you’ve  
been waiting for  
all your life.”**

-Queen Iduna

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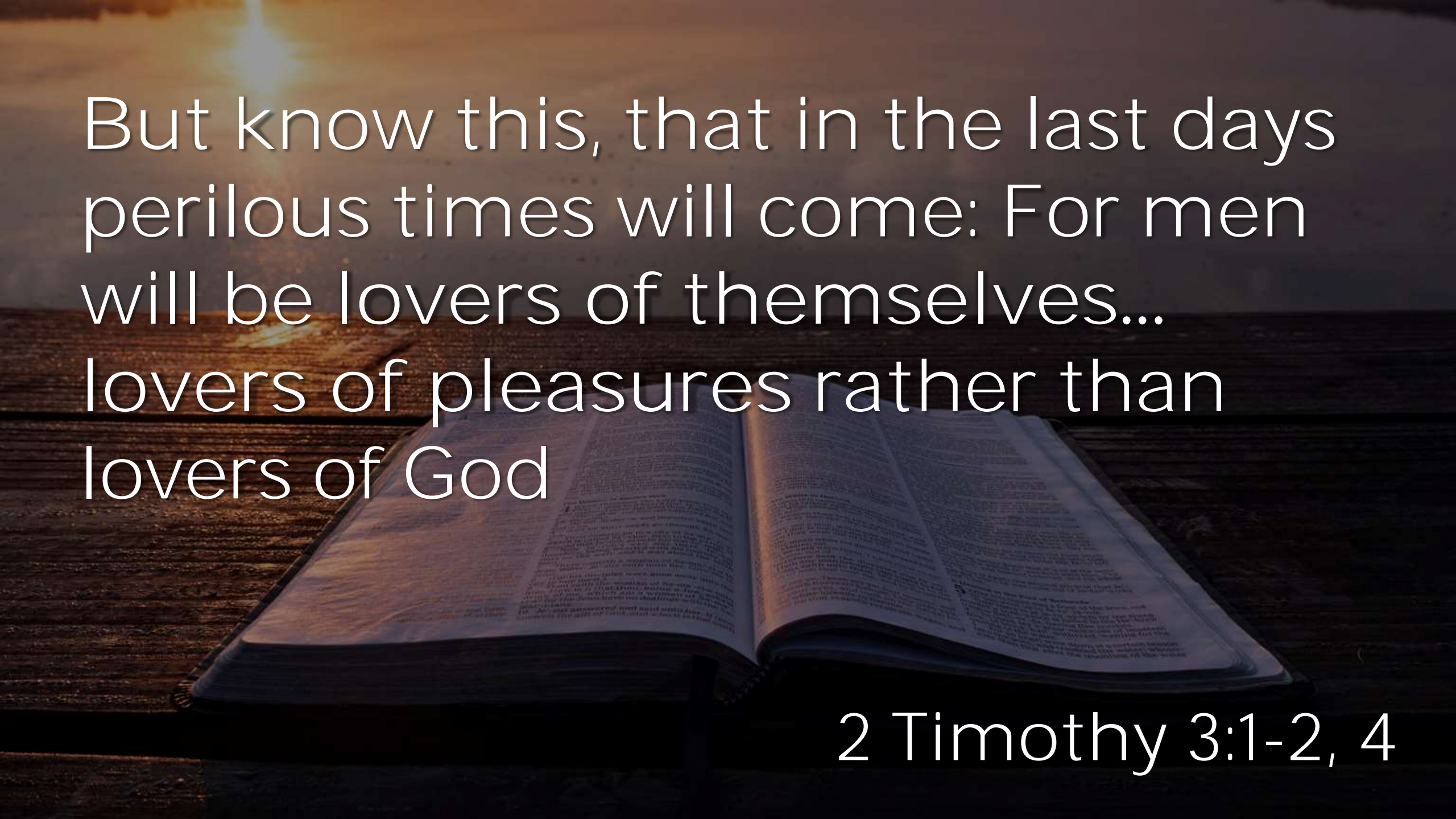


"It's not selfish to love yourself, take care of yourself, and make your happiness a priority. It's a necessity."

-Mandy Hale

"Loving yourself isn't  
vanity. It's sanity."

-Katrina Mayer

An open Bible lies on a dark wooden surface. The background is a soft-focus sunset over a body of water, with the sun low on the horizon, casting a warm glow. The text is overlaid in white, sans-serif font.

But know this, that in the last days  
perilous times will come: For men  
will be lovers of themselves...  
lovers of pleasures rather than  
lovers of God

2 Timothy 3:1-2, 4

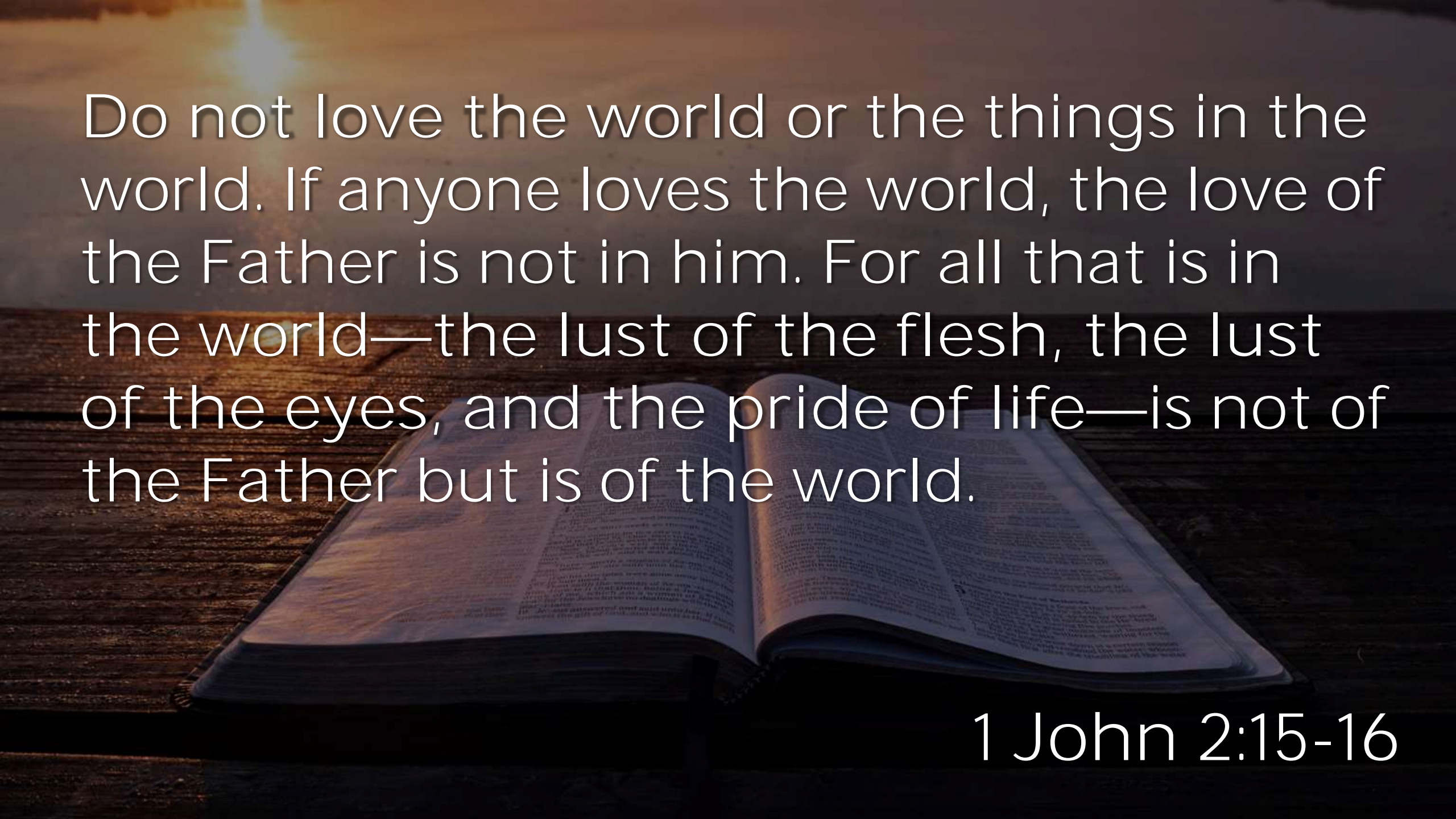


An open Bible lies flat on a dark wooden surface. The pages are filled with text, and the book is illuminated by a warm, golden light from the upper left, suggesting a sunset or sunrise. The background is a blurred landscape with a bright light source on the horizon.

‘You shall love the Lord your God with all your heart, with all your soul, and with all your mind.’ This is the first and great commandment.

Matthew 22:37-38



An open Bible lies on a dark wooden surface. The background is a soft-focus sunset over a body of water, with the sun low on the horizon, casting a warm glow. The text is overlaid in white, sans-serif font.

Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him. For all that is in the world—the lust of the flesh, the lust of the eyes, and the pride of life—is not of the Father but is of the world.

1 John 2:15-16

Self-love  
makes you  
live as a child  
of the world





Self-love  
makes you live  
for temporal  
things



# Mantras of Self-Love

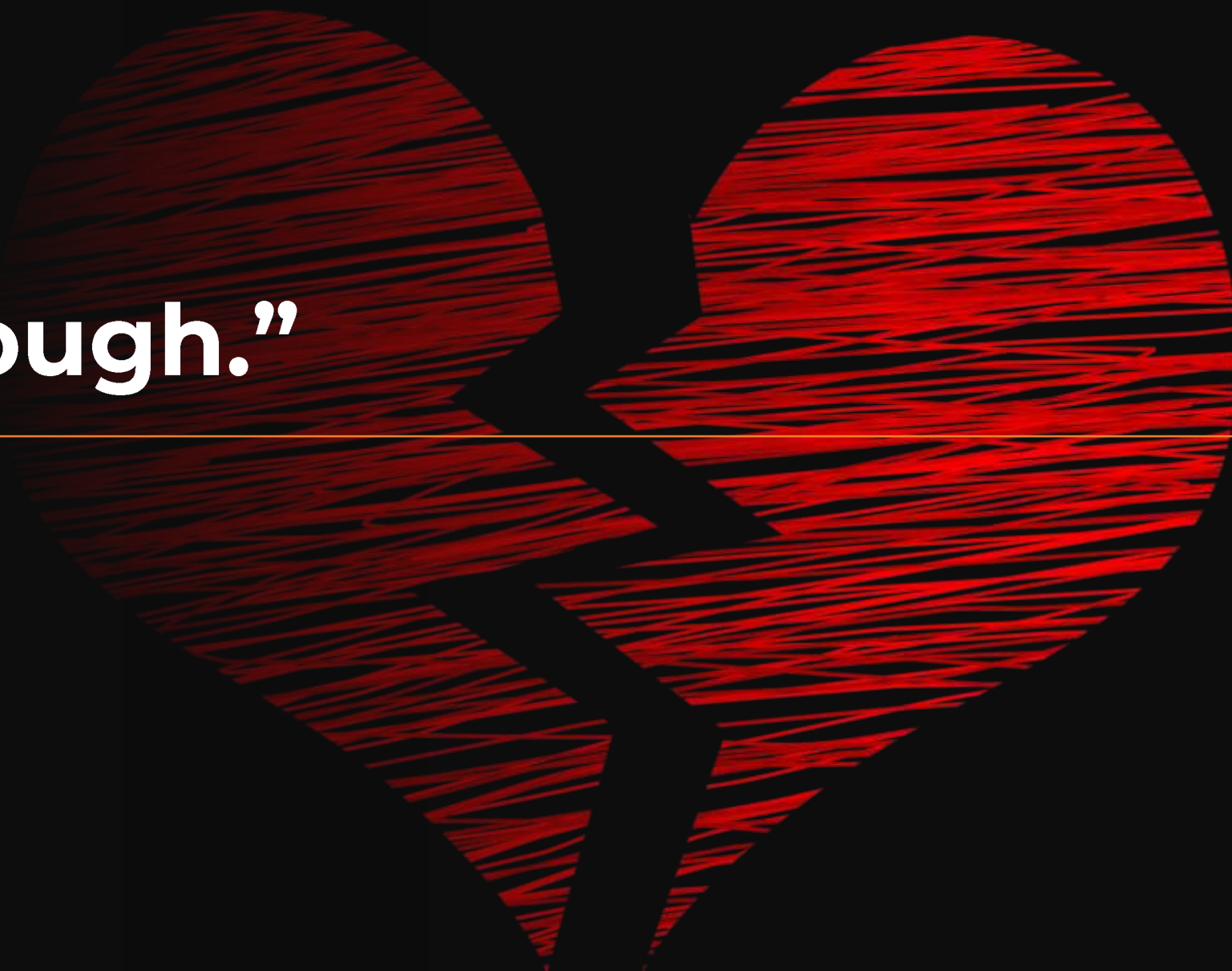
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**“You are enough.”**

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An open Bible lies on a dark wooden surface. The background is a soft-focus sunset over a body of water, with the sun low on the horizon, creating a warm, golden glow. The text is overlaid in white, sans-serif font.

But we all, with unveiled face,  
beholding as in a mirror the glory of  
the Lord, are being transformed into  
the same image from glory to glory,  
just as by the Spirit of the Lord.

2 Corinthians 3:18



**“Love yourself first.”**

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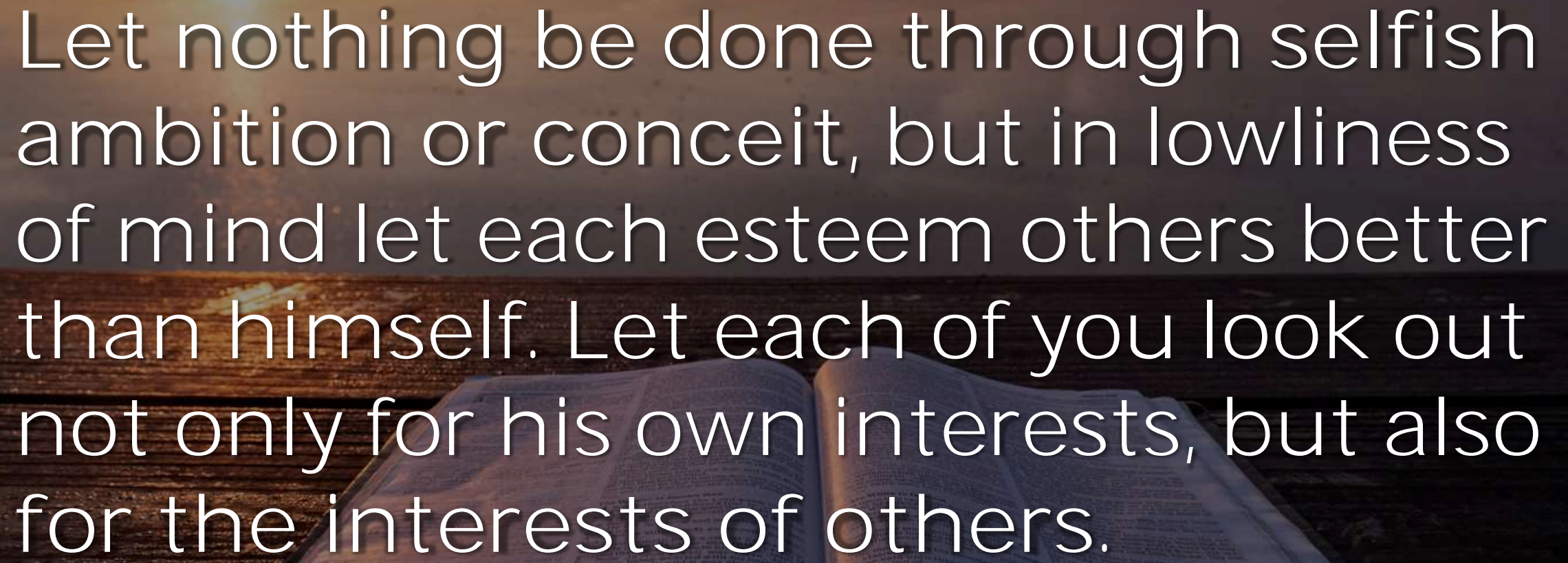


Owe no one anything except to love one another, for he who loves another has fulfilled the law.



Romans 13:8



An open book with text overlaid on a sunset background. The text is white and reads: "Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself. Let each of you look out not only for his own interests, but also for the interests of others." The book is open, showing two pages of text. The background is a sunset over a body of water, with the sun low on the horizon, creating a warm, golden glow. The overall mood is peaceful and reflective.

Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself. Let each of you look out not only for his own interests, but also for the interests of others.

Philippians 2:3-4



**“Be kind to yourself.”**

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“If anyone desires to come after Me,  
let him deny himself, and take up  
his cross daily, and follow Me.”



Luke 9:23









The gospel  
is the  
answer to  
self-love

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“Thou hast formed us for  
Thyself, and our hearts are  
restless until they find rest  
in Thee.”

Augustine of Hippo