



FROM YOUR CFS **Wellness Specialist**



“A” is for Acceptance?

Understand where true acceptance comes from

God wants us to use our gifts and talents to the best of our abilities, giving Him the glory for our victories. But what happens when we don't win or achieve the “A”? It can be hard to accept our mistakes, especially when **we tie our value to success**. While this can motivate us to overcome obstacles, it may also create a sense that our worth depends on our achievements.

We cannot rely on every outcome to define our self-worth. Students will make mistakes and get bad grades. Athletes will miss shots and lose games. When we fail, blame and shame often follow, leading us to connect failure to our identity. This isolates us and keeps us from accepting help when we need it.

As parents, coaches, and teachers, we can remind our children (and ourselves) of the true source of our value:

**“See what great love the Father has lavished on us, that we should be called children of God!
And that is what we are!”** (1 John 3:1)

Our value comes from being God's children, not from our successes. God has blessed each of us with unique talents and abilities, and He honors our efforts when we use them with perseverance.

We can praise God for loving us, making us His children, and blessing us with talents.

We can also praise one another for the effort we put into using those gifts, even if we fall short of an “A.” Christ's death and resurrection have made us perfect in His sight, and our worth is secure in Him.

“A” stands for Acceptance by God, based on His love, not on our performance.

“But when the kindness and love of God our Savior appeared, he saved us, not because of righteous things we had done, but because of his mercy. He saved us through the washing of rebirth and renewal by the Holy Spirit, whom he poured out on us generously through Jesus Christ our Savior, so that, having been justified by his grace, we might become heirs having the hope of eternal life.” (Titus 3:4-7)
