



ACCEPTANCE AND THE PATH TO TRANSFORMATION

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According to David Benner in *The Gift of Being*, my spiritual transformation requires that I accept myself, just as I allow God to accept me. Until I accept myself, I can never truly know myself and so cannot enter fully into a knowing relationship with God.

My self-acceptance must include those parts of me that I wish to change; in fact I can begin to change them only *after* I have accepted them.

How good it is to know that God “made us accepted in the Beloved,” Ephesians 1:6 (NKJV). Self-acceptance is not denial or permissiveness; it is a reflection of God’s overpowering, transforming Grace.