



This is the *Health Matters* podcast.

### **Loving Yourself Unconditionally with Adam Luckey**

I'm your host Kimberley Payne and this is the show for women who want to improve their spiritual and physical health.

In this episode, we'll be talking about how to learn to practically love yourself the way the Father loves you through prayer, the word, and personal devotion time. As you do, you will truly experience the abundance of joy that love has to offer.



This week we're going to be talking with Adam Luckey. Adam is a minister and coach of the gospel of Jesus Christ. He loves to be friends with Jesus. He has a real passion to see others walk in divine health, spirit, soul, and body. Adam is a personal trainer and loves to incorporate his experience to help people obtain lasting weight loss transformation. He also attended bible school for three years at Bethel Church in Redding, California. He desires that the children of God would live the abundant life. Learn more about Adam at his website [www.mytruefitness.org](http://www.mytruefitness.org). Welcome Adam.

#### **Adam**

Hi Kimberley. Thanks for having me.

#### **Kimberley**

You are most welcome. So are you in California right now enjoying nice warm times?

#### **Adam**

I wish I could say that but actually my wife and I are currently traveling the country. We're ministering at different churches and visiting friends and family so right now we're actually in Oklahoma where it's not too warm right now.

**Kimberley**

Well that's exciting to be able to travel all over the country.

**Adam**

It is. We're having a blast and we wanted to take our first year of marriage and enjoy life.

**Kimberley**

Oh, you're newlyweds.

**Adam**

Yeah, just about 7 months ago actually.

**Kimberley**

Well, congratulations. What a wonderful way to spend the first year of marriage together.

**Adam**

Thank you so much—it is, it's wonderful.

**Kimberley**

Marriage is all about love, obviously, and what we're talking about is self love. How would you define what self love is? What is self love?

**Adam**

I've meditated on this a lot and I definitely don't have the "one size fits all" definition but I do have my perspective on what it means. To me it means just really seeing ourselves, relating to ourselves, the way the Father does. Relating to ourselves emotionally, physically, our self image, and understanding our worth the way God, our Heavenly Father, does.

A lot of the time this is kind of a struggle for Christians because we think it's kind of selfish to love ourselves. We're always putting everyone else first and we kind of forget that we need to relate to ourselves in the way that God relates to us.

So my simplest definition would be just loving myself the way God loves me. Nothing more, nothing less.

**Kimberley**

That's wonderful. But a lot of people have this imagine of God as this judge and especially the old Testament God up in the sky throwing thunderbolts at us, that sort of thing. How would you say God loves us?

**Adam**

That's so true. A lot of times we have this image of God and perception of God that is more like our earthly fathers that weren't so perfect. And we kind of have these projections we put on God and we think He's just like our earthly dad. But just going through life renewing our mind, pursuing the King and pursuing His love and seeking a deeper understanding and revelation of this love really helps us get free from all those lies about who God is. But as far as God's love? Maybe you can ask me the question again.

### **Kimberley**

I'm of the school that God is a good Father and over the last year, just through my daily life, I've really felt God saying to me, "I'm a good Father and I love you" as a father who just dotes on his daughter. What I was asking is how does God love us? Some people think that He doesn't, that he just judges us. But how would you describe God's love for us?

### **Adam**

That totally makes sense. To me, the way I receive God's love, is not based upon my own behaviour. For so long I lived in a way that I was trying constantly to earn this love. Subconsciously, I wasn't consciously trying to strive and to earn His love, I was just trying. We're raised in a very performance-oriented culture where when you do good you get good. So when you are worthy of this love by your performance, then you're able to receive love. For so long I related to God the Father as well. I only felt worthy of receiving this love if I was praying for people out on the streets, sharing my faith every day. But it's honestly just left me in a place that I just didn't believe that I was worthy of His love. When I would do good I would feel good. But when I wasn't praying I didn't feel very good about myself. I wouldn't love myself. I'd be very hard on myself. I'd feel very condemned like I wasn't enough. I wasn't enough for God to love. I wasn't worthy.

I remember having these series of encounters in prayer where the Father began to show me that His love is just pure and unconditional. No matter what I do His love is going to stay the same towards me. This unconditional love and acceptance that I was trying so hard to earn, He was giving me freely. And what helped me understand that was the Gospels. The Good News that we are in Christ. The Good News that the Father loves us the same exact way that He loves His Son, Jesus Christ. And because of the Gospel, and because of the work of Jesus Christ on the cross—His death, burial, and resurrection—I am now in Him, as it talks about all throughout the New Testament. We are in Christ. We are new creations. All old things have passed away. It is that foundation that I am in Him that I can receive this love too.

And that was the key for me, that I am loved the same exact way that Jesus is loved. And I'm no longer looking to my performance to find out whether or not I'm worthy but I'm looking at what Jesus has done to determine my worth. So it's this beautiful thing. The Gospels, it's such a beautiful thing, a mystical thing that we are in Christ. That's the way that I receive His love. Knowing that I'm in Him and I'm worthy simply because of what He's done. And it has nothing to do with my performance and my behaviour. Does that make sense?

### **Kimberley**

Yeah, absolutely. It's so awesome that He does love us unconditionally. And you're right, no matter what we've done, He knows who we are and He knows our very thoughts. And He still loves us. It is awesome.

It is difficult to love ourselves so what would you say are some practical ways people can start to love themselves now?

### **Adam**

I believe the Gospel is practical. I believe God is very practical and loves for us to implement and go after things in a very real way instead of some esoteric, mystical religious way that has no power in our life. One of the ways that I have found that has helped me really learn to love myself is spending time just looking at myself in the mirror and speaking love over myself. The Bible says there is life and death in the power of the tongue. And for so long I talked to myself—my self talk was so negative. If I talked to my friends the way I talked to myself they wouldn't be my friends. Usually we are our own worst critics, right? We're the ones beating ourselves up, telling ourselves that we're not good enough. I didn't do enough today, or I'm not worth it. So to actually take time and learn to relate to yourself and for me that was practically looking at myself in the mirror, in the morning or at night, and just speaking over myself saying, "Adam you're a son of God. You're a beloved son. You are worth the love of God. No matter what you do you are so completely loved and accepted." And I would just begin speaking these things and something would shift in my heart. I was no longer seeing all the critical things about myself. And I was no longer seeing my lack, or what I didn't have, but because I was intentional about looking at myself deeply in the eyes and looking at my soul and saying, "God paid the price so you could be one with Him." My value began to rise. And I began to feel better about myself. I would go throughout my day—after practicing this I would do it throughout the day for a short season of my life—it made all the difference.

So that's one way, simply looking at yourself, spending 5 or 10 minutes. It may be uncomfortable sometimes but just pushing through, pushing past the uncomfortableness, and looking at yourself and declaring truth. Speaking the love of God over yourself.

Another way is journaling. I know writing has a powerful effect. It's helped me get all my jumbled thoughts out of my brain and onto paper. And also it's just a way to hear God's voice. We're all His children. We all hear His voice. The Bible says that we're His sheep and we'll follow His voice. A stranger's voice we won't follow. I can't quote the exact place where that's at but it's in there. For me, that looks like sitting down and taking time in the morning or the evening. What's best for me is usually in the morning and just asking the Father, "What do You think about me today? What do You feel about me today? How do You feel?" I need to be reminded. I can easily forget how much He loves me, how amazing and how vast His love that He has for us. I want to be so conscious and aware of this love that He has for me because when I'm filled up I can give love to others. So journaling, asking what He thinks, and then expecting an answer. Expecting that He is going to speak to you. So I'll just start writing. I'll start writing what I think God's saying over me. "You're a good son." Or, "You've done a good job lately." Whatever you feel like God's saying, take the time to journal it. You'll be surprised at the thoughts you have of what He is saying over you. It's really encouraging. I highly recommend those two things for sure.

### **Kimberley**

I love it. I like how you said there's a shift in spirit. Self-talk is so important and writing it down where you're actually listening for what God is saying to you are two fantastic, practical ways that in the next year—you can even make it a New Year's resolution—this is how I'm going to start loving myself this year.

How has learning to love yourself transformed your life?

### **Adam**

That's a great question. I shared a little bit already about just how understanding this love and understanding being able to love myself the way that God loves me. I've shared a little bit about my testimony but I struggled a lot with this rejection complex. Always constantly feeling like I had to earn acceptance. The feeling like I couldn't really speak my mind at social events or parties or any of gathering. I just didn't feel like I could truly be myself. I couldn't express myself because I believed a lie. What if people don't like me? I need to make sure that I'm doing everything I can do to get people to like me so I don't get rejected.

A lot of these beliefs happened in my own childhood. It's usually how these limiting beliefs come into our life through childhood experiences and my dad was divorced a few times growing up. I developed this belief system that I wasn't really worth love. My mom left. Not blaming them, I've forgiven them and everything is good but I still carried that underlying belief system that I wasn't worthy of love. I couldn't truly be myself because if I was truly myself and people still didn't like me, that would equal ultimate pain. That was a huge struggle of mine. I battled that for years. But as I started learning about the Father's love, I started seeing who He was, I was able to start loving myself the way He loved me. And that was so beautiful.

I remember a time with my wife when we were engaged and we had a disagreement—I'm sure no one's had an argument with their spouse—I was feeling really condemned about it. I lost my temper a little bit and I was feeling really upset and I went on a walk just to clear my thoughts and I remember feeling that I wasn't worthy of God's love in that moment because I behaved in such a way that was shameful to me. I believed it was shameful to behave that way and I wasn't being the perfect Christian. I remember God's love in that moment came over me and just crashed over me and I could feel His voice, "It doesn't matter what you do son, I'm here for you. I love you." And I could feel Him move close to me in my worst moment. That was a big breakthrough. I think for a lot of people listening, in your worst moment God's love is still for you. In your worst moment His love moves closer to you. He's not like our earthly relationships. He's not offended, He's not afraid of your negative emotions, He's not afraid of those things. And that's what helped me in that moment. Just realizing I'm loved, I'm accepted. Wow, I can't do anything to get God to leave me alone. He's going to be there with me no matter what I do. And that gave me such a confidence that I didn't have to strive for this love. I didn't have to jump through every hoop to get this love. That just really transformed my life. In my relationship with God I feel more peace. I feel more relaxed where I'm not trying to perform and to pray 10 hours to get love. I'm already loved. It's given me a foundation of acceptance.

And even in my personal relationships. I feel more free to speak my mind. I'm not afraid of them rejecting me because even if they did reject me I'm grounded and rooted in this love of God; rooted in this goodness of His love. And I learned to love myself the same way the Father loves me. I'm not striving for people's acceptance. I'm not to please man. I'm not trying to get what I've already been given by the Father. It brings a lot of joy in my life when I conscious and aware of this reality of His love for me.

I'm not perfect. There are times where I still can partner up with the lies of the enemy that I'm not loved but it's definitely not as bad as it used to be. I'm making progress in this. We're all on a journey learning

how to love ourselves. I hope that encourages some people out there. That's a little bit of my story right there.

### **Kimberley**

It's wonderful to know that in your worst moment God still loves us.

Now, we're going to move on to the BEEP round. Adam will give quick tips on the four disciplines of Bible study, eating healthy, exercise, and prayer or BEEP. So what do you have for us for a quick tip for Bible study?

### **Adam**

A quick tip for Bible study is what I learned from my mentors. That is, anytime you approach the Word of God make the desire of your heart to truly encounter the Author. You're not studying the Bible to know more. Knowledge puffs up but love edifies. So when I come to study the Bible, to study the Word of God I'm coming to know the Father, I'm coming to know God. And I'm seeking an encounter. Whether that's a new insight, or whatever it is I'm coming to know Him more. So when we come to study the Bible from that approach—because I feel like that's a big shift for some people—for some people feel like they're obligated to read the Bible but if you're coming to be transformed you can never go wrong. I'm not coming to the Bible to get a good sermon or to teach someone something (even though those are good things), my main passion is to come to the Bible to encounter my Creator.

### **Kimberley**

Wonderful. And your quick tip for eating healthy?

### **Adam**

That's definitely a challenge, isn't it? One of the simplest things I try to do is make it simple and not overcomplicated. Not trying to go in for a whole new diet change all at once. I know for my clients it doesn't really work. It works for some people but one thing I would say is simply add greens. It's as simple as that. Instead of trying to figure out what to take out or what other kinds of specific foods to add just simply add greens to each meal. Whether that's spinach or romaine, or whatever it is, just try to add greens to as many meals as you can throughout the day. Because it's the greens that are going to help alkalize the body. That would be my simple tip for people out there. Simply add greens to your meals.

### **Kimberley**

And your quick tip for exercise?

### **Adam**

Exercise? This is perfect timing to as it is the New Year. As far as exercise I would say it's simple again. Just to start somewhere. Whether or not that's simply going for a walk or going for a run. Because when you start small you are able to build momentum. So my tip for exercise—and there're a bunch of different types of exercise—just do something. Whether that's going for a walk, running, or go to the

gym. You don't need to overanalyze it. Sometimes you don't need a personal trainer, sometimes you do. You just got to get moving. So if you focus on doing the small things you'll start building momentum and you're going to be able to succeed in other areas of your fitness as well.

### **Kimberley**

Excellent. And lastly, your fit tip on prayer.

### **Adam**

I love prayer. I love communing with the Holy Spirit. My tip for prayer is almost the same as Bible study because a lot of times we think in terms of obligation, like we have to pray a certain amount of hours every day. Or we have to pray or God won't love us. Those are two extreme examples but to once again have the approach to prayer to have joy as your motivation to pray. When I pray it's a joy because I get to experience the tangible presence of the Lord. So my tip would be to pray with the mindset, the motivation, of joy and pleasure. In His presence is the fullness of joy. In His right hand are pleasures forever more. That's Psalm 37:4. And when we come to prayer with that sense that man I get to just sit at His feet and just come and soak in the Presence that's when amazing things start to happen. That's when we really begin to behold glory and it's just a different approach than obligation. Come at it with a sense of joy and expectancy that you're going to experience God's goodness.

### **Kimberley**

I love it. Thanks again to Adam Luckey for his expert advice and thank you for joining us today.

This interview has been brought to you by [\*Women of Strength – a devotional to improve spiritual & physical health.\*](#) Women of Strength is the perfect companion for your health program. There are four divisions to follow the seasons. Each season is further divided into 6 sections that include an inspirational devotional, a fact on common health and fitness questions, a reflection, a prayer, a Bible verse, and an energizing exercise. You can discover more about this book and other health programs at my website at [www.kimberleypayne.com](http://www.kimberleypayne.com).

If you liked this episode please help spread the word by leaving a rating and review on iTunes.

This has been the Health Matters Podcast, believing that prayer & Bible study are to the spirit what exercise and healthy eating are to the body.

Blessings on your journey to health.

## About Kimberley Payne

Kimberley Payne is the host of the *Health Matters – Healthy Spirit Healthy Body* podcast. She is author of *Fit for Faith – a 7-week program to improve spiritual and physical health* and is a motivational speaker offering workshops and online courses based on her book. She hopes to inspire women to live happier, healthier lives that glorify God. She is happily married and lives with her husband in a village east of Toronto, Canada where she hikes and bikes. Visit her website at [www.kimberleypayne.com](http://www.kimberleypayne.com)

