

RECOGNIZING YOUR SELF WORTH

(Freedom from Low self-esteem)

February 15, 2021

GENESIS 1:27 NIV - (27) So God created mankind in his own image, in the image of God he created them; male and female he created them.

PSALM 139:14 NIV - (14) I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.

David admits someone else made him; he did not arise to life fully formed out of nothing. Like him, we did not determine that we would physically be in God's image. The Creator made that determination. Can we mentally picture God kneeling down in the dirt, placing Adam's every part where He wanted it and determining how every part would function with every other system in his body? Even everyday realities such as these need a functioning Creator to bring them to pass.

Low self-esteem does exist, but not because of God. Could it be you have not identified in who you are according to Him? Are you stuck in your back ground or your family background? Did you make an incorrect decision and now you have identified yourself with just that? A friendly reminder.....God made all the delicate, inner parts of my body. He knit me together within my mother's womb. I was made wonderfully complex. God knew me as He was painstakingly designing me with much loving care.

I didn't just evolve into what I am. I was created and designed with a purpose. And the blueprints of me are similar to other human beings but they're not exactly the same. I am unique—and so are you. The human body is a unique design of multiple systems that all work intricately together. The cardiovascular system gives you the energy to move. The muscular system gives you the ability to move, lift, and hold things. The digestive system processes food into energy and discards waste. The immune system keeps you healthy. The hormonal system determines your gender. The eyes cause you to see. The nose lets you smell. The tongue and mouth let you eat and taste. The ears enable you to hear. And your skin enables you to feel textures. **You have the ability to encounter an incredibly diverse world with an equally amazing diverse body!**

Then you were also blessed with a brain so you can think, process, and create. Isaac Asimov said the brain is "the most complex and orderly arrangement of matter in the universe." Your emotions help you to relate to other people and feel compassion. All of these systems (plus many more) were **uniquely designed to make you who you are.**

You have the innate ability to discern right from wrong. **Although, that ability is hindered somewhat until you connect with your Creator.** He didn't just design you to do your own thing. He created you so you would desire an ongoing relationship with Him.

You were made with a hole in the center of your soul that only one thing fits. Until you find that very specific something, you will never be fulfilled. And that very specific something is God Himself. You were designed with an intense need of your Creator, God. Without a relationship with Him, you will always be searching for something to fill that void.

Drugs, alcohol, food, money, sex, material goods, occupations, hobbies, travel, success, fame—these are some of the ways in which we try to fill that empty space inside. But none of those things will ever fill it. They are like round pegs in square holes. The vacant areas at the edges will still leave you desiring more of something else. Whatever you attempt to put in there will dissipate because it never completely fills the space. Those things were never meant to fill the space; they never can.

Sadly, many continue to shove mismatched pegs into that hole. A little of this, a little of that... hoping that one day they will feel complete. The presumption that this thing over here didn't work, but maybe this other thing will do it. You know, trying something new and looking for different results. They just haven't found the right thing yet but one day they hope they will. "One day" will never come. If you're not happy with who you are today, right here and right now, you'll never be. You'll never be happy with who you are today unless you begin to praise God for creating you just as you are.

SCRITURE READING: ISAIAH 32:17

THOUGHT FOR THE WEEK: You are not your mistakes. They are what you did, not who you are.

"A JOURNEY OF THE HEART"