



June 2015

Dear friends,

Written to Inspire!!!!

What is self-worth? Where did it come from, how do we develop it? Why do we all feel as though we are worthless at times? The experiences most of us go through shape and cloud our mind and what we believe about ourselves. No matter if we are rich and famous or the poorest of poor, you and me, we all fight and struggle with our own self-worth. We ask ourselves questions like: Am I good enough, do I belong here, why do I not have what he/or she has, why am I in the situation I am in? Maybe it is because we are thinking about it all wrong.

The dictionary defines self –worth as “the sense of one’s own value or worth as a person.”

From an early age we start developing our self-worth. Many of us grow up picked on and not very popular which starts a very negative outlook on the way we view ourselves. Then as we get older nothing really changes, we keep trying to find fulfillment in things of this world. We find “things” that end up making us happy only for a little while. Some of my things were drugs, alcohol and women. For years I thought my mom’s death, when I was age nine, was the cause of my poor self-worth. But now looking back, I think the problem was I was always trying to find value in the wrong things. People picked on me so I looked for acceptance. I had one foot into the ways of religion and one foot into the ways of the world. My life proves you cannot sustain life on both sides of the fence. We have a choice and my choice for so long was lukewarm. Maybe on Sunday I looked together, but my lifestyle showed that I found more value in the flesh, than in Jesus. The only way we can change this cycle is give up and start *actually* trusting God. He is our only way out of the negative thought patterns we develop.

Christ came and died for us all. We all were worth Him coming. He did not say I only come for a few, but he came for every one of us. He made no distinctions in creed, race, how we treat one another, or where we have been. The Great I Am, God, The One and Only True God, sent His Son for every last one.

**“But God demonstrates his love toward us, in that, while we were yet sinners, Christ died for us.” - Romans 5:8**

Our self-worth clouds this absolute truth. Our measurement of self-worth cannot be measured with our measuring stick. In other words, self-worth is about what God can do in us, not what we can do in our own strength.

**Galatians 2:20 - “I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me.”**

The first step in developing good self-worth is realizing it’s not about me. Once we believe in Jesus, it is no longer I who live, but Christ who lives in me. He gives me help to live this life and life does not have to be about “me” anymore.

Let me confess, I struggle with self-worth on a daily basis. No matter who you are, where you are at, or what you have done, the truth is God loves you. He loves me too. The Creator has given you this day. He has given me this day too. You are not alone and you never will be. I am not alone either. Every day, God is teaching me these same lessons. We all struggle to find our belonging and to feel loved, but I am learning to live in the truth that I belong to Christ and I am dearly loved.

Remember this:

**Psalm 139:13-15 ESV**

**“For you formed my inward parts; you knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well. My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth.”**

**Jeremiah 29:11 ESV**

**“For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope.”**

**Luke 12:6-7 ESV**

**“Are not five sparrows sold for two pennies? And not one of them is forgotten before God. Why, even the hairs of your head are all numbered. Fear not; you are of more value than many sparrows.”**

God created you and me, and loves us. He even tells us to love our neighbors as we love ourselves. If we do not love ourselves, how will we ever love others? How can we say we love what God creates and not love ourselves?

Today, I am learning the cost of loving. Love means saying no to the “things” that do not honor Christ. Love means putting others in front of myself. Love means taking care of my body. Love means looking more like Jesus than the world. Let me tell you, I do not have it mastered, but I am after it. Why? Because I believe that when *I learn to believe* who I am in Christ, my focus will be on Jesus and not on myself. And then, I will realize my value and identity is in Christ.

Jesus is awesome. Haven't you heard that all your life? Well it's true! He is changing how I see myself. He is showing me I don't have to fix myself. He is showing me that He has a plan for my life and He is going to sort it all out and show me the next step and the next one after that. He loves me. He freakin' loves me and I am basking in that! Every day I am understanding His love a little bit more. His love is far and wide and high and deep and I cannot get enough of it. So, I am running to Jesus. Come run with me. Let's practice together the believing that our identity is in Christ, as His kids, and because of that, we are freakin' awesome!

The enemy is all around, and he is looking for someone to take down. He got me for a while, got me good. I lost time. But, today, Jesus is restoring the years that are gone. He is rebuilding my crumbled down walls and refining me. He is making me look like Him and I am humbled because He chose me. He rescued me. He saved me. And He wants to live life with me every day. I don't have to straddle the fence. You don't have to straddle it either. He wants to hang with you too. He wants to rescue you. He wants to save you. He wants to be your friend.

You are worth it! I am worth it! We are worth it!

In Christ alone,

“Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God.”-Hebrews 13:16