

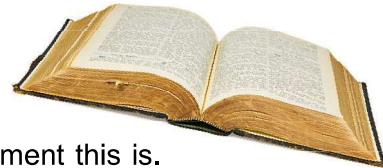
The Benefits of Being You!

YOU have a lot of self-worth! Did you know this? At times, we do not see this in ourselves. Especially, in today's society. Finding our self-worth is not always an easy task with the pressures of society expectations. Every day we are faced with questions such as; Are we beautiful enough? Are we rich enough? Are we enough? The never-ending, crushing burdens of being perfect is so overwhelming. Soon you find yourself buried in this societal stress resulting in depression, anger, jealousy, no self-esteem and being lost within yourself. At the end of day, despite the efforts of trying to win this competition, you feel like you failed. You are exhausted! You may even ask yourself; what is the point? My friend, we have all been there.



God created all of us, equally, and within all of us, we possess a self-worth beyond our imagination. Jeremiah 29:11, tells you this, *“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”*. This statement has a direct relationship to those nagging questions about your life. God's plan is probably staring you in the face. Believe me when I say, you are not noticed because you are beautiful, rich or have more than your neighbor. If you are noticed for this, it is only for a short moment. And those short moments, mean nothing! Set your goals for everlasting moments. Wrap yourself in righteousness, find yourself in God and YOU will be noticed! Place Jesus in your heart; and people will notice you! God does not measure our self-worth or perfection by these superficial ideas. Besides, God already perfected you! Look beyond the deception and you will see you as God intended. You will see the benefits of being you.

In Hebrews 13:5, the scripture states, *“Keep your life free from love of money, and be content with what you have, for he has said, “I will never leave you nor forsake you”.* What do you think about this verse? Powerful? This verse puts “money can't buy you happiness” into perspective. What a true statement this is. But have you connected this phrase to the Bible? Hebrews 13:5 is a great reminder to all of us to be content with what we already have. What a concept that can make life a bit simpler. Are you content with what you have?



The next verse also has a connection to how we live today. 1 Peter 3:3-4, *“Do not let your adorning be external-the braiding of hair and the putting on of gold jewelry, or the clothing you wear-but let your adorning be the hidden person of the heart with the imperishable beauty of a gentle and quiet spirit, which in God's sight is very precious.”*. Wow! Listen to what this scripture is telling us about being caught up in outer superficial beauty. Really think about the era of time when this verse was written. It's a reflection of how we are today. We put so much stress on ourselves. If we followed the Bible, life would be simpler. Tomorrow, when you wake up, forget these superficial ideas and be stress free. Take the Biblical path knowing this is the best benefit of being you. You are good enough! You are already beautiful in heart. You are already rich in heart. Hallelujah! This inner peace you are now feeling, is the benefit of being YOU!

Choose to produce good. Always leave a positive ending. Promote well-being. And you will win the competition using the benefits of being you.

Be a winner in Faith!

Before you leave, close your eyes and take a few slow, deep breathes. Think about our discussion. Embrace what you are feeling. If you start to feel that societal stress again, come back to this space. You can come here anytime to remind yourself of the benefits of being you!



Prayer & Thanks to God:

Dear Lord,

At times I am weak. At times, I do not feel worthy. Modern times has high expectations, and I find myself getting caught up in superficial wants and desires. I am asking for strength to wash these wants & desires from my life. I am seeking comfort and clarity in your scripture. I pray for joy and acceptance for the person I am. I am thankful God created me in his image. Thanks be to God for his acceptance and his eternal love of me. I know now that all I need to be complete are the benefits of being me. Amen.