

DEVOTION TWENTY SEVEN.

Seen a lot of your own face recently?



I was reminded by one of the Youth, how often we end up seeing ourselves on the many video calls we currently make. Have you ever looked at yourself this much before? Have you ever felt more conscious of what you are wearing, how your hair is or what you look like while chatting?

It's really easy to get hung up over our own self-image, even in lockdown. We are now growing up in a world where we are constantly looking out for those ideal Instagram moments, snapchat filters to post, or 'following' people who we constantly compare our faces, bodies, and our whole lives to.

How often do you compare yourself to others? How often do you put yourself down when you compare? Is that 'Beautiful person' really that confident, perfect and strong in real life?



Self-esteem means having confidence in your own worth or abilities. Excuse the L'oreal phrase but, do you think 'You're worth it?'

If we don't think we are worth much, then we will often put ourselves down and believe the lies that Satan tells us about ourselves... 'You're not good enough', 'Their body is so much better than mine', 'I'm not strong enough', 'I'm not smart enough'

The bible says in Psalm 139:13-14

*"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!!**"*

YOU ARE FEARFULLY AND WONDERFULLY MADE! You need to see yourself through Christ's eyes- He paid the ultimate sacrifice because he thought YOU were worth it! In the bible he says this about YOU...

YOU are Beloved | YOU are Bought with a price (Jesus dying on the cross) | YOU are Adopted (He's your holy Father) | A child of God | Loved | Known (He knows every hair on your head and your innermost desires!)

God tells us in scripture that He thinks we are worth dying for...that is how much we matter to him. What if you let God and what He thinks about you be the voice that you listen to? How would this change the way that you think about yourself? And others?



Prayer – Ask God to show you how He sees you through His eyes – Remember you are a child of God.



Challenge – Look at yourself in the mirror each morning this week and say 'I am a child a God. I am fearfully and wonderfully made, just as God himself designed me.' After all, if you're guaranteed to get a 'Like' from the maker of the universe... Do you even need to look elsewhere for approval?!



WRITTEN BY BECS