

Fearfully and Wonderfully Made

DO YOU HAVE DAYS WHEN YOU LOOK IN THE MIRROR AND YOU DON'T FEEL GOOD ABOUT YOURSELF? EVERYONE DOES! THERE ARE DAYS WHEN IT CAN BE EASY TO BLOW WHAT YOU THINK ARE YOUR FLAWS OR IMPERFECTIONS WAY OUT OF PROPORTION.

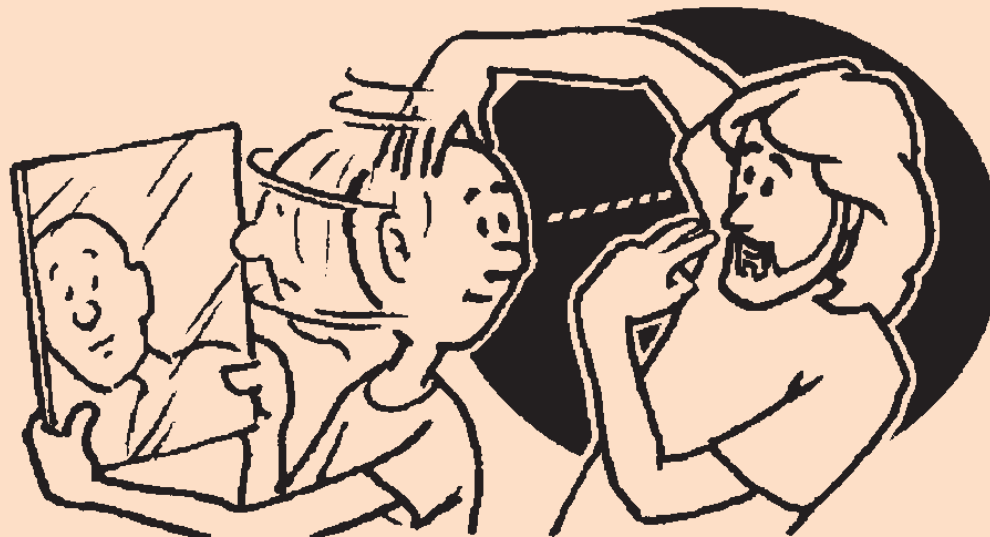
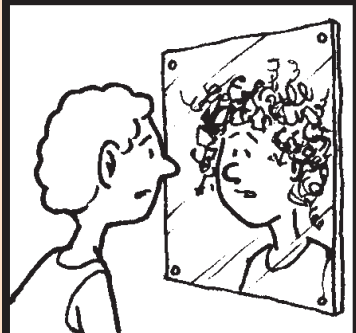
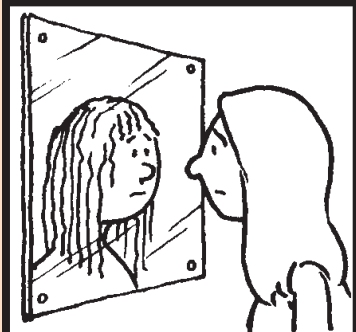
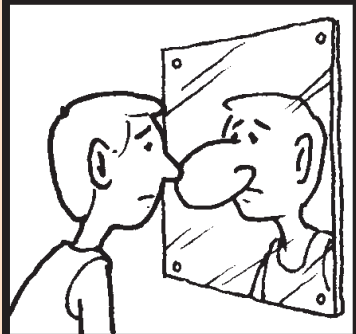
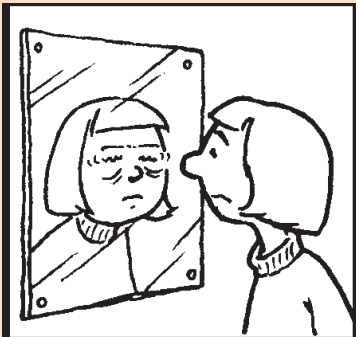
ON SUCH DAYS WHEN YOU ARE FEELING NEGATIVE ABOUT YOURSELF, IT'S GOOD TO REMIND YOURSELF THAT THE WAY YOU SEE YOURSELF IS NOT HOW OTHERS SEE YOU—ESPECIALLY FAMILY, FRIENDS, AND THOSE WHO CARE ABOUT YOU.

IT ALSO HELPS TO REMIND YOURSELF OF YOUR STRENGTHS AND THE THINGS THAT ARE UNIQUE AND INTERESTING ABOUT YOU. INSTEAD OF DWELLING ON THE NEGATIVE THOUGHTS AND FEELINGS YOU ARE HAVING ABOUT YOURSELF, SPEAK POSITIVELY ABOUT YOURSELF. REMIND YOURSELF OF YOUR GOOD POINTS.

TAKE TIME TO PRAISE JESUS FOR HOW YOU ARE MADE, AND THIS WILL HELP DEFEAT YOUR NEGATIVE FEELINGS AND REMIND YOU OF GOD'S LOVE FOR YOU. IT WILL HELP PUSH AWAY THE NEGATIVE THOUGHTS THAT THREATEN TO KEEP YOU FROM HAVING A GOOD DAY.

THE BIBLE SAYS, "I PRAISE YOU BECAUSE I AM FEARFULLY AND WONDERFULLY MADE; YOUR WORKS ARE WONDERFUL."¹

YOU ARE WONDERFUL! YOU ARE FEARFULLY AND WONDERFULLY MADE. BELIEVE IT!



Footnotes

¹ Psalm 139:14 NIV

S&S link: Character Building: Values and Virtues: Contentment-2b

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