

A MESSAGE ON YOUR GOD-GIVEN WORTH

HOW DO YOU SEE YOURSELF?

You are worth much more than you think you are! Infinitely more!



By George Foster

One Sunday, while sitting behind a young lady in church, the famous Scottish poet Robert Burns admired her hat with its showy bows and ribbons. Soon, however, his opinion changed when he saw a head louse walking its surface and making its nest in her hair. Little did the lady know that she and the tiny louse would become the subject of Burns' most quoted poem that compares the opinion we hold of ourselves with the opinion that we think other people have of us. The most famous lines are:

O would some Power the gift to give us
To see ourselves as others see us!

How do we see ourselves? Is our opinion too high? Too low? On what basis do we make our judgments? On what scale of values or appearances do we evaluate ourselves and others?

A few years ago I produced a little message card to distribute among people I met. The message began with these words:

Do you ever feel worthless, hopeless, helpless,
rejected, disconnected, unprotected?
Do you make mistakes, get bad breaks,
and wonder what difference your life makes?

These questions bring a variety of responses from cashiers, waitresses, students, travelers, friends—anyone who has taken the time to read them. Most of the responses are “yes”, meaning that readers have a negative self concept. I often hear people say things like: “That’s me—it describes me perfectly!” One person said, “Sounds like 110% of the population!”

Maybe you’ve never put your thoughts specifically in these terms, but if feelings of inadequacy are familiar to you—even some of the time—you have more in common with people around you than you might think. Let’s face it: Most of us get down on ourselves from time to time and struggle to feel confidence in our ability to perform acceptably and be approved by those around us. That may not be too serious if it only happens once in a while. If, however, you feel worthless or insignificant much of the time, you need to become convinced in your heart and mind that these feelings about yourself absolutely do not reflect the truth! They may express:

- negative feedback from other persons;

- misinterpretation of that feedback;
- things you have been told in your childhood;
- unfavorable comparisons you make of yourself with other persons;
- a failure of which you are ashamed—

but, in no way do these feelings represent your true worth!

To live with haunting questions about your worth is neither a happy nor a healthy way to live. And even though we are called by God to be humble, God-fearing persons, He knows that the wrong kind of fearful thoughts and negative self talk can put you into a downward, self-destructive spin. That's not what He wants for you!

And what is humility? Acting out the part of a wall flower or a door mat? No! Humility from a Christian perception is accepting our selves as we really are before God.

Let me say—on good authority—that you are worth much more than you think you are! Infinitely more! You can find significance in your life when you know that God created you and has a special purpose that He will enable you to achieve. He will forgive your failures, redeem you from their consequences and empower you to live the kind of life that you are meant to live. You were created with special value and you can learn to appreciate it, take hold of it and live according to it.