



Have You Ever Felt Self-Conscious?

Have you ever wondered if the whole world is staring—at you?

“Our purpose is to please God, not people. He alone examines the motives of our hearts.”

1 Thessalonians 2:4, NLT

IDEAS FOR REFLECTION

In society today we’re constantly being challenged to conform to an accepted norm, weakening our own self-worth. Where have you allowed groupthink to undermine your self-respect? Have you misplaced your true identity?

JOURNAL YOUR THOUGHTS

People-pleasing is an insidious little sin that undermines self-worth. Is there anyone you have been trying to please to gain their acceptance? Take a moment and capture your thoughts.

MY PRAYER

Dear Lord, I thank you for the reality that I’m created uniquely in your image. My self-worth is not based upon what others think but it is based upon the reality that I’m wonderfully made, and you created plans for me to fulfill even before I was born. I’m your masterpiece (Eph 2:10, NLT). My intrinsic value is based upon you, the master who created me. Thank you for working in my life! I choose to please you each and every day.

For further studies on this subject and others like it, please visit: www.LeslieMcNulty.com, Life & Spirituality TV – Episode 20B— Dignity.