

Daily devotions for
2019



Day 50
Looking at Life, part 2

Am I worthy?

*"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."
Jeremiah 29:11*

*"And even the very hairs of your head are all numbered.
So don't be afraid: you are worth more than many sparrows."
Matthew 10:30-31*

Well, that's a loaded question, but with a reassuring and definite answer. Yes, you and I are worthy!

I'm pretty sure that at some point, or even at many points in life, every single person has wondered, "Am I worthy? Am I good enough? Do I deserve this good gift or experience? Is there something wrong with me?", or we might have asked a multitude of similar questions. Do we feel inadequate or ashamed because of our past way of life, mistakes or bad judgement calls? Do we feel at fault because we've been bullied, overlooked, passed over for others with apparently more to offer, abused in any way (physically, mentally or emotionally), or even because we didn't do very well at school? Have we ourselves treated people badly?

I have asked every one of those questions, and experienced everything referred to, and then some! When a person feels broken, in a small or big way, we react & act differently. Some people choose to bury their feelings and just get on somewhat bravely, while some use their experiences as an excuse for bad behaviour and to gain sympathy. If I'm honest, I think my personal experiences made me less compassionate in some ways, less tolerant; more pragmatic & realistic. Chats with friends in recent months have led me to question and rethink my attitude and actions when encountering difficult or painful situations. How would Jesus react and act? What do I need to work on?

In John 4, we learn about the encounter between Jesus and a Samaritan woman. She had been cast out, her life was in turmoil and she felt broken; she felt ashamed and inadequate. Sound familiar? Jesus did not judge her or her circumstances. Bearing in mind that Jews were not supposed to associate with Samaritans, Jesus spoke gently and kindly to her, inadvertently helping to mend this emotionally broken woman. He looked at her through the eyes of His Heavenly Father; our Heavenly Father! Jesus made the Samaritan woman feel worthy, good enough, deserving, because that is how God sees each one of us. We are worthy because, by God's grace, we are children of God!

*"Your worth is not based on what people think of you or how they treat you.
It is determined by who God says that you are." ~ Joyce Meyer*

Prayer

Thank you Heavenly Father, that despite my flaws and unworthiness, to you, I am