

## **YOU ARE ENOUGH**

Before the world told you who you should be, you were already worth knowing.

# **Who Told You That?**

Where your worth really comes from

### **Something I've Been Wondering**

I remember a girl telling me in high school that she didn't like me because everyone else liked me. I remember being surprised by that. First, because I couldn't understand why that would be a reason not to like someone, but also because she thought everyone liked me. I certainly didn't feel that way.

Growing up, I lived in a home with a lot of boys. I did just about everything they did, including the greasy, dirty, hard stuff. I didn't mind. I loved a challenge, and honestly, I thought it was pretty cool that they thought I was cool.

But when it came to making friends with girls, I struggled. I was more comfortable around boys, and somewhere along the way, I began believing I wasn't good enough to fit into the girls' groups. And because I enjoyed hanging out with the guys, there were people who assumed I just wanted their attention.

Looking back, I wonder how much of what I believed about myself actually came from other people and how much I began believing because of the way I understood my own experiences.

I can remember words spoken to me over the years that reinforced things I had already begun to believe. Somewhere along the way, I developed a fear that people would think I was stupid.

## **Something I've Been Wondering**

Even as an adult, I've noticed that I sometimes hold back my playful, silly side around women I don't know very well. I'm completely myself around my sister, my best friend, and women who are open and transparent. But when I sense someone might be judgmental, I become more reserved.

And that made me wonder why I would hold back something about myself that I actually love.

Because I do love being silly. I love to laugh, have fun, and see the world a little differently.

I've come to understand that someone else not appreciating that part of me doesn't make it something I need to change. I know who I am in Christ, and I've learned that my worth and dignity don't depend on someone else's opinion of me.

When I think about the little girl I used to be, I wish I could sit down beside her and tell her something I understand today.

Shanna, God made Shanna. He made her silly and fun, and He made her to see the world brighter than most. Don't lose sight of the beauty that is within you.

**Not all flowers belong in the garden.**

**I'm a wildflower. And that's okay.**

**I don't have to fit inside the fence.**

## YOU ARE ENOUGH

# Time for You to Reflect

**Read: Isaiah 64:8 and Psalm 139:14**

Before you begin, take a moment to read these Scriptures in your own Bible.

### 1. Who told you that?

Think about something you've believed about yourself that has made you feel less than enough. Did someone actually tell you that, or did you begin believing it because of something you experienced?

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### 2. What parts of yourself have you been holding back?

Are there things you enjoy about yourself that you've been afraid to let others see because of what they might think?

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### 3. What does God's Word say about you?

As you read today's Scriptures, what stands out to you about the way God created you? What might change if you began seeing yourself through that truth rather than someone else's opinion?

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You Are Enough | My Story, His Glory  
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