



FEBRUARY 2022

LIFEHOUSE
WOMEN'S MINISTRY

monthly devotional

to encourage you in your walk with Jesus

Written by Jamie Black

A few years ago, I had someone ask a group of us, “What is one thing you love about yourself”? To be completely honest, it took me a long time to come up with something to share. However, if you asked me to come up with one thing I love about each and every person I know, I could come up with at least one thing fairly quickly. I know if I documented my thoughts throughout the day, I would at least have one critical thought about myself—thoughts such as: I could be a better mom, wife, daughter, friend, and co-worker, or looking in the mirror and seeing wrinkles, dimples, and, well, the list could go on and on. Why is it so hard to love ourselves the way God sees us?

I have tried to imagine the thoughts and conversations Mary had when she was here on Earth. Even though she is portrayed very stoic and calm, I would have to imagine she had her moments of self-doubt and worth. Based on history and what has been documented, Mary leaned on God and trusted in her relationship with Him. And the same is true for us today, that no matter how many books and devotions we read, the one book that matters the most is the Bible. If we lean fully on God for our identity rather than comparing ourselves with others, we won't have room for those negative thoughts.

“For you created my inmost being; you knit me together in my mother’s womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.”

Psalms 139:13-14

As we celebrate the month of love, my prayer for you is that every time you look in the mirror, you see the beauty of God’s creation. There is only one of you and God specifically designed you for a purpose. You are beautiful inside and out!