



Encouraging Words

with Darlene Sala

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FEELING WORTHLESS

I'm stunned by how much God loves us--no, actually I'm stunned by how much God loves *me*, especially on those days when I can't seem to do anything right and I feel so unlovable. Mornings when I stay in my pajamas until noon. Days when I resent being interrupted to help someone else. Evenings when I stay up too late doing "whatever" on my laptop or phone.

Then I begin to think about how much God paid to have a relationship with worthless-feeling me, and I am ashamed. Ashamed that I've wasted the day that God gave me. Ashamed that I've let my emotions run my life. OK, so obviously, because Jesus died for me, I'm not worthless, but equally obvious is that I did not have my life under control.

At the end of a bad day, when you finally collapse into bed, do feelings of worthlessness wash over you? You lost your temper when your son forgot his lunch for the second time this week. At the end of your day, your to-do list was even longer than when you started the day. And you get no sympathy from your husband.

You feel utterly worthless and unlovable. But are you?

So, who are you going to believe? Your own depressing thoughts of worthlessness? Or what Jesus thinks of you?

The apostle John tells us, "See what kind of love the Father has given to us, that we should be called children of God; and so we are.... Beloved, we are God's children now, and what we will be has not yet appeared; but we know that when he appears we shall be like him, because we shall see him as he is" (1 John 3:1,2).

OK, so you're not perfect now. But someday you will be! In the meantime, reject those thoughts of worthlessness and thank God that He wants to spend eternity with you.

Yes, remind me, God, that I can feel *right* about myself even on the days when I don't feel *good* about myself.