

# Valuable in His Eyes

## Introduction:

How many of us, even those who have given their lives to Jesus Christ, still struggle with not feeling valuable, at least at times? Many have experienced rejection by others, especially those who are closest to them.

Our feelings can be very powerful, in good ways and bad. At times, we must over-ride our feelings and dwell on what we **know** to be true (see 2 Corinthians 10:3-5). Feelings may be based on a lie (example: "I am not valuable"). How do we know the truth? We must go to the Source of Truth. Jesus said, "I am the way, the truth, and the life. No one comes to the Father except through me" (John 14:6). Also, the Bible is God's Word. Jesus is the **living Word** (John 1:1). The Bible is "God breathed," useful for teaching and training [*in the truth*] (2 Timothy 3:16).

Therefore, we must learn and **know the truth** if we are to live by it, and NOT by our feelings. Satan uses lies to effect our feelings and encourage us to make poor choices. Good feelings often **follow** our good choices and may not precede them. Will you choose to believe what God says about you or what others say?

The following is a reminder of "who" we are and "whose" we are! Contrary to what we may feel, we are loved and valued by the most important Person in the universe. That makes us very special regardless of what others think or say about us and how we are or have been treated, or by the things we have done in the past.

**FIRST:** We need to give our lives to Jesus as our Lord and Savior to receive His Spirit and all that He promises. Next, to rid ourselves of the burden of our past sins, the Bible tells us to confess our sins and ask for forgiveness. God is faithful to forgive us and not hold our sins against us. **He** cleans us up (1 John 1:9).

## Today's exercise:

- Think of times you did not feel valued or worth very much. Prayerfully, dig deep to determine where that may have come from (or is coming from). Consider making a list of details if there are multiple conditions or circumstances (experiences of abuse, neglect, ridicule, fear, insecurity, etc).
- Next, note or discuss what God's Word says about you (review the passages below). **The truth** may be in stark contrast with how you have felt or still feel at times.
- Then, develop a personal plan to **replace** the feelings (and thoughts) with the truth. Practice "dwelling" on the truth (Philippians 4:8). The truth will then saturate your heart and start affecting your mind and will actually set you free from the lies that have effected your feelings, which have influenced your choices (John 8:32).
- Finally, consistently make choices that **over-ride** the feelings when and if they occur again. Choose what you **know** to be true and not necessarily how you are feeling at the time. This leads to new habits, that leads to a more Christ-like character (you look more and more like Jesus), and makes you more effective as a child of God. As already stated, good feelings may follow our good choices; not always preceding them.

Jesus (not you) becomes the center of your world! When others treat you badly, it may hurt but will matter less. Jesus is the source of love, strength, peace, joy, hope, purpose and power. With Him, you can, and will make a difference in this world according to His plans for you (Jeremiah 29:11).

**Will you make a commitment to start now, as we begin a brand new year?**

## Passages to consider (make them personal):

**Psalms 139:13-16** (I am wonderfully made)  
**Jeremiah 29:11** (God has personal plans for me)  
**Romans 5:8** (Jesus died for me as a sinner)  
**2 Corinthians 5:17** (I am a new creation in Christ)  
**Galatians 2:20** (Jesus loves me, gave His life for me, and now lives in me)  
**1 Peter 5:7** (God really cares for me)

**Ephesians 1:4-14** (I was chosen, adopted, redeemed, and sealed by God before the creation of the world through faith in Him)  
**Ephesians 2:1-10** (I was spiritually dead and am saved, and alive in Christ by faith in Him)  
**1 John 4:9-10** (God loved me first and sent Jesus as a sacrifice for my sins)