



YOU are Worth It

Are not five sparrows sold for two pennies? And not one of them is forgotten before God. Why, even the hairs of your head are all numbered. Fear not; you are of more value than many sparrows (Luke 12:6–7).

As I was growing up, I struggled with my own self-worth. I never thought I was pretty enough, smart enough, athletic enough, had clear enough skin, had cool enough clothes, etc. I always thought I needed to conform to something that wasn't me, whether I admitted this to myself or not, in order to be accepted.

Maybe you have felt this way before? Perhaps, you have felt that you are not good enough for a person or a job? Maybe you thought that you needed to lose 30 pounds or wear makeup to be considered beautiful?

Jesus wants you to know that you are valuable. You are worth every ounce of suffering that He did on the cross. Through these verses, He tells us that it doesn't matter what you look like, how many followers you have on Instagram, what grade you received on that test, or if you have received your master's degree or not. Our value does not come from the number of successes or possessions we have, but by what God thinks. His valuation of us comes from having sent His Son to die on the cross for us. No matter what you believe about yourself, God has placed a high value on you and this is shown through His actions.

Prayer: Dear heavenly Father, thank You for sending Your Son to die on the cross for me. Thank You for creating me, a beautiful person, to spread Your love. Help me to value myself the same way You value me. In Jesus' name. Amen.

Young Women
IN MISSION

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