

Highly Esteemed

Seeing yourself as
God sees you.

**A 16 DAYS DEVOTIONAL TO
BOOST YOUR SELF ESTEEM**

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Day 1

MADE TO BE BEAUTIFULLY YOU

I will praise thee; for I am fearfully and wonderfully made: marvelous are thy works; and that my soul knoweth right well. Psalm 139:14 KJV

Your fame soon spread throughout the world because of your beauty. I dressed you in my splendor and perfected your beauty, says the Sovereign Lord. Ezekiel 16:14 NLT

To be wonderfully made means God created us with a deep heart-felt interest. It means when He looks at us, He sees the perfection of His hand. Genesis 1:31 records that God was pleased with what He had made.

I had a very interesting conversation with a friend that I will never forget. We were watching some TV show and I remember making a comment about a lady on the show. I said she has a beautiful body and he looked at me and said; "You can look like her if you want." And I remember telling him very kindly though quite annoyed by his comment ; "I don't want to look like her, she's very beautiful but I don't want to look like her. I want to be the best version of myself and it's not going to be her"

We live in a world where physical appearance and beauty has been set and categorized by unrealistic, artificial and pretty much unattainable standards. With the growing social media world, the western world especially perpetuates toxic beauty ideals at an alarming rate. Inevitably many women – younger ones especially - suffer from a low self-esteem and a lack of self-love. They use those unrealistic standards set by the world as a measuring rod for beauty. When they don't seem to measure up to the perceived standard of beauty, they are plunged into depression, self-esteem issues and in worse cases suicide.

We need to be able to celebrate our uniqueness. God created just one you in the whole entire world and there will never be anyone like you! Can you stop for a second and ponder on that? In a world where there are over seven billion people, THERE IS ONLY ONE YOU. Don't let anyone pressure you to try to be like someone else and make you think you are not enough. The funny thing is the beauty standards of the world seem to change every other decade. One decade women with curves are considered more beautiful and another they are considered too fat. If you always try to measure yourself by these standards you'll hardly ever be beautiful enough in your eyes. God made you beautifully you. Strive to be the best version of yourself and not the version of yourself the world says is the best.

You are a beautiful and wonderfully made creation of God.

Prayer: *Lord teach me to love myself just as you love me and not be swayed by the deceptive standards of beauty set by the world*

Day 2.

A LABOR OF LOVE

“You made all the delicate, inner parts of my body and knit me together in my mother’s womb.” Psalms 139:13 NLT

Have you ever had to take out time and create something with your hands? Maybe a beautiful cake or a piece of clothing, or maybe a drawing, a painting or maybe even just make your own hair or cook a delicious meal. Then you know the fulfillment that comes with looking at what you created in awe and with a nod of approval and satisfaction. As someone who designs and makes clothes, I can’t explain the joy, pride and fulfillment I feel when I look at something I created.

Then you can imagine how God feels when He looks at you. He carefully and very intentionally put together every piece of your body. You are His work of art, His pride and joy. So when He looks at you, all He sees is beauty. Sometimes the things you create may have flaws but God isn’t a man like you. He doesn’t make mistakes. Even if someone else tries to destroy His creation, He cares so much that He always mends and fixes any broken pieces.

However we don’t always feel this way. We struggle sometimes so much with seeing ourselves through the eyes of God. We look at the mirror Sometimes and all we can see are flaws, mistakes, inadequacies... We look at ourselves and wish we could change somethings, tweak somethings or maybe even eliminate them all together. We forget that we are the work of art of the most perfect and genius artist.

That’s why you need to remind yourself everyday of who you are. You need to step into His line of view and look at yourself from there. You need to erase the lies you’ve been fed about beauty and accept the truth from the one who made you – You are a labor of love. Made with so much intention, precision, care and ingenuity. Never forget that.

***Prayer:** Lord even if just for one moment, help me see myself through your eyes. Help me look at myself through the lens of Love that you look at me through and see just how beautiful and special I am.*

Day 3

MADE TO HONOR HIM

God has given us minds and the freedom to live. But He has also given us guidelines on how we can live in ways that are pleasing and acceptable to Him. Right from the time of creation in the garden of Eden He gave Adam and Eve instructions on what they should and shouldn't do yet, He gave them the freedom to choose either to respect and honor Him or not. Unfortunately, they misused the freedom and went contrary to His will which led them to be expelled from the garden. God wouldn't be honored if He compels us to live according to His will. It will mean we are doing so because we have no other choice. Rather He gives us the freedom to choose to belong to Him and of course when we do make that choice, He is greatly honored. Our innermost being needs constant connection with God in order to Honor Him. Like Jesus said in Matthew 15:11 it is not what goes into your mouth that defiles you ;you are defiled by the words that comes out of your mouth. To tell us that all the evil, malicious attitudes, pride and arrogance and more are nursed from within. Our innermost being needs to be free from all evil in order for us to serve God and humanity. We need to constantly remind ourselves that we live to honor God and to serve mankind. If we are doing anything contrary to it, then we are living out of Gods will for us. Our services to God and mankind maybe diverse and varied but one thing should always be certain, we **MUST** be serving God. What exactly then does God expect from us? *The ultimate commandment given to us is LOVE.* We ought to love God, to love our neighbors and to love ourselves.

If we love God, this will manifest it in our love for our neighbors and ourselves. We need to portray love in our attitude towards everyone by cultivating the attitude of love in our thoughts. If we can control our thought to think in love, we would not under look people or even ourselves. We will accept everyone as deserving of our love. Proverbs 23:7 says As a man thinketh so is he. If we think to love as God loves us, we will be called sons and daughters of God who is love and in effect we would be living lives honorable to Him.

God does not look at perfection from a human standpoint, rather he needs an available heart to make perfect for is service.

Prayer: *Heavenly Father I thank you because you are perfect in all your ways. May I be perfected by your power working in me . This I humbly ask trough your son Jesus Christ. Amen*

DAY 4:

LET GOD TAKE HOLD OF YOU

“For I am the LORD your God who takes hold of your right hand and says to you, Do not fear; I will help you.” Isaiah 41:13 NIV

The only way of walking in healthy self-esteem and fulfilling purpose is by walking in the assurance of God’s presence. The way to walk in the assurance of God’s presence is letting God take hold of you and lead you on the path of righteousness. How can you let God take hold of you?

- ❖ You need to understand that God loves you, has a wonderful plan for your life and secures the best for you. Out of God’s love, He gave His only son, Jesus Christ who died on the cross for our sins.
- ❖ Sin separated mankind from God and the result of sin is death. We can overcome sin only by believing in Jesus Christ whose blood was shed on the cross as a living sacrifice for the forgiveness of our sins and redemption of mankind in accordance with the riches of God’s grace.
- ❖ Jesus Christ paid the price for our sins by dying on the cross and through His death, we are restored to God if we believe in Jesus Christ. Through the finished works of Jesus Christ, we can individually have a relationship with God by believing and accepting Jesus Christ as our Lord and Savior. This entails confessing our sins; repenting from sin and accepting Jesus Christ as Lord and Savior of our lives.

Jesus Christ says:

“Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with that person, and they with me.” Revelation 3:20

What is your response to Jesus Christ’s love call today?

You can let God take hold of you today by sincerely saying this prayer.

PRAYER:

Lord Jesus, I thank you for giving yourself as a living sacrifice for the forgiveness of my sins and my redemption. I confess that I have sinned in word, thoughts or deeds. I repent from my sinful ways and turn to you this day. I accept you as Lord and Savior over my life. Take hold of me Lord and may I forever remain in you and You in me. AMEN

DAY 5:

WALK WITH GOD

“When Enoch was 65, he had a son, Methuselah. After that, Enoch lived in fellowship with God for 300 years and had other children. He lived to be 365 years old. He spent his life in fellowship with god and then disappeared, because God took him away” Genesis 5:21-24 GNT

When I first moved from my small home town to the big city for work, I experienced a major drop in my self-esteem. Everything was fast paced, the people were different, the expenses were relentlessly diminishing my meagre savings, language was a huge barrier and my work demanded I interact directly with people. Needless to say, I felt lost on so many occasions. On this one day after a particularly disappointing series of appointments, I hit the road...going nowhere in particular; I just walked, screaming in my head, angry at God and myself. When I returned home 3 hours later, my feet hurt but my heart and head were calm. I realised I needed that walk with God.

Enoch, like Abraham, Noah and other great Christian models, is known to have walked with God. Unlike the experience I described, this refers to a deep association, a sharing in who God is; Father, Son and Holy Spirit. Sharing in this has been made easy for us through Christ Jesus who was made man and gave up his life for our sake. Learning how to walk with God through every waking moment of our lives is paramount to surviving this world. God has provided directions in his word, an example in Christ and boundless gifts through the Holy Spirit, all there to help us survive.

Do you often feel sad? Find yourself overwhelmed? Experience low self-esteem because of events in your life?

That really is okay.

Just as you might enjoy a stroll with a loved one at times like that, remember God is always waiting for you. **Think about God; carry Him in your heart, His words in your thoughts and it will translate into who you are.**

Prayer: Heavenly Father, I thank you for the gift of my life. Thank you for walking with me every day of this life even if I do not notice your presence. Teach me to seek you more Oh Lord, so that I may be inseparably bound to you and may fully share in your wondrous glory. AMEN

DAY 6:

FEAR NOT! GOD IS WITH YOU

For I am the Lord your God who takes hold of your right hand and says to you, Do not fear; I will help you. Isaiah 41:13 NIV

Even though I walk through the darkest valley, I will fear no evil, for you are with me your rod and your staff, they comfort me. Psalms 23:4 NIV

Fear is a subtle weapon which discourages our hope, generates anxiety and pulls down healthy self-esteem. The devastating occurrences in the world have instilled a lot of fear in the people's hearts and fear of the unknown has placed a setback on the lives of many.

God detest fear and tells us to FEAR NOT! When you believe in God through Jesus Christ, He (God) promises to always be with you, daily walking with you even through life's darkest moments, strengthening you and helping you go through every situation victoriously. When you walk with the Lord, His righteous hand upholds you and helps you overcome sin and death. When you walk with the Lord, your challenging moments become your refining moments which result in personal growth and you get out of those challenges as a better version of yourself.

Has life's challenges caused you to fear and discouraged your hope? Are you in pain? Are you downcast by trouble? Are you depressed by suffering? Are you held down by diseases?

Seek God who has the eternal solutions to all our fears and worries. With the assurance of God with you, you do not have to let fear hold you down because the righteous hand of God is there to uphold you.

FEAR NOT! GOD IS WITH YOU.

PRAYER:

Lord, I surrender my life to you and I seek to live in you. Take my hands, order my steps, help me overcome my fears and lighten my path so that I may walk in your ways. AMEN.

DAY 7:

EMPOWERED FOR EXPLOITS

“Listen! I have given you authority, so that you can walk on snakes and scorpions and overcome all the power of the enemy and nothing will hurt you” (Luke 10: 19)

I remember the first time my mother let me prepare dinner completely unsupervised. It turned out terrible, but in that moment I felt completely empowered to take on any meal or even the master chef contest. Needless to say, the rest of the family did not agree with me but that did not matter, I was full of confidence in myself.

I believe our approach to life should be same; full of confidence based on the knowledge that we have been empowered by God. You, who was created by the one true living God who made all things, has been given the authority through the power of Holy Spirit to be bold, to work wonders, to touch lives, to bless others and to carryout exploits. That is a powerful thing to know. So all the little obstacles you might have faced or be facing in your life; the feeling of not being good enough, not courageous enough, not holy enough, not smart enough, should not stand in the way of your exploits. You have been given authority over all these obstacles and you can do all things through Christ who strengthens you.

Exercising this authority on the other hand does not come as easy. Our authority is deeply rooted in God and it is unlocked by faith.

To access this authority, we must know God and remain in God. This means making a conscious decision to;

- 1. Accept God-** Acknowledge God as the one true living God, let Jesus Christ take centre stage in your life and desire the Holy Spirit to transform and empower you.
- 2. Study His word-** Consistently dedicate time to read and understand the word of God, allowing Him to speak to you through the Holy Spirit.
- 3. Practise His teachings – Practice living a Christ-like lifestyle through the Holy Spirit’s enablement. Live a life of LOVE.**
- 4. Relying on the Holy Spirit –** A total surrender, inviting the Holy Spirit to live in and work through you.

I challenge you to accept your birth right as a Christian, accept all that God has given to you through the Holy Spirit. I challenge you to step out of the shadows and carryout exploits in your home, at your job site, in your relationships, in your social groups, without fear or shame. Do this for the glory of GOD.

PRAYER:

'Oh God, Thank you for providing us with all that we require to live happily and prosper in this life. I pray that you may help me discover the areas in my life that have not been filled by you and teach me how to live every day in reverence to you so that all my exploits will bring glory to you. Amen'

Day 8:

KNOWN AND LOVED .

“You know when I sit and when I rise, you perceive my thoughts from afar. You discern my going out and my lying down; you are familiar with all my ways. Before a word is on my tongue you, Lord know it completely. You hem me in behind and before and lay your hand upon me. Such knowledge is too wonderful for me, too lofty for me to attain.” Psalms 139:2-6. NIV.

God is all knowing, all powerful, and is everywhere at the same time. Sometimes, we don't let people get to know us completely because we are afraid that they will discover something about us that we won't like. But God already knows everything about us, even the number of hairs on our heads (Matthew 10:30) but He still accepts and loves us. God is with us through every situation, in every trial, protecting, loving and guiding us. He knows and loves us completely but how we respond to this all knowing and loving God is very important.

God expects us to respond to him by totally surrendering our lives, staying obedient, worshiping him and praising him. When we talk of worship, most people think it is about singing a slow song with eyes closed and hands raised up. All this is good but worship exceeds all that. Worship generally means to value God above all things. We don't see God as our last resort but we rather see him as the only resort. We are to accompany our worship with praise. By praise, it's not only about singing a song in church, clapping hands and dancing to the beats. Praise in original Greek means to sing, to tell of, to give, or to confess. Therefore, telling others about God and what he has done for us is an act of praise. Singing to him, or confessing that he is lord over your life and of course acknowledging him according to how He has revealed himself to you are all forms of praise. This is the way we are to respond to God for his love and knowledge of us.

Most times, we find people saying they don't know how to worship and they often fall asleep when trying to worship because the music is slow and boring. A Nigerian poet once said *“your worship is synonymous to your life because your life is your worship.”* In other words, everything you do in life should be an act of worship once you are completely sold out to God. Not just 15 minutes of slow music. It is by worshipping and praising God that we have true fellowship with him. That is how we should respond to God's love.

Prayer

Lord help me to worship you from my heart that I may have true fellowship with you. May I learn to praise you in all circumstances, especially when I feel discouraged and lonely. I know that you are always there with me and I will always emerge victorious. Thank you, lord, for loving me. In Jesus name I pray, Amen.

Day 9:

KNOWN AND LOVED

“Ah Sovereign Lord,” I said, “I do not know how to speak, I am too young.” But the Lord said to me, “do not say you are too young, you must go to everyone I send you to and say whatever I command you. Do not be afraid of them for I am with you and will rescue you,” declares the Lord. Jeremiah 1:6-7. NIV.

What is your excuse? Are you too young to do what God has laid on your heart? Probably that’s the reason you are suffering from low esteem. You have refused to see yourself as God sees you. For every step you wish to take, you give a complain, excuse or shy away. Yes, it’s okay to pray for empowerment but there are some things that God has already made grace available for you. (*“His divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness.” 2Peter 1:3*).

Jeremiah complained out of his human weakness saying he was too young to do the task assigned to him. Moses complained that he stammered and Mary complained that she was a virgin. There are other examples in scriptures that shows that our human frailty has nothing to do with God’s plan for our lives. Like we saw in the word yesterday, he knew us before we were even conceived and no matter how unqualified we see ourselves, he is fully aware of those weaknesses and still desires to use us.

We are to walk in the consciousness that we are known and loved by God to carry out the assignment he has for us. Hear this, as long as you are a child of God, you are unstoppable. Only you can limit yourself by magnifying your weaknesses. Your human weakness may be anger. Moses had anger issues too and he killed an Egyptian because they maltreated the Israelites. God used that same weakness of anger in Moses to set the Israelites free because God knew he was resilient and will go to any extent to do what he has been sent to do. Your weakness may be slowness. You take your time to do everything and people often get bored working with you. Most times these group of people pay very keen attention to details and are very observant.

Therefore, never limit yourself. Rest in the fact that you are well known and loved by God. Then surrender your weaknesses to him so he can use you completely.

Prayer

Lord Jesus, help me to rest in your knowledge of me and not wallow in self-pity. I surrender my weaknesses to you because your grace is made perfect in my weaknesses. Use me for your Glory. Amen.

Day 10:

KNOWN AND LOVED

“Before I formed you in the womb I knew you, before you were born, I set you apart, I appointed you as a prophet to the nations.” Jeremiah 1:5 NIV

Nowadays, most people define success to include achieving goals and acquiring wealth, prestige, favor and power. Such people enjoy the good life and have many admirers. When you don't have any of these, of course you are considered a failure. What do you do in a time of uncertainties about which direction to go or what next to do in life? Perhaps, you have tried to start a business, learn a skill or some other ventures and it all failed. At times, you visit Instagram or Facebook and all you see are the achievements of your friends, classmates and people who were behind you in school. Some of them are getting married, some got job promotions, others got engaged, travelling round the world and it seems as though only your life is at a standstill.

Jeremiah was in this same situation. Looking at the world's definition of success, he was a miserable failure. Yes, he was a believer. Yes, he was called by called to preach the gospel in Judah so people could repent. He had been on this path for 40 years but nobody listened to him, probably because he had nothing to show for it. How could he be preaching the gospel and not having material success? It was difficult to believe him. Consequently, he was rejected by his family, neighbors, friends, etc. Yet he never gave up because he knew who he was and who called him to do this work. Though he was perceived as not successful in the eyes of the world, he was successful in God's eyes because he fulfilled his purpose on earth.

Dear friend, God knew you long before you were born as He knew Jeremiah. When you feel discouraged, alone, depressed or you feel like giving up due to the circumstances of life, remember that God sees you as jewel of inestimable value. He has a purpose in mind for you. The trials you face is just a preparation ground for where He is taking you to. Each Christian has a specific assignment on earth. Jeremiah was appointed to be a prophet to the nations, Moses was appointed to be a liberator, John the Baptist was appointed to prepare the way for the coming of Jesus and you also have something specific to offer your generation. If you don't yet know your specific assignment, just keep serving God where you are and be actively involved in the mission for all believers which is to serve him in obedience and bring others to Christ. As you do this, He will guide you into that specific assignment. Never feel alone, never feel abandoned, never see yourself as a failure. **YOU ARE KNOWN AND LOVED.** With the assurance that you are Known and Loved what conscious efforts can you take to step out of mediocrity?

Prayer:

Lord Jesus, I come to you today asking for forgiveness. I have often considered myself as a failure because I don't have what other people have. Thank you for teaching me that I am not forgotten. I am known and Loved by you. Help me to live every day in the consciousness of who I am and to bring Glory to your name. In Jesus name I pray, Amen.

Day 11:

WHO GOD SAYS I AM

“Blessed be the God and Father of our Lord Jesus Christ, who hath blessed us with all spiritual blessings in heavenly places in Christ. According as he hath chosen us in him before the foundation of the world, that we should be holy and without blame before him in love. Having predestined us unto the adoption of children by Jesus Christ to himself, according to the good pleasure of His will. To the praise of the glory of his grace, wherein he hath made us accepted in the beloved”. Ephesians 1:3-6. KJV

So many times, feelings of inferiority, insecurity and inadequacy hold you hostage. The dirge of “I am not good enough” keeps singing in your head, the lies of the enemy so strong such that Gods best for you is forgotten. You start feeling that there is much God expects of you, yet you are not meeting up, as such He is disappointed in you. You try using all the efforts and energy you have, to put in your best, still deep down in your mind you feel that your efforts were not enough.

All these thoughts will often grow and push you to a safe faith corner where you see yourself through a filter of past sins and failures, rather than through the lens of Gods unconditional love. It makes you to stay in that place of fear, regret and condemnation rather than leading you to the Cross to find love and salvation. It makes you a “Christian” to focus on your past failures and old self rather than in your new identity in Christ, hence making you maintain a stagnant faith, thereby keeping you from growing into the giant God meant you to be.

How often do you find yourself judging and condemning yourself for not being enough? How often do you look down on yourself and feeling unworthy? How often does the society make you feel unwanted, unaccepted and rejected? Our world today has so many reasons to make you feel unwanted; you would somehow always find reasons to tell yourself you are not enough. At times we reject ourselves even and find ourselves being depressed. This should not be! You are more than what your human mind alone can comprehend. In Christ you are highly esteemed and created to dominate on the earth.

The bible, gives you a revelation of Gods mind towards you, who you are. God loves you so much so that he made you his child; you are a child of God! He accepted you, so you are accepted, he chose you even before you existed and he blessed you with all sorts of spiritual blessings preparing a glorious future for you, you are chosen and blessed. (Ephesians 1:3-6, 1 John 3:1). You are the salt and light of the earth, without you, so many things will go wrong, that is how important you are. How exciting it is to know that all these things and more are yours in Christ Jesus. In Christ, you are everlastingly loved therefore, you are ENOUGH.

Today, begin to work in full awareness of your greatness in Christ Jesus. Resist the suggestions of the enemy that you are less than who you are because you are a child of the Most High God.

Prayer:

Father thank you for loving me so much and making me your child. I confess that I have not always believed in your love and saving Grace upon my life. But today I accept your fatherhood over me. Thank you Father because in you, I am enough, accepted, loved, blessed and have overcome the world. In that assurance I walk from now on. May I not be deceived by the enemy to believe less of me than what you would have me do. In Jesus Name I Pray, Amen.

DAY 12:

USE GOD'S WORD CORRECTLY

And Jesus answered them, "Have faith in God. Truly, I say to you, whoever says to this mountain, "be taken up and thrown into the sea" and does not doubt in his heart, but believes that what he says will come to pass, it will be done for him. Mark 11:22-23. KJV

Death and life are in the power of the tongue, and those who love it will eat its fruits. Proverbs 18:21 KJV.

Have you ever thought of the Bible, the Word of God, as something that's more than just black and white letters? The book of Hebrews makes us understand that the word of God is living and Operational (Hebrew 4:12). Because God's word is living, it does many things both for God and for us. There is power in the word of God which is often untapped because of lack of knowledge on how to use or experience it. If you have an umbrella in your hand yet do not use it properly, the rain will wet you regardless of the fact that you have an instrument in hand to shield yourself from getting wet. This holds same for the word of God and its work in our lives. We need to learn how to value the word of God first, love it, hunger for it and then learn how to correctly use it, and then it will cut through our hearts and transform our lives.

How to use God's word correctly:

Search the Scripture: Search by digging deep into the words inscribed in the bible. Look intensely into it, picture it step by step, and dramatize it in your mind. Make it come alive for you so that you can relate to the words in it. Do not just go to the bible like any regular book you want to read. Go to the bible because you want it to testify about Christ to you, you want the word to reveal God to you in ways that only it can do.

Meditate on the Scripture: Ponder upon what you study about the word of God. Think deeply about it in relation to your life and the world around you. Meditation involves praying God's words into your situations and for others. Find out what the word has to say about what you desire and then use it to pray for that situation.

Apply the scripture. Do not be a listener of the word only but be an active listener by doing what it says. Let the word be your litmus test for every action you take. Colossians 3:23 says to "work willingly at whatever you do as though you were working for the Lord rather than for people". Look objectively at your life and ask yourself if the choices you make and the actions you take reflect Jesus.

Speak the scripture: This involves speaking the word in your life and sharing it with others. Sharing is caring, just like Jesus shared his throne with mankind; share the blessings of God's word to others. There are so many people who do not know or understand the truths about God's word. So many souls perish when we do not share God's word in our actions and words. Therefore, we need to share God's word with others as the spirit leads us to. Do not end there; speak Gods word to your life. Declare the truths of God's

word into situations and make changes everywhere you go. Remember, death and life are in the power of your tongue, whatever you declare by faith will be so, you just have to speak it and believe it. When using Gods word, two very important things should be noted FAITH and OBEDIENCE.

Prayer:

Father, thank you for your word that is living, active and available for all. I confess my weakness and unbelief towards your word. So many times I doubt what the word says and do not use it correctly. Father, please give me the courage to believe in your word wholeheartedly and to put them into practice daily. Where I need to speak it out Holy Spirit bring the word to remembrance and enable me use it to transform situations. May your word be the song that I sing and food to my soul daily in Jesus Name I pray. Amen.

Day 13:

WORDS CAN IMPACT YOUR LIFE

The words of the wicked lie in wait for blood, but the speech of the upright rescues them. Proverbs 12:6. KJV.

Words are not simply sounds caused by air passing through our larynx. Words are either spoken, written or simply the thoughts we have in our own minds. Regardless of whichever type of word you are using, all have real power. In Genesis 1, God spoke the world into being by the power of His words. Our words have the unique power to quickly take root in the fertile soil of our souls. A life can be changed forever with as little as a single phrase because these:-

Words Carry the Supernatural Power to Bless or to Curse.

The tongue has the power of life and death and the words we emit have the power in them to bring either the great joy or deepest despair. When we say things like "I hate you", "you are worthless", "you good for nothing", these are verbal curses and such words have lasting effects on the person you spoke them on. On the other side, genuine compliments such as "you are beautiful", "you made it", have the power to change life. Such words have the ability to uplift people especially in down-moments.

Words Others Speak Influence our Direction and Control our Perspective

Most times we feel that the words of others spoken to us have no effect, but no, they do. When someone constantly tells you, you are worthless, you will never succeed, you tend to start believing such lies and it has a negative effect on your self-esteem. Such words might alter your Perspective of who you truly are and prevent you from living your dreams.

Your Tongue is a Weapon to Break the Chains

Words are invisible weapons that tear down or build. God's word spoken over a situation has the ability to break barriers and strongholds down as well as making a way where there seem to be no way. Through God's word, hearts are either hardened or softened. His word is a sword in our mouth and has the power to take life or give life and the power to reach the unreachable.

Are the words that you speak about your life instilling in you a healthy self-esteem that push you towards your purpose or pulling you further away from it? Resolve today to start speaking words that are edifying rather than destructive. Considering therefore the powerful force of words, we must discipline ourselves to speak in ways that convey love, blessings, encouragement and victory.

Prayer

Father we come to you with all the words that we have taken to heart, replace them with your words and may your Holy spirit cleanse us from the lies we have told ourselves and the world told us. Empower us with the confidence that lies in your word, in Jesus name, Amen .

DAY 14:

USING WORDS TO BUILD SELF ESTEEM

Words satisfy the soul as food satisfies the stomach; the right words on a person's lips bring satisfaction.

Proverbs 18:20 MSG.

Will you agree with me that sometimes we cause our own downfall with the use of our words? We speak words concerning our lives and situations that instead brings the situation to a dead end than bringing it to life.

Words Influence the Direction of your Life and Control your Perspective

When we choose to complain about petty things, our attitude starts to get worse. We need to speak positive words about situations and persons because it gives us a positive feeling of them. We need to speak positive words about our future. If we keep saying we are never going to succeed, we risk never succeeding, but speaking positive words about your future breeds hope and keeps one motivated, energized and working hard towards our goals.

It is often said that a when a habit is practiced for a long period of time, it becomes a custom and customs after being practiced for a while becomes a culture which is difficult to change. Aristotle once said “we are what we repeatedly do...”. If you repeatedly tell yourself some negative words you will always remain in the place of self-pity and low self-esteem.

We should learn to use positive affirmations to boost up our self-esteem. Romans 4:17 says God calls those things that are not as though they were. Whatever you think is a weakness that keeps you in low self-esteem, learn to use positive affirmations because these affirmations will give you a positive spirit. A positive spirit and mindset is what you need to overcome low self-esteem.

Prayer:

Father thank you for reminding me this day that my words will bring satisfaction to my life. Help me to use positive words over my life. For I am who you say I am, where I am is where you want me to be and I shall go only where you want me to go with my head held high, I am a daughter/Son of the King. Amen.

Day 15:

THE ELEPHANT IN THE MIRROR

Then Elisha prayed “O God, open his eyes and let him see” The eyes of the young man were opened and he saw. A wonder! The whole mountain side full of horses and chariots of fire surrounding Elisha! (2 kings 6:17). KJV.

At times we have very low opinions of ourselves, of our abilities, and about a situation at hand. God on the other hand looks at us and thinks so highly of us, He knows we are capable to overcome that obstacle before us which we might be seeing as impossible (**1 Corinthians 10:13**). He knows we are super talented and endowed with greatness. What then could be the reason for us not seeing ourselves in the way God sees us? What could be the reason for our low self-esteem? What could be the reason for our limited faith and limited sense of believe in ourselves? The bible says we were created in the image of God, therefore we possess in us the characteristics of God; we are great, we are super talented and creative, we are powerful, we are more than conquerors, we are rich, we possess and rule over the resources of the earth (**Genesis 1:26-28**).

David saw the image that God had made of him; he knew he had the same image as God for he was created in the image of God. No doubt he believed he could kill a giant like Goliath because he knew that though he was a little boy outwardly he was a giant inwardly and could take down a giant like Goliath (**1 Samuel 17:45-47**). David’s perception of himself was like a little cat whose reflection in the mirror shows a lion, or a dog seeing an elephant in the mirror. What did it take for David to see himself in this way? He was the least in his family, he was assigned a meager job, he was undervalued by his brothers and dad (**1 Samuel 17:28, 1 Samuel 16:10-13**), but David decided not to accept their perceptions about him, rather he chose to see himself as God saw him. He subsequently landed the title of “A Man after God’s Own Heart” for God was very pleased with David.

We need to have a close fellowship with God (to know him through His word and through prayers), in order to see ourselves in the way in which He sees us. It would be difficult or impossible for us to attain certain heights if we do not stay in close fellowship with God through regular Bible studies and prayers. Fellowship with God begins with a life that is fully surrendered to Jesus Christ, and a deep desire to grow in knowledge of God. Let us therefore step out of the mediocre view of ourselves today by embracing all what God has made available for us through a close fellowship with him. Decide today to stay in close fellowship with God by consistently studying and meditating on His word, and through persistent prayers. (**1 Thessalonians 5:17**)

Prayer

Dear God, I thank you for always thinking highly of me and loving me unconditionally. I ask you to forgive me for all the times I have failed to believe who you say I am. Help me to fellowship with you every day; help me to be a child after your heart as I yield my all to Jesus Christ every day. Amen.

Day 16:

THE ELEPHANT IN THE MIRROR .

*For the Spirit God gave us does not make us timid, but gives us **power**, love and self-discipline. 2Timothy 1:7 NIV*

The Holy Spirit is the promised Helper that Jesus Christ told his disciples to wait for (**Acts 1:4-5**). Jesus Christ knew that his disciples could only be successful in their earthly ministries with the help of the Holy Spirit. He knew this quite well because the Holy Spirit was the reason behind His success on earth; Jesus Christ could only overcome the temptations of the devil after fasting for forty days and nights through the help of the Holy Spirit who descended on Him on the day of His baptism (**Mathew 3:16**). Jesus Christ could endure the pain of the cross after praying in the spirit for long some few hours before his arrest (**Mathew 26:36-44**). The Holy Spirit is the person behind the extraordinary power in us. He is the one who brings out and helps us see the elephant in us. The Holy Spirit is the one who gives us understanding of God's Word, and helps us act it in faith. It is by the Holy Spirit that we can believe in the impossible.

The Holy Spirit is very present with us today; Jesus Christ did not promise him for His disciples of the past only, but for His disciples of today and the future as well. That is why once you believed Jesus Christ when you heard the gospel of your salvation, you received the Holy Spirit who lives in you, testifying that you belong to Jesus Christ (**Ephesians 1:13**). It would be difficult for us to scale through life cheerfully and victoriously despite our circumstances, without the Holy Spirit. Paul and the Apostles could boldly and happily spread the gospel despite the numerous persecutions and obstacles they faced because they had the Holy Spirit (**Acts 4:31**). Stephen could endure the pain of being stoned to death and instead of cursing his murderers; he rather blessed them because the Holy Spirit was with him, and opened his eyes to see where he was going to (**Acts 7:55-56**).

When we recognize and accept the ministry of the Holy Spirit in our lives; when we accept that we can only be powerful and extraordinary by the Spirit of God and not by our own might (**Zechariah 4:6**), then we are going to live very happy and great lives. The Holy Spirit produces many benefits in us; He gives us many gifts and empowers us to be overcomers in every step we take on our journey on earth. The choice is ours to make; we have to submit our wills and our all to His leadership, we have to seek his face in every decision we make (**Proverbs 3: 5-6**), we have to fellowship or communion with him as intimate lovers do with each other. When we do this, we are going to experience life in another dimension for God is going to distinguish us from ordinary people like he did with David, Samuel, Jeremiah, Daniel, Mary, Paul, Peter, John etc. and is still doing today with Christians who walk and live in total reliance, obedience and submission to the leadership of the Holy Spirit. We can only fulfill our purpose here on earth through the help of the Holy Spirit. Ask yourself these questions:-

What have I been doing that limits the working of the Holy Spirit in me? Do I look up to the Holy Spirit to direct me every day? What can I do to have an intimate relationship with the Holy Spirit every day? How do I have access to the benefits that the Holy Spirit brings to a believer?

Prayer

Dear Holy Spirit, I confess that I have a very limited understanding of who you are. I however desire to know you more, please reveal yourself to me today in an increasing dimension in Jesus Name. Amen.