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Women of Witness

TIPS TO BETTER YOURSELF



3 Truths to Remember When You're Feeling Worthless

By Mark Merrill

"The mass of men lead lives of quiet desperation."

When Henry David Thoreau came to this conclusion, I'm afraid he may have gotten it right. So many people are desperate in their marriages and in other relationships. They are suffering in silence with feelings of inadequacy and failure and don't know what to do about it.

So how do you battle these lies of worthlessness and begin to understand that you are valuable? Remember these 3 truths when you're feeling worthless.

1. You are valuable for who you are, not for what you do. You were created exclusively by God and for God. And because of that, you are valuable. There were no flaws in your design and no errors in your construction. You are hand-made, custom-designed, and fully loaded by God; and because of that, you have immeasurable worth.

You are valuable for who you are, not for what you do.

2. You have gifts. Embrace them. Every person has gifts or strengths. If you don't know yours, I'd encourage you to ask five family members and friends this question: "In one or two words, what do you think is my single greatest strength?" They'll all probably give you similar answers. Those answers identifying your area of giftedness will help you understand the truth that you are valuable and have a lot to offer your family and the world.

3. You weren't meant to do this alone. If you're constantly putting on a front that you have it all together, other people will start to believe that you really do have it all together. So, I challenge you to be honest with trusted friends and family. Share your struggles with them and let them help carry your burdens and encourage you. Because the truth is, you were never meant to do this alone.

We all struggle with feelings of worthlessness at some point or another in life. Instead of staying trapped in the mindset of thinking you have nothing to offer, remind yourself of these 3 important truths. Then take these 3 actions.

<http://www.markmerrill.com/3-truths-to-remember-when-youre-feeling-worthless/>