

I Never am Enough! Part 1

Dear GFFs,

Thanks for the opportunity to share. I struggle a lot with anxiety and feeling inadequate at times. I think it is hard being a full-time working mother and trying to raise my own children in a way that God would desire. It can be difficult to be patient and kind all day long with my students at school, and then when I go home try and do the same with my own kids. I feel a lot of guilt when my patience is short with my own kids. I feel like I need to be perfect in every area, and sometimes that is just not going to happen. I am a huge people-pleaser which creates a lot of unnecessary anxiety and worry. I struggle with comparing myself to others which makes me feel down and defeated at times. I never am good enough! I let Satan make me believe that at times, even though I know that is not true. I think that is part of being human. I know that is not what God wants me to do, but it can be difficult to keep those lies at bay.

Signed,
A GFF

As you read this letter from our Dear GFF, what aspects can you relate to in your own life? What truths do you know that could help her find clarity and freedom from the lies that seek to defeat her? Spend some time today praying, reflecting, and noting what speaks to your heart through this letter. Add your comments to this blog and encourage one another in love and in truth!

I Never am Enough! Part 2

The world says we can't be perfect unless we change something about ourselves, but God views us as His perfect creation!

How beautiful you are, my love; how perfect you are! -Songs 4:7 GNT

With one sacrifice, then, he has made perfect forever those who are purified from sin.
-Hebrews 10:14 GNT

No one has ever seen God, but if we love one another, God lives in union with us, and his love is made perfect in us. -1 John 4:12 GNT

But after you have suffered for a little while, the God of all grace, who calls you to share his eternal glory in union with Christ, will himself perfect you and give you firmness, strength, and a sure foundation. -1 Peter 5:10 GNT

I will live in perfect freedom, because I try to obey your teachings. -Psalm 119:45 GNT

So God created human beings in his own image. In the image of God He created them; male and female he created them. -Genesis 1:27 NLT

I Never am Enough! Part 3

Comparison. We've all done it. We are all guilty. We have all fallen prey to the devilish monster of comparison. Can you relate to any of the following situations where the comparison monster rears its ugly head?

Your colleague delivers a stellar presentation and looks amazing, confident and poised while doing it. You however, can only see the wrinkles in your pants and around your eyes. You hear the mistakes of your presentation replaying over and over in your mind. If only you were more like your colleague.

The team captain's mom brings treats to the ball team. Oh, and she has them personalized with cute little decorations for each girl. And you... forgot there even was a ball game! You wish you were like this mom.

If you're a parent you can surely relate to this one... As the moms around you discuss the award winning grades, athletic stats, and sweet phrases that their children have accomplished this week, You can only think of the negative note home from the teacher, the "You are so mean!" comment your child screamed as you left the house, and the fact that your child can't walk without tripping over his own two feet. Your children seem so far from perfect. You wish your children were perfect like theirs.

Be aware because comparison is one of the enemy's great tactics. If he can dupe you into believing you are less than because you are not like others, he can certainly keep you from being all that God wants you to be. God did not create people equally. He didn't design people with the same talents, gifts, or attributes. You are unique and you need to own it!

Satan tells you that you are inferior to others. He says you are inadequate. But the truth is, we only need to be like one other person, Christ himself! The question we really should be asking is, "Am I more like Christ today than yesterday?"

Be imitators of me (Paul), as I am of Christ. 1 Corinthians 11:1

But let each one test his own work, and then his reason to boast will be in himself alone and not in his neighbor. Galatians 6:4

Jesus said to him, "If it is my will that he remain until I come, what is that to you? You follow me!" John 21:22

I Never am Enough! Part 4

Satan will tell us we aren't kind enough or patient enough, but God says that we have His Spirit living in us.

But the Spirit produces love, joy, peace, patience, kindness, goodness, faithfulness, humility, and self control. There is no law against such things as these. -Galatians 5:22-23 GNT

You are the people of God; he loved you and chose you for his own. So then, you must clothe yourselves with compassion, kindness, humility, gentleness and patience.
-Colossians 3:12 GNT

Your life in Christ makes you strong, and his love comforts you. You have fellowship with the Spirit, and you have kindness and compassion for one another. -Philippians 2:1 GNT

Kindness and patience come from the Spirit, therefore we are kind and patient! Satan just wants us to forget that the Spirit controls our bodies and our thoughts. Often when we forget this we fall into old patterns. As we tell ourselves that we have these flaws we begin to believe the lies and we live in them. But, God's Spirit controls us and as long as we are trying to do what's right and allowing the Spirit to control us we have all the fruits it takes to live like Christ! God is in us! It is God who will lavish kindness and love others through us. It is God who will guide us through a long tiring day providing the patience we need to tough it out until bedtime. God is our source and we can only acquire Christ's characteristics because we have been made in His image and it is He who gives us what we need.

I Never am Enough! Part 5

What are you going to take with you this week? Maybe you did your own searching and found a bible story that spoke to you or maybe you were busy and only had time to read the scriptures that were on the computer right in front of you. Pick something and hand copy it today or over the weekend. Slow down and write God's Words. Look up the definitions to words you are curious to know more about. Follow the references and let God take you deeper.