Facing Yourself devotional

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Hey! How are you today? I hope you are doing great! I wanted to tell you a little about this devotional. This isn't a traditional devotional. This devotional is inspired by different quotes that focus on one thing: Facing Yourself. My prayer is that this short devotional will help you to be one step closer to being who you are. I hope the words that are written will unlock something inside of you. You never had a quotes devotional before and it's time for you to do something new with you. It's time to face yourself, let's geaux!

~Dewyn

"It can only break if you let it"

-Phrasedllc

My sister got me a piggybank one year for my birthday. As I look at it, I'm thinking about how I would have to break it in order to get the money out of it. I don't have any money in it yet, but I will put some in after writing this. Breaking the piggy bank after a certain amount of time would be me breaking something of value in order to get something of value. The piggybank is valuable because my sister got it for me, but the money is also valuable because it is the currency that's used for goods. It can only break if I let it. This reminds me of what Jesus has done for us. He broke himself in order to give himself when he was upon the cross. He died so that we can so that we can receive forgiveness, freedom, promises, His Spirit and so much more. Sometimes breaking something can be more beneficial than allowing it to stay intact. But it can only break if you let it. What is something that you need to allow to be broken?

Isaiah 53:5

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"Who we fear most is actually who we need to face"

-Devyn Janae

Even though I've never been a big video gamer, Mortal Kombat was a game that I enjoyed. I always looked forward to hearing "Finish him" at the end of the battle. If you've ever played video games as a single player, then you know that the "computer" would sometimes have you go against the character that you are playing with. Sometimes it is not easy to beat the computer, but it's even tougher to beat the character you are playing with. The only way to win is to face the possibility of losing. There are times where in real life our opponents may seem like other people, but the whole time we against ourselves. This screams that who we fear the most is actually who we need to face. So, are you ready to face you?

Colossians 3:3

"Your value doesn't decrease based on someone's inability to see your worth"

-Crazylauraquotes

Walking down the street, I found some money randomly. No one was there to claim it so I took it as a blessing from the Lord. There could have been many people who passed by the money before me, but that wouldn't have decreased its value. Too many times, we can get to a place where we can't see our worth. Job lost, family problems, personal dilemmas, feeling lost just to name a few. None of these things can decrease your value. Even if you cannot see you value right now, that does not mean that it is not there. It hasn't decreased based on your inability to see your worth. God holds your worth, identity, and value in His hands. It's time for you to see yourself the way God sees you.

Genesis 1:26

"I am mine before I am ever anyone else's"

-IN

Giving yourself away to people can be detrimental at times. You do not owe anyone anything, but you owe it to yourself to take a step back. It's time that you recollect yourself and replenish. You are yours before you are anyone else's. If you do not take care of you, you will not be able to take care of anyone. It's okay to be yours before anyone else's. Your mind, your body, your time belong to you first. Take care of you before belonging to them. You're worth it!

Matthew 22:39

"I learned a long time ago that the wisest thing I can do is be on my own side"

-Maya Angelou

It's easy to have someone's back. It is also easy to stand in a group, but what happens when you are now your own team? It's nothing like when a crowd dwindles, and you are standing there with only your shadow as your sidekick. If you don't stand up for you, be your own cheerleader, and love yourself through the good and bad times ...then who will? It's easy to have someone's back, but it's better to have your front, and even wiser to be on your own side. You are all you have at the end of the day in the best way possible.

Romans 8:31

"I found I was more confident when I stopped trying to be someone else's definition of beautiful and started being my own"

-Remington Miller

My mom didn't let me wear hair weaves like the other girls. Their hair was always laid, and I wanted mine laid too! I was tired of struggling with my natural hair, I wanted a sew-in! One day as I was looking in the mirror, I said in something in my heart. I said that I didn't like my hair. There was a voice that responded, "But I love your hair". From that day on I began to love my natural hair and now hair weaves aren't my thing. I found I was more confident when I stopped trying to be someone else's definition of beautiful and started being my own.

Exodus 20:17

"Beneath every behavior there is a feeling. And beneath each feeling is a need. And when we meet that need rather than focus on the behavior, we begin to deal with the cause not the symptom."

-Ashleigh Warner|Themindsjournal

Going to the doctor can be terrifying when you've been in pain for a while. Toothaches win the award for most painful aches in my book. It's crazy that how one small thing can cause your whole body to react to that pain. I remember when my wisdom teeth were coming it. I felt pain in my head, back, and other parts of my body. In life, when we do not allow God to fulfill our needs, we produce negative feelings that give birth to negative behaviors. We cannot expect our needs to be met by anyone except our Great Physician. Only He can properly diagnose us, meet our need, change our feelings, which will help us change our behavior. You are not a "bad" person; you just have a need which caused a feeling and produced a behavior. Don't focus on the behavior. Begin to deal with the (root) cause of that behavior by visiting the Great Physician.

Mark 2:17

"When you can't find the sunshine; be the sunshine"

-Unknown

One of my favorite songs to sing is "This little light of mine". This children's song reminds me that I have a light. I even added my own lyrics to the song:

"This little light of mine. I'm gonna let it shine".

Because He gave it to me, I'm gonna let it shine.

I am the light of the world so I gotta let Him shine.

Everywhere I go, I'm gonna let it shine.

When you can't find the sunshine, be the sunshine. You are the light of the world so go ahead and let it shine!

Matthew 5: 14-16

"To fall in love with yourself is the first secret to happiness"

-Robert Morely

Shhhhh! That's what you usually hear when a secret is being told. When you are in love, it is different right? It's actually the exact opposite because you can't stop talking about the person you are in love with. It becomes worst when you get around that person. You start to get butterflies, and nothing else matterd to you except that person. Why aren't we like this toward ourselves? In order to love anyone, we have to love ourselves. If you want joy, learn to fall in love with you. Be your encouragement, forgive yourself, listen to yourself, help yourself, believe in yourself. Most importantly, believe what God says about you and accept his truth. You are beyond worth it so fall in love with yourself. It is the first step to happiness. .

Matthew 22:39