

## You Are Wonderfully Made

Abuse can shatter a person's sense of self: you become 'dirty', 'useless' and 'good for nothing'. Your suspicions are heightened when people act in a way suggesting this is not the case. At worst they have hidden motives; at best they obviously can't really know you. Perhaps your crushed self reveals itself in a constant mistrust of others, an inability to pursue and or sustain relationships and an obvious sense of self disregard expressed in the way you look, dress and speak. Or perhaps you try to disguise your crushed self by over compensating in terms of apparent confidence levels. You might have a hundred adjectives that you would use to describe yourself-'wonderfully made' probably not one of them. God created you. He knew you while you were still not fully formed in your mother's womb. All His works are wonderfully made-that includes *you* (Psalm 139:14). You have inherent worth that no sin committed against you can destroy. Define yourself, not in reference to your own actions or personality, nor with reference to how others have made you feel. Define yourself objectively in relation to being a created work of God: fearlessly and wonderfully made.