

## **LOW SELFWORTH**

One of our fundamental needs as humans is to have a sense of value and intrinsic worth as persons. We need to feel that we count for something - that we have worth. If other people have mistreated us, hurt us, rejected us or abused us, that has a destructive effect on our sense of worth. We can feel as if we are worthless and that the world would be better off without us. Many end up actually hating themselves and their lives.

To redress this feeling of worthlessness we need to know that God values us, that we are special to Him. Each of us is a unique unrepeatable creative act of his love.

'You made all the delicate, inner parts of my body and knit me together in my mother's womb. Thank you for making me so wonderfully complex! Your workmanship is marvellous - how well I know it. You watched me as I was being formed in utter seclusion, as I was woven together in the dark of the womb. You saw me before I was born. Every day of my life was recorded in your book. Every moment was laid out before a single day had passed.'(Psalm 139v13-18 NLT)

Scripture tells us that not a single sparrow falls to the ground without his notice and that we are of more value than many sparrows. (Luke 12v6,7). He treasures us as the pupil of his eye. (Deuteronomy 32v10) The Bible is the great story of the divine-human romance. The God who made us values us, not only as his craftsmanship, but also as the objects of his love. (John 3v16) Christ valued us so much that, in order to save us from death and destruction, he was willing to sacrifice his own life to give us a life worth living. (Romans 5v8). He reaches out to us in love to draw us into a loving relationship with himself. He wants to connect with us and share his life with us. We matter so much to him. We can find our true value as we read the Scriptures and discover our worth to God. This can begin to undo the sense of worthlessness and re-energise us for life again.