

We all feel it, some days more than others... The weight of feeling, "not good enough", and feeling, "not worthy". We focus WAY too much on what society says makes you worthy. We focus way too much on the likes, the hearts, the comments, the retweets. We focus way too much on comparing ourselves to other people, their appearances, their accomplishments. And sometimes without even knowing it we morph into whatever we want to be for the day, or into what someone else likes about us, we try to please people. We focus on who our family is, who and how they want us to be, we put on our happy face and just deal with it. We focus on what our boyfriends, or husbands want and like about us, and what we need to do to impress them and make them feel good. Or, you constantly, in the back of your head worry about why you don't have a boyfriend... Why nobody wants you, about what is so wrong with you that nobody sees you. We look in the mirror and we ask ourselves, "What the heck am I doing?".

We look at ourselves and we see every single flaw we wish we could fix. We put on way too much makeup to cover it all up, we contour just a bit too much to fix the parts that we just...hate. We look into the mirror, into our own eyes, and see sadness, anxieties, worries, we see unworthiness, depression, a screw up, we see someone everyone else loves and adores...but we just can't seem to love ourself, and when we finally do, we finally find what we do love about ourselves and then it takes that voice in our head that screams doubt, fear, and denial for one second to wreck everything we just built up. People tell you you're too young, tell you you're not beautiful, you're not good enough, that you're not worth anything at all.

Well, I'm here tell you that it's just not true. NONE of these things define your worth. None of these things define who you are. Your body image doesn't define your worth. Your social media followers don't define your worth. Your family doesn't define your worth. Your success doesn't define your worth. Your age doesn't define your worth. Your boyfriend, whether you have one or not, doesn't define your worth. The voice in your head that tells you all of those lies doesn't define your worth. The sports team, the art show, the college professor, your coworkers, your parents, your siblings, your friends, the community, the stranger that was rude to you at Walmart, do not define your worth.

YOU are a daughter of the King. You are a Child of God, He made you for who you are. Your worth is found in JESUS. Your Worth is found in Him alone.

Psalms 139:13-14 says, "For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."

We have heard this verse a thousand times, but it is true! Your worth isn't defined by the things of this world, Jesus defines Your worth, you are worthy, Jesus says so, that's why He died on a cross for you. The song below by Jamie Grace and her sister, Morgan Harper Nichols, is absolutely beautiful, it hit me hard. The more you listen to it, the better it gets. I encourage you to take the time to watch the whole thing. It is worth it I promise.

"The Maker of skies, the Maker of seas
The Maker of every beautiful thing
He made you, He made you too
The mountain high, the river wide
He tells the sun when to set and rise
And He made you, He made you too
You're a daughter of the King
So tell me, what does that make you?"

Please don't forget that you are beautiful, You're a Daughter of the King, and your worth is defined by Jesus and He loves you so much.
I love you all, I hope you're doing well, and if you ever need to someone to talk to or just someone to listen, I am here. 

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