

Knowing your  
worth and value  
in Christ: Erica  
Jermanus

Many Christians struggle with an identity crisis because they do not know who they are in Christ or their true worth and value. Many Christians base their worth and value off of the way others see them. That is because they do not know Christ and His love for them. If people knew God and His love, then they would know who they are in Christ, and they would have love and respect for themselves. Christians have self-hatred because they have a poor self-image. They may not feel comfortable in their own skin. They may not like the way God created them, so they try to change their personal appearance to fit a mold. They try to please men by changing their appearance. People in the world today want to be popular or famous, and so they will try to get people to like them by changing their outward appearance. Many women get plastic surgery done on their bodies to try to make themselves look good or beautiful.

When women get these surgeries done, it is because they do not like the way God created them. They are pretty much telling God that what He made is not good enough or enough for them. These women are telling God that He has made a mistake. God does not make mistakes. God created us the way we are for a reason

and purpose. God made us with unique flaws and imperfections so that He can use us the way He designed us. We are not here to please everyone with our bodies. The right people will love us not for the way we look on the outside, but for our heart and soul. Wait on God to send those people in your life who will value you and see you the way God sees you. Those people will love you through the eyes of Christ.

When you know Christ and His love for you, you are better able to love yourself as God loves you. You will want to take care of yourself because you value who God made you to be. You are made in the image of God. When God looks at you, He sees His Son, Jesus Christ. Because of Jesus Christ's sacrificial death on the cross, we are declared righteous and holy in His sight. He sees us and His child or His Son or daughter. When we view ourselves through the eyes of Christ, then we will be able to love and accept ourselves.

I am not talking about being in love with yourself. I am not talking about obsession over appearances. That is a form of pride and vanity. When we are obsessed with ourselves and our appearances. I am talking about knowing who you are in Christ and your identity. When

you know your identity is found in Christ and not in man or the opinions of man, that is when you can love and value yourself. When you value yourself, you will not settle for the wrong friends or relationships. You will not settle for the wrong people in your life because you know that not everyone is worth having access to you. You will not settle for the wrong jobs or careers because you know you deserve better. You know you deserve what God has for you and that is His very best. God cares about the small details in our lives. When we know that God loves and cares about us, that changes our perspective towards life and how we see ourselves and our lives.

When you know your worth or value, you will not look for it in outward appearances, careers, jobs, or money. You will look for your worth and value in Christ. He ultimately is the one who defines you. Many want to go to others for their worth because they did not know their worth growing up as a child or an adult. Or they may not have known the love that God has for them. So, they will look for love in all the wrong places and people.

Do not change for anyone or anything, unless it is for God. Do not try to fit in with others or to be accepted in society. We as believers are called to stand out from the crowd. We are called to be set apart and holy. That means that we will not do the things the world is doing. We will not go to the places that the world goes to. We know that this world does not belong to us. We know that our home is in heaven with Jesus Christ if we are true born-again believers and have repented of our sins.

Many Christians have listened to the lies of the enemy about their identity and worth. Many women believe that they are ugly and not beautiful or that they are not smart enough or good enough. Anytime those lies come up, take them captive to the obedience of Christ. Cast down those thoughts that are from the enemy. The enemy wants to make us feel like we do not belong to God or that we are not His child, or that we do not deserve God's love.

Psalms 139:14 says, "I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well."

Genesis 1:27 says, "So God created man in his own image, in the image of God created he him; male and female created he them."

Many Christian women struggle with weight gain and obesity problems. Many women struggle to get the right amount of exercise or to eat a healthy diet or to get proper sleep. That is why so many women struggle with obesity, because they do not take care of their bodies. There are Christian women who struggle with eating disorders, such as anorexia or bulimia. These eating disorders have caused women to lose so much weight to the point where they are sick.

These women do not see or know their worth, so they try to make themselves lose weight because of their perception of the way others see them. The enemy can speak lies through others to get women to feel less than themselves out of jealousy or envy. So, the women have believed the lies and have felt like they are not good enough or worthy enough. The women also felt they were not beautiful enough. So, they will purposely try to lose weight to try to make people like them or try to make themselves feel better about themselves. But

these women do not know God's love, or they will change their perception of themselves.

These women would love themselves more and see themselves the way God sees them if they knew God and His love for them. A lot of women need a revelation of the love of God in their lives. They need other godly women to pour into them and to tell them of their worth and value in Christ. But they also need God to pour into them and wrap them in His warm embrace. Many women have dealt with the pain of past relationships, and it has stuck with them throughout their lifetime. They may have been through abuse in their past relationships with men and do not know how to cope with it. So, they cope with it in unhealthy ways.

Many women turn to other things and people to be seen, heard, and loved. Many women turn to relationships with men and sex to make themselves feel more worthy and loved. Women may not have known love growing up, so they turn to men to make them feel validated. Many do not know Christ or how to turn to Him for healing and restoration, so they turn to the world to fix their problems. There are women who

have suffered for so long silently, and they have not spoken up about it, and it begins to eat up at them on the inside. Many women keep their feelings bottled up on the inside and do not let them out to God. But when they can talk to God and other trusted godly women, then they are able to get the healing, deliverance, and counsel that they need to get free.