

“NO ONE IS INDISPENSABLE”

This is what Jesus had to say about this statement:

“What is the price of five sparrows? A couple of pennies? Yet God does not forget a single one of them. And the very hairs on your head are all numbered. So don’t be afraid; you are more valuable to him than a whole flock of sparrows.” Luke 12:6 (NLT)

And in *Man’s Search for Meaning* Nazi war concentration camp survivor, Viktor Frankl wrote,

"One should not search for an abstract mission in life. Everyone has his (or her) own specific vocation or mission in life to carry out a concrete assignment which demands fulfillment. Therein he cannot be replaced, nor can his life be repeated. Thus, everyone's task is as unique as his specific opportunity to implement it."

Each of us is indispensable as people of value and worth to the people whose lives we touch. And we are of great importance to God. No one can replace us because each of us is unique in who we are and in what we have to offer. All people are valuable and useful in God’s eyes.

*(God) picks up the poor from out of the dirt,
rescues the wretched who’ve been thrown out with the trash,
Seats them among the honored guest,
a place of honor among the brightest and the best.
He gives childless couples a family,
gives them joy as the parents of children.*

Psalm 113:5-9 (the Message)

And from Frankl again: "We must never forget that we may also find meaning in life even when confronted with a hopeless situation, when facing a fate that cannot be changed. For what then matters is to bear witness to the uniquely human potential at its best, which is to transform a personal tragedy into a human achievement."

- Can you turn the seriousness of your mental health condition into something of value?

Robert Louis Stevenson was very clear about what he thought on the topic. He said, “So long as we love, we serve. So long as we are loved by others, I

would almost say we are indispensable; and no man is useless while he has a friend.”