

## I AM ENOUGH

A while ago someone who was depressed told me she didn't want to live anymore because she felt unworthy. Over the next few days I thought about how I could help her feel that she *is* worthy. If she could only find something to give her life more meaning, I thought. If she could only accept who she is. If she were only able to say to herself, "I am enough."

- What would you say that might help her?
- What do you think it means to be worthy? Are some people more worthy than others?
- What part does stigma play in our sense of worth?

Thank God I happened to start reading *Daring Greatly*, a book by Brene Brown and it so happens that she has a lot to say about worthiness in her book. Brown showed me that I was all wrong in how I wanted to help my friend...all wrong in thinking she had to change her life by finding more meaning in order to start feeling more worthy.

"Worthiness is not dependent on what you've done, what you've acquired, or your station in life."

A sense of worthiness develops when we fully experience love and belonging. But, Brene Brown says, "If we want to fully experience love and belonging, we must believe that we are *worthy* of love and belonging."

It's a catch 22 situation.

- "Do you feel worthy of love and belonging?"

Perhaps you might want to explore this question further in your small groups. Or you might be more comfortable discussing this with someone you trust – someone with whom you can be open.

One thing we know for certain. We are loved by God – with a love that's immeasurable. Each of us is special to Him in some way.

How good it would be if each of us, aware of God's love, could say to ourselves, "I

am enough.”

A feeling of worthiness comes when we live our lives, knowing “we are enough.” We don’t deny that we have vulnerabilities and imperfections. We know we are imperfect like everyone else. We accept and love ourselves the way we are, because we know that God made us that way.

I think when we feel God’s love we will want to do things to please Him, not because we feel we have to, but simply because we want to, because we love Him too.