

Self Identity

Journal

Take some time to journal

Excerpt/ Bible Passage

Over the years, I have come to realize that the greatest trap in our life is not success, popularity, or power, but self-rejection. Success, popularity, and power can indeed present a great temptation, but their seductive quality often comes from the way they are part of the much larger temptation to self-rejection. When we have come to believe in the voices that call us worthless and unlovable, then success, popularity, and power are easily perceived as attractive solutions. The real trap, however, is self-rejection. As soon as someone accuses me or criticizes me, as soon as I am rejected, left alone, or abandoned, I find myself thinking, "Well, that proves once again that I am a nobody." . . . [My dark side says,] I am no good . . . I deserve to be pushed aside, forgotten, rejected, and abandoned. Self rejection is the greatest enemy of the spiritual life because it contradicts the sacred voice that calls us the "Beloved." Being the Beloved constitutes the core truth of our existence. [emphasis added]
Henri Nouwen

I also experienced the reality that my husband couldn't meet all my needs. Dean loved me very much, but his love wasn't perfect. Sometimes he was occupied with his own needs. Sometimes he would be away for weeks at a time. Often the Spirit would bring to mind Psalm 73:25-26, reminding me again: "Only one Person is your best, your perfect life partner. Only One can be with you all the time and meet your deepest needs. You may love others as much as you can, as deeply as you will, but I must be your first love."

I also discovered how much I wanted someone to tell me the words "I love you." Brian and Doreen said this often, but I longed for someone big to say it. The Lord often spoke of His love for me by reminding me of Isaiah 43:4—"You are precious in my eyes, and honored, and I love you" (RSV). I was to Him like a precious gem, which is loved not for its usefulness but for its great emotional

value. I was honored in His eyes—amazing! And at any moment I could pause and let Him say, “I love you.”

Ruth Meyers, 31 Days of Drawing Near to God

Prayer

What do I put my self identity in?

Is my identity as the "beloved"?