

## Weekly Meditation by Rev. Teri Lubbers

### God Believes in You

***We are worthy of letting go of our unworthiness. If we did nothing but practice letting go of unworthiness, much of the stuff we're working so hard to clear away would have no support system. We would have more room to grow...Gently, with patience and a lot of love, we acknowledge the being we really are. As a friend puts it, "Always try to see yourself through God's eyes..." ~Stephen Levine, "A Gradual Awakening"***

Who does God see when God looks at you? Who are you really?

You are someone precious. You are of value. You are worthy – of love, of respect, of room to be. Hmm...so how did we go so far afield? How is it that by adulthood many of us are convinced of our own unworthiness? Why do we spend so much energy trying to prove ourselves?

If we decided to relinquish unworthiness, if we practiced letting go of it in every area of our lives, then so much other stuff would have no Velcro to stick to. Things like shame, or self-consciousness, fears of inadequacy or of making mistakes, all of the should-ought-must burdens that we heap on ourselves would have no place to hide in us ... if we would just believe that we are worthy of love and that God believes in us.

God believes in you...and it would be okay if you believed in you too.

**Prayer: God, how amazing that you choose to enter into this world every day in our human form. My heart is full of gratitude that you believe in me. I will trust you today, no matter what comes. Amen.**