

Internalizing the Truth

(Part 2 of How Much Am I Worth?)

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Last time I talked about how much we are worth, and finished by saying: *So, why do some of us look at ourselves and see ourselves as worthless? Are we calling God a liar? Most of us know the truth in our heads that God says we are valuable, and that he cannot lie. But there is a difference between knowing the truth in our heads (recognition) and KNOWING it in our hearts (experiencing it). Next time, I'm going to outline 4 steps we need to take to internalize the truth of our real worth.*

Here are the four steps we need to take in order to internalize truth - not just the truth of our value according to God, but any truth:

- 1) **Pray earnestly for the Holy Spirit**, without ceasing. It is the Holy Spirit who guides us into all truth. Remember Jesus promised he would give his Spirit to all who asked, so ask, seek and knock! Pray especially when you are weak & doubting or feeling worthless.
- 2) **Immerse yourself in Scriptures**. People catch up with the news every day because they want and need to know what's going on around them. We need to read the Bible for the same reason - we should want to read it, because it's the only source of absolute truth. It is through the Word that God changes us and speaks to us and energizes us.
- 3) **Cultivate new habits**. This can be hard to do, but keep working at it. We notice what is going on around us, but we don't always notice our own thoughts or beliefs or that they are wrong. We need to recognize when we are telling ourselves the wrong things, and be like Jesus in the wilderness - respond right away with Scripture, with the truth. That's another reason for immersing yourself in Scriptures, because when we do so, it makes it easy for the Holy Spirit to help us in a weak moment by bringing to mind the truth of Scripture. (See also [The Power Of Habit](#))
- 4) **Learn to argue with yourself**. Take issue with your wrong thoughts and argue with yourself, presenting good arguments and convincing yourself of the truth. Don't just let the wrong thoughts continue - tell yourself something like: "No, that is not true! I am NOT worthless. God says I have great value in his sight. He knit me together in my mother's womb. He has plans for me - plans to give me a future and a hope. He sent his only Son to

die on the cross for ME, because he loves me and I am worth so much to him."

"We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ." 2 Corinthians 10:5

Ephesians 6:12 says *"For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms."*

We are fighting a battle every day against forces of evil from the heavenly realms. The Devil loves to put thoughts into our heads, telling us that we are worthless, incompetent or failures. But the Devil does not tell the truth - he is the "Father of lies".

The truth will set you free. God knows who we are, what we are like and what we do. But he still says we are so valuable. We have been brought and redeemed by the blood of Christ. It is he who sets our price. Your value is not based on who you are or what you do, but on WHO's you are!

Something beautiful, something good
All my confusion, he understood
All I had to offer him was brokenness and strife
But he made something beautiful out of my life.
(From a popular church chorus)