

“YOU ARE WHO GOD SAYS YOU ARE!”

Psalm 193:14 - I will praise thee; for I am fearfully and wonderfully made: marvelous are thy works; and that my soul knoweth right well.



[\(Click here to listen!\)](#)

Can I speak truth to you Sister-2-Sister? Have you noticed how easily we as women are deceived and manipulated to believe a lie over the truth? We spend hundreds of dollars on diet pills, drinks, rubs and food, as well as several hundreds of dollars on unused pieces of equipment that promise to rebuild and sculpt our bodies in just 10 minutes a day. Seriously? Listen my Sister; it's going to take dedication, proper diet, regular exercise and plenty of rest to take off those unwanted pounds. How about the age-defying skin products that promise to take years off your face in just two weeks? The truth is, when we entered into this world, our aging process also began. Granted, some of you are blessed with some good genes, but your lifestyle and how you care for your temple will ultimately tell off on your countenance and in your health. You had a perishable date stamped on your timeline the day you were born. God set your ending before your beginning! So you can't stop God's aging process no matter how you try!

The truth: Your value is not determined by what others think of you or what you think of yourself. Your value is determined by how God views you!

The truth: You and only you are responsible for your own choices. Stop believing there is no hope and you can never be different. If you believe you are doomed to fail, to keep on sinning, or to be miserable, you will fail, you will keep sinning, and you will always be an unhappy and frustrated woman. You do have a choice!

The truth: Outward beauty does not last forever. Beauty's only skin deep. Beauty develops on the inside and permeates on the outside. Your heart and love for God is what makes you beautiful. Not how you look physically. I had to come to grips with myself and start believing that I was black and I was beautiful, inside and out, and that was the way God made me. (I Samuel 16:7b) says, "For man looketh on the outward appearance, but the Lord looketh on the heart."

The truth: You were created in the image and likeness of God. And you were made for His pleasure. Therefore, as long as God is not first and foremost in your life, there will always be a void. You were created with a longing for your Creator. He is the only one who can make you whole and complete!

The truth has the power to overcome every lie. Once you know this and start believing and acting on it, the chains will be broken and you will be set free. The truth has the power to set you free (John 8:32) and to protect your mind and heart from deceptive thoughts and feelings. God's word promises: "He shall cover thee with His feathers, and under His wings shalt thou trust: His truth shall be thy shield and buckler." (Psalms 91:4).

The truth has the power to sanctify you – to purify your mind, your heart, and your spirit. Use the truth to cleanse your heart purify your mind, and bath you in God's word. Remember, "You are who God says you are!"

BBlessed!

Abounding Love Bible Ministry © 2014