



RISE UP!



@ HOME



ADULT DEVOTION

When You Feel Unlovable

by Amy Carrol - Proverbs 31 Ministries - August 28, 2020

Because I'm a cold-natured gal, I have blankets all over my living room. Anytime I sit down, I snuggle up. But there's one blanket in particular that's more valuable to me than all the others. I love to get under its warmth, pull it up to my chin and sink into the memories of my Grandma Dohm. You see, my grandmother made that blanket for me.

When I lie under it, my imagination goes a little wild. I ponder all the work and love my grandmother invested as she knitted for hours, thinking of and praying for me. She devoted her time and heart to making something precious and lasting for me. That description doesn't just apply to my grandmother's blanket. In a much deeper way, you are precious and lasting!

I love the way Psalm 139:13-14 says it, *"For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well"* (NIV).

God spent immeasurable care in the planning, creating and knitting together of you. I can picture Him delighting in you and the purpose He was weaving into you. He must have had a grin stretching from one divine ear to the other as He dreamed you up!

- God loves you simply because He made you.
- But is that hard to believe today?
- Maybe you're having a bad day ... or maybe you've never felt worthy of love.
- Perhaps you're stumbling over past mistakes, failures and sins, feeling undeserving and undesirable.



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ADULT DEVOTION cont.

Some of us were handed the label of “unlovable.” Or maybe you always feel like the outsider, never experiencing the joy of belonging.

4dWhen we feel unlovable, we can learn from David, who said, “I’m fearfully and wonderfully made.” If not for the phrase before it —“I praise you” — that statement would be nothing but bragging. “I praise you” is the essential piece our self-love culture is missing. The first part of the verse makes the second part true. If we start with the praise of our Creator, then loving ourselves becomes the overflow. ***“I praise you because I am fearfully and wonderfully made”.***

In praising God, loving ourselves becomes an act of worship toward our Creator.

Not long ago, a friend made me put this idea into practice. When I shared these thoughts with her, she said, “I want to hear you put this into action! How do you love yourself? What do you love about who you are and how God created you?”

I hesitated, and then started a list:

- I praise God for giving me a passion for justice.
- I thank Him for the compassion He’s woven into me.
- God created me to teach. I’m so thankful I love doing it!
- And even though I got teased as a little girl, I like that my nose turns up at the end a little bit.
- I praise God because I am fearfully and wonderfully made.

Just like the blanket my grandmother knit for me, you are one of a kind. You’re not a replica. You aren’t mass-produced, hot off the presses and stacked on the shelf just like every other one. You are fearfully and wonderfully made by your adoring Creator. On days when you feel unlovable, embrace the fact that you’re immensely loved!