Do you struggle with feeling like you’re never enough? Do you feel like you’re the one that doesn’t ever fit in or does not belong? Do you wonder if you’ll ever be good enough?

Maybe you feel this way because of that critical word spoken at the wrong time or that moment. Maybe it was the result of being overlooked when you desperately needed to be loved! Maybe it’s because you were the last one to be picked for the team in gym class, year after year.

There are so many reasons why you might feel like you’re not good enough and yet how many of those reasons are really valid?

Should that moment in which your best friend asked another best friend for a sleepover become a defining moment in your life? Should getting cut from the school production really define your worth? Should that time in which you didn’t get picked as the finalist really leave you that defeated?

It’s as though we’ve set an invisible bar for ourselves, and yet it’s too high to ever jump over. So imagine if we quit trying — yes, quit trying to be good enough?

Imagine if we came to a place of believing that we are already enough? How would that change the way we live? The way we connect with others? The choices we make?

Friend, the God of the universe made us and chose us to be His own, so what would happen if we believed this truth?

We are already enough because we’re already loved and chosen by our creator God!

God made us creatively, beautifully, intentionally. There is nothing about us that is an accident or mistake. So if this is the truth, why don’t we feel like we’re chosen? Is it because we’re still waiting to be picked by an in-the-flesh-friend who loves us for who we are and not what we do? Maybe it’s because our parents have this habit of pointing out everything in us that needs to be changed, fixed, improved? Maybe it feels like not much has changed since grade school, but now the stakes are even higher.
What if you don’t get chosen for that team? What if you don’t picked for that scholarship? What if you don’t selected for that summer program? What if you don’t get asked to the prom? What if no one ever wants to date you, or worse yet, marry you?

It seems like our whole life is spent wondering, worrying, praying, and plotting about whether we’ll ever be chosen.

Can you imagine what life would be like if all this worrying was replaced by living with confidence because we know in the depth of our soul that our significance is not based on whether we’re chosen by others but because we’ve been chosen by the God of the Universe.

Living like we’re chosen takes the pressure off of performing for the approval of others. We can quit people pleasing in order to fit in! We can experience the blessings of today while giving up being afraid of tomorrow. We can stop worrying about making the right choice while seeking God’s wisdom to guide us.

Living like we’re chosen by God allows us the freedom to be who we are, right where are, doing the things He’s made us to do.

Life stops being about proving our worth and protecting ourselves from harm. It’s no longer about being “liked” or “getting likes.” It ceases to be about fitting in with friends or getting into a particular college. It starts being about living for God and giving Him glory in every way.

Yes, You’re Chosen by God

How do I know that we’re chosen by God? Well the Scriptures proclaim this truth:

Romans 5:11
So too, at the present time there is a remnant chosen by grace.

Ephesians 1:11
In him we were also chosen, having been predestined according to the plan of him who works out everything in conformity with the purpose of his will . . .

Colossians 3:12
Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.

1 Thessalonians 1:4
For we know, brothers and sisters loved by God, that he has chosen you . . .

1 Peter 2:9
But you are a chosen people, a royal priesthood, a holy nation, God’s special possession, that you may declare the praises of him who called you out of darkness into his wonderful light.

If we have put our trust in Jesus as our Savior, believing that He died on the cross for our sins, we can count ourselves chosen.

Romans 10:9-10
If you declare with your mouth, “Jesus is Lord,” and believe in your heart that God raised him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you profess your faith and are saved.

We’re not chosen because we have our lives all together. We’re not chosen because we know a certain amount of Scripture. We’re not chosen because we’re good enough.

We’re chosen because God loved us first.

His love for us is so great that He was willing to take upon Himself the punishment of our sins, and in the process set us free to live a life on this earth with a
brand new purpose along with a promise of eternity spent with Him in heaven.

John 3:16 CEV
God loved the people of this world so much that he gave his only Son, so that everyone who has faith in Him will have eternal life and never really die.

Friends, when Christ died on the cross, he said boldly and beautifully, “I choose you because I love you.”

When we come to fully believe we’re chosen by God — fully loved by God — our perspective on how we’re supposed to live entirely changes, too. That’s exactly what happened to the disciples! When Jesus chose them, he also commissioned them to go and bear fruit:

John 15:16
You did not choose me, but I chose you and appointed you so that you might go and bear fruit — fruit that will last — and so that whatever you ask in my name the Father will give you.

In the context of this verse, we find Jesus speaking directly to his disciples, describing how He chose them to go and bear fruit that will last. He didn’t consider their qualifications nor their past experience. He chose them for a purpose far greater than they could ever imagine. And He chose us, too, to also go forth and bear fruit.

{Take minute and read the passage in which John 15:16 is set, as we’re going to pull out from this passage the truths the describe your chosen identity.}

John 15
“I am the true vine, and my Father is the gardener. 2 He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful. 3 You are already clean because of the word I have spoken to you. 4 Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.

5 “I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing. 6 If you do not remain in me, you are like a branch that is thrown away and withers; such branches are picked up, thrown into the fire and burned.

7 If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you. 8 This is to my Father’s glory, that you bear much fruit, showing yourselves to be my disciples.

9 “As the Father has loved me, so have I loved you. Now remain in my love. 10 If you keep my commands, you will remain in my love, just as I have kept my Father’s commands and remain in his love. 11 I have told you this so that my joy may be in you and that your joy may be complete.

12 My command is this: Love each other as I have loved you. 13 Greater love has no one than this: to lay down one’s life for one’s friends. 14 You are my friends if you do what I command. 15 I no longer call you servants, because a servant does not know his master’s business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you.

16 You did not choose me, but I chose you and appointed you so that you might go and bear fruit — fruit that will last — and so that whatever you ask in my name the Father will give you. 17 This is my command: Love each other.

18 “If the world hates you, keep in mind that it hated me first. 19 If you belonged to the world, it would love you as its own. As it is, you do not belong to the world, but I have chosen you out of the world. That is why the world hates you.

20 Remember what I told you: ‘A servant is not greater than his master.’ If they persecuted me, they will persecute you also. If they obeyed my teaching, they will obey yours also. 21 They will treat you this way because of my name, for they do not know the one who sent me. 22 If I had not come and spoken to them, they would not be guilty of sin; but now they have no excuse for their sin. 23 Whoever hates me hates my Father as well. 24 If I had not done among them the works no one else did, they would not be guilty of sin. As it is, they have seen, and yet they have hated both me and my Father. 25 But this is to fulfill what is written in their Law: ‘They hated me without reason.’

26 “When the Advocate comes, whom I will send to you from the Father—the Spirit of truth who goes out from the Father—he will testify about me. 27 And you also must testify, for you have been with me from the beginning.
Believing the Chosen Truth

Knowing we are chosen by God and believing it are two different things. We can know that we should brush our teeth twice a day, but actually doing so may not happen. That’s because even though we have knowledge, we refuse to make decisions based on that knowledge.

Until the “knowing” gets into our “living,” we’ll still fall into the traps of our old way of thinking.

Living like we’re chosen takes practice. We have to fight against the enemy’s lies (John 8:44) through taking captive our thoughts and making them line up with the truth (2 Corinthians 10:5). It takes a shift in our thinking as we seek to remind ourselves daily of the truth that we’re chosen for more — more than how we feel, more than what others have to say, more than our last failure or past mistake.

We’ve been chosen by God to share the Gospel and point others to our Savior — this is the fruit we’ve been appointed to bear.

This fruit isn’t the result of us doing more for Jesus but rather living for Him as we walk in our identity and calling as His chosen ones. What does this look like? Well, if we believe and apply the truths described in John 15, it looks like this:

- We are chosen by God.
- We are appointed by God.
- We are designed to bear fruit.
- We are pruned by God so that we can grow.
- We will suffer as Christ suffered.
- We are called to obey God out of love for Him.
- We will find joy in obeying God.
- We are commanded by God to love others.

Believing these truths is certainly not easy or natural — just look at what they promise about being pruned, suffering like Christ, and also being hated because of Him? What are we supposed to do with all of that? One minute we’re talking about how loving Jesus gives us life purpose and then next minute we’re suggesting it will also bring upon us pain. How can both be true?

Loving Jesus comes at a cost. It cost Him to love us and it will cost us to love Him.

We will be hated, as He was hated.

While we might not feel the excruciating hatred Jesus experienced, we will most definitely feel the impact at some point in our lives. Things won’t go our way. We won’t be picked. We won’t be invited. We won’t be selected. We won’t be chosen.

As followers of Christ, we’ll feel the hate personally.

We’ll be teased. We’ll be left out. We’ll be ridiculed. We’ll be tormented. We’ll be hurt. We’ll be wounded.

But in the midst of this unavoidable hate, we can take comfort in knowing that it’s not always about us personally. Yes, there are times it may be our fault. We’ve all got a mean bone in us, and so when we’re hated for acting badly, we need to own it fully. But there will also be times in which we’ll be hated simply because we love God — and so we’ve got to learn how to be okay with that and not allow another’s words or actions to define our worth.

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Our worth is found in Christ alone.

I know, this seems totally upside down, to embrace the fact that loving God and living for Him comes with a full measure of hate and suffering, but here’s the deal — when we accept these truths, that sense of belonging we crave has the potential of becoming a reality because we’re no longer living for the approval of others but finding our worth in the approval of One.

When we believe the truth that we’re chosen by God, our need to be chosen by others will gradually lessen and the joy in our relationships will increase.

When we believe the truth that we’re going to face suffering, our reaction to it won’t destroy us but make us stronger and more compassionate towards others.

When we believe the truth that we’re going to be hated because of our faith, we can respond with grace and humility rather than being defined by hurt and insecurity.

When we believe the truth that joy comes when we obey God, our attempt to find satisfaction elsewhere will be replaced by a longing to do what God says is right and good and pure.

Do you see the cause and effect? What we believe changes how we live? So what would it look like to start practically living like we’re chosen?

How to Live Like You’re Chosen

How exactly do we go about this ordinary life living as one chosen by the Most High God? While there are dozens of ways to consider how to live out a chosen identity, let’s focus on three areas that are probably most important to you:

1. **Friends** — your sphere of Influence and the impact on your identity.

2. **Guys** — your interaction with guys and your philosophy of dating and marriage.

3. **Style** — your fashion and clothing and the message that it is sending to others.

**#1 - FRIENDS**

As a chosen child of God, we have to consider who we’re keeping company with and what their influence is on our lives. While we can know lots of people and be super friendly with those who are not followers of Christ, our inner network of friends needs to be small and share our passion for living for God.

God made us to be in real-flesh relationships with friends who love Him, and from an overflow of that love, love us. Yet even when we find the best friend ever, no one can ever compare to the type of friendship we can have with Jesus.

I know that seems weird — how can you be friends with God — but that’s what the Scriptures say Jesus is to us . . . a friend (John 15:15). He chose to be our friend by laying His life down for us and He calls us friend when we obey God. Yes, it’s a conditional friendship, as all friendships should be.

Contrary to what we think about loving everyone, God encourages us to put conditions on our friendships:

2 Thessalonians 3:6-7, 14–15 NIV

6 In the name of the Lord Jesus Christ, we command you, brothers and sisters, to keep away from every believer who is idle and disruptive and does not live according to the teaching you received from us. 7 For you yourselves know how you ought to follow our example.
I know it seems crazy to have nothing to do with a believer who is not living out the Word, but God intends for good to come out of it. The hope is that our response will help them wake up to the truth, while protecting us from being led astray by their example. Remember, we’re not called to treat them like an enemy, but rather be wise by not enmeshing our lives with theirs.

Can you name two or three friends who want to live out their chosen identity? How can you invest your time into growing these friendships that also honor your friendship with God?

**#2 - GUYS**

If you are anything like how I was as a teen, your number one focus — or distraction — is likely guys. The desire to be liked and pursued by a guy is totally natural, and a good thing, too. God designed us to want to be in relationships with others — He made us male and female with the intention of complementing each other.

Unfortunately, the relationship we long to have with a guy isn’t ever going to satisfy us the way God can — whether we’re dating, engaged, or married.

**Another human being doesn’t ever complete us.** The goal shouldn’t ever to become part of a whole but rather whole so that you can complement another part.

What do I mean by this? God designed each of us to be a complete individual and as such be a blessing to those we’re in relationship — even in a romantic sense.

So if the desire in your heart is to one day be married, the best thing you can do today is focus on growing strong in your identity as a child of God, who is already dearly loved, entirely enough, and totally chosen by Him.

Would the guys in your world say that is your focus? Or do you seem like a empty vessel seeking to be filled by this world and anyone who is willing to love you? Would they see you living in a way that reflects the belief that you are special — worthy of being treasured, respected, honored, handled gently? Would they see you immersing yourself in the Word? Putting off sin? Confessing of it? Seeking to be blameless and holy before God? Are you caring for your body — physically, emotionally, and spiritually? These are the things that you can begin doing today as you prepared to be an Ephesians 5 wife:

Ephesians 5:25- 33 NIV

25 Husbands, love your wives, just as Christ loved the church and gave himself up for her 26 to make her holy, cleansing her by the washing with water through the word, 27 and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless. 28 In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself. 29 After all, no one ever hated his own body, but they feed and care for their body, just as Christ does the church — 30 for we are members of his body. 31 “For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh.” 32 This is a profound mystery —but I am talking about Christ and the church. 33 However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.
You can also practice respecting the guys in your life by honoring them with your words and actions. You can also be intentional about hanging around guys who are focusing on becoming Ephesians 5 men, while putting boundaries in place to protect yourself from those who are not interested in encouraging you to becoming an Ephesians 5 woman.

#3 - STYLE

When it comes living as a chosen child of God, we can and should also consider what we’re putting on—both on the outside and on the inside. So yes, we’re going to consider the matter of clothing, but before you tune me out, maybe I present this matter of fashion and style to you afresh. I’m not going to tell you what to wear or what not wear. I won’t give you a rule about “it” being too short or too tight. However, I’d like to ask you this question:

Are you putting on what is fit for a chosen daughter of the Most High King?

Imagine if our focus was more on what we put on in terms of our character and less on what we wear in order to define ourselves? Imagine if all the time we devoted to getting dressed was put toward how we are living as God’s chosen, holy, and dearly loved children?

Colossians 3:12 NIV
Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.

What would it look like if getting dressed included asking ourselves these questions:

- Am I putting on compassion?
- Am I putting on kindness?
- Am I putting on humility?
- Am I putting on gentleness?
- Am I putting on patience?

Believing that we’re chosen by God should change not only what we put on in terms of our character, but also in terms of our style.

We’ve got to ask ourselves if we’re dressing in a way that communicates our value and worth as a masterpiece made by God? Are we inviting others to treat us as a prized jewel? Or are we dressing in a way that says, “Pay attention to this eye-candy because what’s inside isn’t worth your time?”

Our style is important — and can be something we enjoy putting our time into — because it can accentuate our personality, uniqueness, and gifting. Our clothing, hairstyle, makeup, and accessories can draw out the uniqueness of God’s design. But it’s only like a frame on a beautiful picture. It’s the setting in which we get to point out the Designer’s work on the outside as well as all the beauty found within!

The Chosen Challenge

What steps can you take to move forward in living like you’re chosen? Consider these questions to help take practical action steps:

1. What is one truth about being chosen that you want to stick in your brain as you move forward?
2. Since you are chosen by God, holy and dearly loved, what is one lie you should no longer believe and what truth you should embrace?
3. How will living as a chosen child of God change your friendships?
4. How will living as a chosen child of God change your relationships with guys?
5. How will living as a chosen child of God change your fashion style?

May the Lord meet you right where you are as He opens your eyes to the truth that you are a chosen by Him.

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