



#WorthLiving Challenge

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If you've ever struggled with wondering if your life matters, you're not alone. Questioning our worth and value can be a daily, if not moment-by-moment, challenge especially in the face of obstacles and opposition, rejection and isolation. But friend, your life is worth living. Your life is valuable. Your life is priceless in the eyes of God.

Take the #WorthLiving challenge by printing out this list and make time to reflect on these truths. Maybe put them in your phone as reminders. And go the next step by sharing one of these truths each day to a friend by text, a note, email, or posting and tagging on social media.

1. There is no other person like you on this planet. There is only one you and you are irreplaceable. (Psalm 139)
2. When God made you, He didn't make a mistake. He not only knit you together as uniquely you, but he also made you in His own image. (Genesis 1:27)
3. You were created by God for a good purpose, and no one else can fulfill that purpose but you. (Ephesians 2:10)
4. We don't have to struggle alone. God has designed us so that we would be able to seek him out for counseling through the work of the Holy Spirit, who we receive through faith in Jesus Christ, and also in turn comfort others with His comfort. (John 14:26, 2 Corinthians 1:3)
5. You're in the middle of a battle. Yes right now. The enemy of God, Satan himself, seeks to steal, kill, and destroy everyone and everything God created, but Jesus came to give us life to the fullest. (John 10:10)
6. The battles we find ourselves in with bullies, abusers, and enemies on this earth is fought in two ways — the earthly one, through seeking help from trustworthy advocates, and spiritual one, through using the Word of God and power of Holy Spirit in prayer. (Matthew 18:15-17, Ephesians 6:10-19)
7. The influence for good you can have in this world may very well come from your victory over the battle you're facing right now. Imagine that person, whose life you might change, when you one day tell your story of victory won by the power of God. (2 Corinthians 3:3)

8. You have a valuable role to play in the family of God. Even your weaknesses can be used by God as much as your gifts, talents, and strengths. (1 Corinthians 12)
9. No matter what you've come from, what you've endured, what you've done, God's forgiveness, grace, mercy, and healing is always available to you. (Psalm 103:12, Acts 13:38)
10. No matter how you've been wounded, you can be set free to move forward as a new creation. (John 8:36, 2 Corinthians 5:17)
11. By the grace of God at work in your life, you have the opportunity to influence lives at any age and stage, and by embracing that call, you'll leave a remarkable legacy. (Titus 2, 1 Timothy 4:12)
12. You are chosen. You are holy. You are dearly loved. Always. (Colossians 3:12, 1 Peter 2:9)
13. Choose life always. Because until God takes you home, your mission on this earth is simply not yet done. (Philippians 1:6)