


*A Word from the
Heart of God. . .*



Be Yourself:

90 Second Devotionals

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What does it mean to you when someone says, “Be yourself?”

Some may view that phrase as having a negative connotation because they feel like someone is insinuating that they are being less than authentic. For others, the phrase may be confusing because they question who they are as well as their true purpose.

Self is a beautiful word because it's all about YOU. Self in its basic form means a person's essential being that distinguishes them from others. Self speaks directly to a person's character and core values. God believed in the power of self so much that He designed us with human DNA. Human DNA sequences are so breathtakingly extensive that they produce a composite of characteristics that are unique to each of us, thus creating SELF.

“For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror. For he looks at himself and goes away and at once forgets what he was like. But the one who looks into the perfect law, the law of liberty, and perseveres, being no hearer who forgets but a doer who acts, he will be blessed in his doing.” (James 1:23-25, English Standard Version)

You are perfect exactly how you are. It is my prayer that you see what God sees when He looks at you. These 90-second devotionals are designed to impart God's heart directly to you. Allow them to penetrate through the walls and seep into your core foundation. As God reveals who you are in Him, you will see your beautiful reflection in its truest form. As your divine SELF emerges so will all the abundant blessings of God.

You are loved, Kris



Made in My Image

I know you have probably heard this before, but I am not sure you ever really took the time to absorb its true meaning. Humankind was created to be a graphic image of the Creator. A formal, visible, and understandable representation of who God is and what He's like. Genesis 1:27 says that men and women were made in the image of God. Scripture doesn't say white, black, brown, or yellow people: it says all people. All shades of love make up God. We are all created by Him, different and unique for a specific reason. A reminder that we are like Him and therefore we are all relevant, purposeful, and priceless to Him.

I read an article from Focus on the Family that said:

“Every single human being, no matter how much the image of God, is marred by sin, or illness, or weakness, or age, or any other disability, still has the status of being in God’s image and therefore must be treated with the dignity and respect that is due to God’s image-bearer. This has profound implications for our conduct towards others. It means that people of every race deserve equal dignity and rights. It means that elderly people... and children yet unborn deserve full protection and honor as human beings.”

The fact that we are made in the image of God brings *value* to our existence. The more you believe that you have inherent value and that you have something important to contribute to the world, the more confidently you can move into the calling that God has for you. You are more like God than you think!

You are loved, Kris

Got to be Real

I heard a song one day with the lyrics, "It's got to be real," and it made me think.

I love it when you meet someone, and they are authentically themselves. They know who they are, and they are real in every way. Unfortunately, these days, those kinds of people are rare. If God designed us to be uniquely ourselves then why would anyone want to choose to be like someone else? So many young people today follow social media influencers and celebrities. These people have nothing in common with people who live ordinary lives, work hard for a living, and have real-life struggles.

I am not saying that listening to other people's advice is a bad thing, but I am saying that pretending to be someone you are not could be. God never wants you to lose yourself in the distractions of the world. The devil is very crafty, and his one goal is to kill, lie and destroy those who love the Lord. Being real means embracing the raw natural you: the one God designed and the one who loves God. Stand proud as the child of God that you are and shine brightly for all the world to see.

You are loved, Kris



To Each Their Own

I am sure you have heard this phrase before. It means a person has a right to their personal preferences. I think it's important to understand what this means to a person who walks with God.

First, God gave us free will so we could choose Him and His ways for our life. So choosing Him is part of our free will. I know that sounds crazy but it's true. He designed and created us, and as a safety net, He put a spirit within us. This spirit is divinely connected to its Creator.

Now, you can ignore it. You can drown it out with worldly things. You can even try to kill it with addictions, but you can't get rid of it. Your spirit is your beacon of light, hope, truth, and safety. God expects you to be true to it and true to His design for your life.

People who walk with God would say their preferences are the preferences of God. However, those who don't share those same convictions might say their preferences are the things of the world and are not rooted in biblical foundations. Be true to yourself.

Enjoy the characteristics that make you who you are, but don't compromise your integrity by diluting your values in any way. When people see you, they should always see a reflection of God.

You are loved, Kris

A person wearing a dark hoodie and a hat is sitting on the edge of a large, dark rock. They are looking out over a vast, hazy landscape of rolling hills and mountains under a grey, overcast sky. The person's legs are crossed, and they appear to be in a contemplative or peaceful state. The overall mood is serene and reflective.

Drown it Out

I just want to remind you of *who you are* according to God. You are unique; there is no one else like you. You are custom-made to achieve something that God designed for His purpose and His glory. You are the apple of God's eye and loved beyond measure and without conditions. You are a friend of Jesus Christ and a child and heir of God. You are beautiful, precious, and rare. You are chosen, holy and blameless in God's eyes. You are a citizen of heaven, and you are deeply loved by God.

Remember that when life gets difficult. Remember that when the noise is unbearable. Remember that when someone tries to tell you that you are less than that. The people making those ugly noises don't know God and they don't know you. Drown them out with the love you know and the love you have personally experienced through God.

Stop letting worldly noise into your home. Your home and your family are your safe place. Quiet yourself down. Limit social media. Watch the news sparingly and with wisdom. Use the tools God gave you to protect yourself. Pray, fast, read, worship, celebrate, love, and move in kindness. Surround yourself with good-hearted people and limit your exposure to those who are not good-hearted. Remind yourself daily that God has a plan, people are praying, and God is bigger than anything that comes at you. You and only you have the power to drown the dark out!

You are loved, Kris

A photograph of a sunset with the sun low on the horizon, partially obscured by the silhouettes of large trees. The sky is a mix of orange, yellow, and light blue. The sun's rays are visible, creating a lens flare effect.

Arise

What a beautiful word. God didn't say get up. He said to arise. Arise means emerge; become apparent, come to light.

This is a season when God wants you to emerge. He desires that you be all He created you to be. He has trained you. He has guided you. He has spoken into you and now He trusts you to come to light and arise. Take hold of what you are feeling, focus, and reach for all God has for you. You are here for a purpose. There is a dream or aspiration within you.

"Arise, shine, for your light has come, and the glory of the Lord has risen upon you." (Isaiah 60:1)

I sense this is a call: a call from God. God wants you to Arise. Get on your feet and do what He has called you to do. Step out in faith and trust Him. He has confidence in you. There are no failures in life: only lessons. He trusts you. Now you trust Him. ARISE...

You are loved, Kris

Closing

At the beginning of this mini-devotional, Kristina asked, "What does it mean to you when someone says, 'Be yourself?'" It is clear many of us struggle with discovering who that is. You've heard the expression, "She's trying to find herself." This usually refers to a young person, but surprisingly, some people drift through life well beyond their youth not knowing – or valuing – who they are.

We all have an inner dialogue: the words of life – or death – we speak to ourselves daily, mostly without realizing it. That's why being confident in who we are and speaking positive affirmations to ourselves regularly is important. We need to speak life to ourselves because God didn't make junk.

He is the author of our human DNA. He intricately and skillfully wove us together inside our mothers. We are wonderfully made (Psalm 139:13-16). And it didn't end there. In Psalm 139:17-18, King David declares, "Every single moment you are thinking of me! How precious and wonderful to consider that you treasure me constantly in every thought! O God, your desires toward me are more than grains of sand on every shore! When I awake each morning, you're still with me (TPT)." God! Our brilliant Creator thinks about you and me daily. That's no joke.

We hope you were strengthened and encouraged during your journey with us this week as you digested these quick #90secswithgod words. "Made in My Image," emphasized our value: "The fact that we are made in the image of God brings value to our existence." "Got to be Real," encouraged us to embrace "the raw natural you: the one God designed and the one who loves God." "To Each Their Own," urged us to enjoy "the characteristics that make you who you are, but don't compromise your integrity by diluting your values in any way. When people see you, they should always see a reflection of God." "Drown it Out," highlighted our uniqueness. And "Arise," exhorted us to get on our feet and do what God has called us to do. We are here for a purpose and there are dreams and aspirations in all of us.

So be yourself and allow your inner beauty to shine. God bless you on your journey!

Daphne Jorgensen