

My Personal Testimony



Healing

For you.



This is the importance of why I wrote this page.



Before I knew God, I was consumed by self-care and perfect self-image. My hair always had to be perfectly straightened, my body hairless, my weight maintained below what was healthy, and I never wanted to leave the house without makeup. That was what beautiful was – it was maintaining an exhausting system to keep me pretty.



My worth and emotions were controlled by my appearance. I constantly paid attention to every flaw, allowing even the smallest changes in a pimple on my face to determine how I felt about myself.



Then God challenged the way I saw myself.

He drew my attention to the birds, the animals, and the beautiful puppies we see every day. They do not stand in front of a mirror worrying about their appearance. They do not strive to become something they were never created to be. **They are beautiful simply because they are God's creation.**



Jesus says, "Are you not much more valuable than they?" (Matthew 6:26). God delights in the beauty of His creation, you and me were created by His hands, designed with purpose and intention. The world's standards tell us we must be more, less, different, thinner, prettier. It constantly pressures us to chase an impossible image.



But God speaks a very different message. He does not tell us to become someone else. He simply reminds us: "You are fearfully and wonderfully made" (Psalm 139:14).



Our value is not found in meeting the world's definition of beauty. It is found in the God who created us and calls **His creation good.**

