

{ Day 118 }

I have set the Lord always before me. Because he is at my right hand, I will not be shaken. Therefore my heart is glad and my tongue rejoices; my body also will rest secure. **—Psalm 16:8-9**

Intimacy with Jesus brings a deepened security and rest in our inner man. As we interact in a deeply personal way with Him, we grow in our knowledge that we are accepted and cherished by God. This knowledge progressively frees us from feelings of insecurity and the intimidating, paralyzing fear of others' opinions or actions against us. A focus on Jesus ultimately leads us to an increased knowledge of His heart of affirmation for us. This is absolutely vital. As important as human affirmation is, it is woefully inadequate without God's affirmation of us. When we are secure and confident in God's love, we grow out of our fears related to how people receive and treat us. When we know we are pleasing Him, the criticism that comes from others does not affect us nearly as much as it did in the past. "Proving" our value to others ceases to be the dominant drive in our emotional makeup. God's pleasure and His approving smile become the most powerful emotion that we have.

{ PRAYER STARTER }

Father, as I learn to rest more and more in Your love, I am able to grow out of my fears and intimidation from others. Your approving smile is all I need.

**It is the knowledge that we are loved, accepted,
and valued by God that gives us
a greater sense of value and true self-worth.**