

Inferiority



How do you recognize inferiority?

Characteristic of inferiority is negative thinking about yourself, which can unconsciously come in. Inferiority keeps you trapped, making it difficult to achieve your goal.

We could see ourselves as a chameleon. A chameleon adapts its appearance to its environment by changing color. We do the same. We also adapt ourselves through inferiority to our environment, wherever we are at that moment. Maybe you've had thoughts like, "I need to earn love and appreciation from others." But the truth is, you don't. Your worth isn't based on performance or approval.

God's Supernatural Power

Inferiority makes you doubt yourself, questioning whether you are good enough. This depends on your self-worth, not on the opinions of others.

Inferiority may have already entered while you were in the womb, during childhood, or later in life. Words you have spoken about yourself may include statements such as that you are not beautiful or, for example, that you are too overweight.

In the Bible, James compares our tongue to a bit in a horse's mouth or a rudder of a ship.

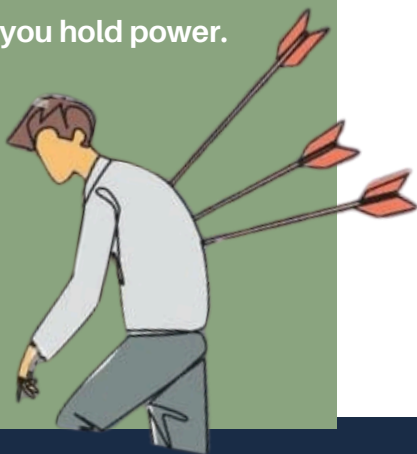
"Indeed, we put bits in horses' mouths that they may obey us, and we turn their whole body. Look also at ships: although they are so large and are driven by fierce winds, they are turned by a very small rudder wherever the pilot desires." — James 3:3-4

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Our tongue determines how we live; our own words possess power and influence over our future.

The words spoken by others about you hold power. They are like arrows being shot at your back.

"Death and life are in the power of the tongue, And those who love it will eat its fruit." — Proverbs 18:21



How to free yourself from that

It is important that you revoke all your own statements and forgive yourself in the name of Jesus.

Break the words that have been spoken over your life.

Command that every arrow that has struck your back be removed, without leaving any scars, in the name of Jesus. Scar-free means that everything is gone, and no wound remains.

After that, declare that you are beautiful and worthy, that you are allowed to be just as you are. Your negative self-image must be replaced by the truth that God has for your life.

*"And you shall know the truth, and the truth shall make you free."
— John 8:32*

God has made you beautiful; you are created in His image.

You are valuable – you are precious – you are loved – you are unique – you belong – you are a pearl in God's hand – you are a beautiful man or woman – God loves you.

For many, it is a significant hurdle to look at themselves in the mirror. I'm not talking about briefly checking if your hair is okay—no, really looking at yourself.

For most people, that is a major challenge, and yet it is something you must do. Speak beautiful, positive words about yourself. It will be difficult at first and maybe even bring tears.

That's okay, it all needs to come out and make room for joy and happiness, acknowledging that you are loved. Look and speak for a month, every day, and you will see that it will become easier and that feelings of inferiority will fade.

The feeling that you no longer need to wear a mask is truly delightful! If prayers have been offered for you, it is possible that the feeling of inferiority may return. This is a lie; it is merely a feeling, for it is no longer within you—it stands beside you, and you can cast that feeling away in Jesus' name.

It can be a process in which God assists you in cleaning up, little by little. Consider it like an onion; when you cut it open, you see that it has several layers. We are like an onion. God wishes to restore us layer by layer and to return beautiful new layers.



Encouraging Bible Verses

"O LORD, You have searched me and known me. You know my sitting down and my rising up; You understand my thought afar off. You comprehend my path and my lying down, And are acquainted with all my ways." — Psalm 139:1-3

"Come to Me, all you who labor and are heavy laden, and I will give you rest." — Matthew 11:28

"I sought the LORD, and He heard me, And delivered me from all my fears." — Psalm 34:4

Wendy de Waard



SDW
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 www.stefandewaard.nl

 info@stefandewaard.nl

 [sdwstefandewaard](https://www.instagram.com/sdwstefandewaard)

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