

If somebody did you wrong, rather than internalize it and wonder if there is something wrong with you, have you ever thought that they hurt you because they were messed up? Maybe they had such poor self-esteem, felt so unlovable, that they tried to project it onto you. How they treated you flows from their own insecurities, fears, hurts, wounds, prejudices, and dysfunctions. Hurting people end up hurting other people. Messed-up people can mess you up. If you base your value on what they are giving you, you can in turn end up dysfunctional.

Don't let what others say about you define who you are. God defines you. Don't let what you didn't get from them make you feel as though you are to blame. Stop letting how people treat you make you feel inferior. Their treatment of you stems from their own self-loathing. They are most certainly not your Saviour. He is seated at the right hand of your Heavenly Father. God is on the throne, so go to God and not to people.

Galatians 1:10 "Am I now trying to win the approval of human beings, or of God? Or am I trying to please people? If I were still trying to please people, I would not be a servant of Christ."