It is easy to rely upon other people to affirm, to approve, to validate you, but that makes how you feel about yourself dependent on them. Don't give them that power. Rather, the Scripture says to build yourself up. If nobody is complimenting you, learn to compliment and approve yourself. If nobody made you feel special today, the good news is that you can make yourself feel special. Just go look in the mirror and tell yourself what God says about you: "I am a masterpiece, one of a kind, a prized possession. I am made in the image of Almighty God, and I am His child. I have royal blood flowing through my veins. I have been handpicked by the Creator of the Universe. I am approved. I am worthy. I am valuable."

You will never get from other people what only God can give you. When you learn to build yourself up, then you don't need other people to keep you encouraged or approved. You are already built up. You already know who you are in Christ. Living with God's approval is a powerful way to live.

Jude: 20 "But you, dear friends, carefully build yourselves up in this most holy faith…"