

# ENCOURAGEMENT FOR *Real Life*

## **100. Do You Know How Amazing You Are?**

You are listening to episode 100 of the Encouragement for Real Life Podcast, titled Do You Know How Amazing You Are? Welcome to the podcast today! It's kind of a big day around here, because not only are we celebrating the 100th episode on the podcast (I know! Can you believe it??), but we are celebrating something that is even more important: how amazing you are. Do you fully realize your uniqueness? Your incredible qualities? All the ways that make you special? Because this is worth celebrating! Even more than 100 episodes of a podcast! And if you find yourself struggling at all today or in the future regarding celebrating who you are (because we all do from time to time), I pray this episode encourages your heart and points you to truth. So, let's get into this episode and spend these next few moments together. Ready? Let's go.

We're tossing confetti and inflating balloons here today! We're having one big party! Well, not really, but inside I sure am! Can you believe this is episode 100 of the Encouragement for Real Life Podcast? I can't. Well, I guess I can and I can't. Both. Because to me, it doesn't seem like we've been here for 100 episodes. Time goes by so fast these days, doesn't it?

### **Yet, we've journeyed through much in 100 episodes, haven't we??!**

Everything from why I began the podcast, to talking about seasons of transitions, to learning about distractions, to walking through trying circumstances, to sharing personal stories of hope and encouragement. We've experienced a lot together, and if you haven't listened to all 100 episodes, that's okay. But they are available if you ever want to go back and check them out. In fact, I invite you to. Because you'll gather a little more info as to why this podcast exists and my heart for God and for you. I'll be highlighting some of them in the coming weeks.

But more than celebrating this milestone episode, I'd rather celebrate you. Why? Because truly, you are the reason why this podcast exists. A number of you asked if I ever thought about doing a podcast, which at the time, I hadn't. So, God used you to plant seeds in my heart. It's because of you that my mind was opened to the idea of a podcast as I followed God's prompting. I guess I always knew there was a need for an encouraging space that would speak to the real life issues we face, and how we need encouragement more than we realize. It's because of you I keep showing up here each week. Because no matter how cheesy or weird it may sound, you matter to me. You are the reason I do what I do. (Well, and because God has called me to do so.)

So, yes, you are worth celebrating.

### **Do you know how amazing you are?**

If it's okay, I'll remind you today.

Simply because God created you amazing. You are unique, one of a kind, and special. No one looks like you, acts like you, is blessed with the same gifts and talents as you. You are God's amazing creation. In fact, His Word tells us just how amazing He created you.

Psalm 139:13-16 NLT reads, "You made all the delicate, inner parts of my body and knit me together in my mother's womb. Thank you for making me so wonderfully complex! Your workmanship is marvelous—how well I know it. You watched me as I was being formed in utter seclusion, as I was woven together in the dark of the womb. You saw me before I was born. Every day of my life was recorded in your book. Every moment was laid out before a single day had passed."

This right here explains how God took care in forming you in your mother's womb. He even knows the number of hairs on your head!

A verse later in this chapter, God places a reminder of what He thinks of you.

How precious are your thoughts about me, O God. They cannot be numbered. I can't even count them; they outnumber the grains of sand! And when I wake up, you are still with me! Psalm 139:17-18 NLT

**You are amazing because God created you that way.**

I'll continue.

If we dig into God's Word, He sheds light on more than just how He created you. He also says you are:

- worthy
- not alone
- loved
- chosen
- forgiven
- redeemed
- cherished
- gifted
- Jesus' friend
- strong
- provided for
- meant to shine
- set apart
- beautiful
- blessed
- a child of the King
- secure

- victorious
- noticed
- brave
- the real deal
- adventurous
- not who you used to be
- a difference maker
- you matter

That's quite the list!

Author and pastor, Max Lucado says it this way, "If God had a refrigerator, your picture would be on it. If He had a wallet, your photo would be in it. He sends you flowers every spring and a sunrise every morning... Face it, friend. He is crazy about you!"

**That says right there how amazing you are!**

Do you believe this? Do you continually remember how God sees you? I could tell you all these wonderful things about you and remind you of what God says about you all day long. But if you don't believe it, the words won't sink in. You might even think they describe someone else, not you. But nothing could be farther from the truth. I truly hope you do believe just how amazing you are. Not in a prideful or egotistical way, because I don't think you hold that stance. But in a way that helps you remember that you matter, and you are great just because you're you.

Your worth is not determined by what you wear, where you live, what you drive, or how many children you have or don't have. It's not based on your job, your schooling, your relationship status, or your past. It also has nothing to do with your age, what's in your bank account, or how influential you are.

**You are amazing simply because you are you.**

So, don't try to be someone else. Don't compare yourself with another. I know that can be easier said than done. For me, too. But when you and I are tempted to compare, it's wise for us to remember, if God wanted us to be someone else, He would have created us to be someone else. He wanted you to be you and me to be me.

I invite you to take a few moments right now and mentally or physically list all the ways you are unique and special. Think of every little way. Even down to any of your special quirks and idiosyncrasies. I realize this may not be so easy, because we don't always think of the good things about ourselves. It may be easier to think about what we consider not so good things, more than the good things. But I truly encourage you to do this. Just take a few moments, pause this episode, and resume it when you're done. I'll wait.

Okay. I'm glad you're back, and I assume you took the time to appreciate how God made you unique and special. I'll share a couple that are on my list. Not to brag or boast, but to appreciate who God created

me to be. I wrote down God has given me the gift to encourage others, I enjoy spending time outdoors (especially in the summer months), I love watching sunrises and sunsets, and I take my health seriously.

This week we're discussing this in our private Encouragement for Real Life Community on Facebook, so I invite you to come over there and join in the conversation. You'll have an opportunity to share what's on your list of what makes you unique and special. I can't wait to read anything you care to share! The link to this group is in the show notes.

**I invite you to keep your list somewhere you'll see it often.**

Add to it when God prompts you to. I pray this list encourages your heart from time to time and helps you remember just how amazing you are. And if you ever question your worth, I encourage you to ask God to remind you of truth. Of how He sees you and how He created you. Because what He says is what matters.

I created a printable for you that lists all the qualities of who God created you to be. It's the list I just mentioned a few minutes ago, and it contains coordinating scripture. You can find this printable, it's called Embracing Who You Are, in my Free Resources on my site. Feel free to print it off or save it somewhere to encourage you from time to time. The link to my Free Resources is in the show notes. There you will also find some other fun printables, lock screens, social posts, and extra fun stuff like birthday scavenger hunts. They are designed to encourage your heart and add a lift to your step.

As we close out this episode, I thank you. Thank you for showing up here week in and week out. Thank you for allowing me to journey through life with you. I thank you for giving me the extra reason to keep doing what I'm doing. Like I say often, I'm glad we get to do this real life together. I celebrate you today in this 100th episode! And if you found any sort of encouragement in it, please rate it and/or review it so others can find this encouragement, too. Subscribe so you never miss a new episode.

Thanks for being here! God bless you.

Links in this episode:

[Psalm 139:13-16](#) NLT

[Psalm 139:17-18](#) NLT

[Encouragement for Real Life Community](#)

[Access the Embracing Who You Are printable](#) and other Free Resources on my site

*Julie Lefebvre*