

## How perfect are you?

The last weeks have been a flurry of activity. A family reunion in Ohio, camping over Memorial Day, a graduation ceremony and hosting a graduation party. In addition to all the regular appointments and church. Whew! How did I ever work?

That's what happens to all of us though. Life keeps us busy. It seems we wake up thinking of all that we have to accomplish in this day and then fall asleep thinking about tomorrow. Or, we play the day over in our heads to be sure we didn't say or do anything "wrong". How often have you looked back over something you said or did or didn't say or do and question yourself? "How could I have said that?" "Why didn't I do that?" We live in a world where "shaming" is done constantly. With the advent of social media, it seems nothing escapes the criticism of others.

So, how do we escape from our own feelings of inadequacy? Failure? Stupidity? Bad news...we can't. At least not 100%. It's one of our human frailties. Don't beat yourself up over it, instead (as my ministry suggests) Connect to the Light. ☺

In his letters to the Hebrews and the Romans, Paul says:

*Both the one who makes people holy and those who are made holy are of the same family. So Jesus is not ashamed to call them brothers and sisters. He says, "I will declare your name to my brothers and sisters; in the assembly I will sing your praises."*

*Hebrews 2:11-12(NIV)*

*Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.*

*Romans 5:3-5(NIV)*

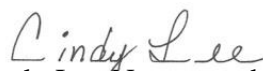
Jesus is not ashamed of us. We have been given hope through Him. When we accept Him as our savior, we are made new and clean. Our daily embarrassments can't remove that hope from us. If what we say or do is without malice, we need not worry.

Anyone who knows me, knows I suffer from "Foot In Mouth" disease on a regular basis. I do stupid stuff all the time. God doesn't care. He knows my heart. And, "love has been poured out into our hearts".

With that in mind, I do feel better about my own inadequacies, failures and stupidity. In my busyness I am sure I'll forget things and say things that are a little "off the wall". I may even "replay" some of those moments at night as I fall asleep. But it doesn't matter. God love me anyway.

May you always know that in the eyes of God you are made perfect through his son, Jesus Christ! In the midst of your busyness, be still and sleep well!

*Be still, and know that I am God: ... Psalm 46:10a (KJV)*

  
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