

Coach House Church BEACONS

AM I GOOD ENOUGH?

5TH JULY 2021

In an age when everybody is a mini celebrity on the social media websites, we find ourselves in a situation where very often compare our lives to others. We have access to private information about other people like : what they are eating where they go and who they are hanging out with. In the pre-Internet era, we only knew what our close friends were up to; where they went on holiday or if they had any big days coming. We could only see holiday pictures when they were physically sharing them with us – in person not on the screen.

When you scroll through your social media and you feel inadequate or not good enough that's when you compare and despair. This can cause anxiety and depression.

I know I've said this before, but please allow me to repeat it : there is a strong link between social media and depression and anxiety. The University of Pittsburgh the School of Medicine have done research in this area and they found strong links. One of their studies of young people who spend an average of an hour a day checking their social media accounts found that more than 25% of them had high indicators of depression. This is because social media gives an unrealistic perspective of other peoples lives - it filters out the bad and it showcases only the good. We all know that this does not happen in real life, we all go through highs and lows.

However, feeling inadequate or not good enough does not happen only when online on social networks. It can happen in a family, it can happen in a group of friends, even in a church. We can compare ourselves to people that we see once a week and the conversation is kept at a superficial level. People can paint a perfect picture of themselves by smiling, being upbeat and positive joking and laughing but on the inside they are suffering. Furthermore, we can be made to feel

inadequate and we can make others feel inadequate and not good enough by what we say and by the way we behave towards others. Therefore let us think how we treat people around us; let us be aware that after the year we have just had we are all a bit fragile and a bit tender and let's show love, patience and kindness instead of superiority to each other in the way we talk and the way we behave to one another.

In the bible Romans 5 tells us that God Himself loves mankind and made a way for us to be with him again. In John 3:16 we are told that God paid the absolute price : he give His only son to reconcile us with him. And throughout the Bible God declares his love for mankind in so many ways.

Let's read a few of his declarations and promises:

"Since you are precious and honored in my sight, and because I love you, I will give people in exchange for you, nations in exchange for your life."

Isaiah 43:4

"Though the mountains be shaken and the hills be removed, yet my unfailing love for you will not be shaken nor my covenant of peace be removed," says the Lord, who has compassion on you."

Isaiah 54:10

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call on me and come and pray to me, and I will listen to you."

Jeremiah 29:11-12

The Lord is not an abstract idea, a lifeless figurine on a shelf somewhere that does not move and is not able to hear, the Lord is all powerful and omnipresent, he is real he is identified and glorified by his creation as he deserves.

This is what the Psalmist says about this:

"The heavens declare the glory of God; the skies proclaim the work of his hands. Day after day they pour forth speech; night after night they reveal knowledge. They have no speech, they use no words; no sound is heard from them. Yet their voice goes out into all the earth, their words to the ends of the world. In the heavens God has pitched a tent for the sun. It is like a bridegroom coming out of his chamber, like a champion rejoicing to run his course. It rises at one end of the heavens and makes its circuit to the other; nothing is deprived of its warmth."

Psalms 19:1-6

Since we are loved by such an awesome God Who cherishes us so much, let's be encouraged and stop putting ourselves down; let's look at his love and promises instead of looking at our limitations and shortcomings.

My dear friend the Lord loves you as you are .

YOU ARE ENOUGH.



Coach House Church

222 Wellington Road North, Stockport, SK4 2QN
leadership@coachhousechurch.org // 0161 432 5604
Registered charity in England and Wales - 1194822



Alina Adshead

Safeguarding Lead // Trustee
alinaa@coachhousechurch.org