

Devotion 5: Go to Jesus When Feeling Worthless

Audience: For Patient and Caregiver

Theme: Go to Jesus and learn from him!

Bible Passage: *Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light* (Matthew 11:28-30).

Devotion: There comes a time in a person's life when we seem to have lost all sense of self worth. We are moved to cry out, "I simply can't do anything worthwhile anymore. I'm a complete failure. How could anyone really care about me?"

If you have felt this way or are now struggling with this feeling of worthlessness, you certainly need someone to help you regain a proper perspective in your life. Despite how painfully we may feel that our lives are empty of purpose and we have nothing to offer others, this simply isn't so!

We are souls of great worth to our Savior who redeemed us from bondage to Satan with his holy precious body and blood on the cross at Calvary. As Peter writes, *You know that it was not with perishable things such as silver and gold that you were redeemed from the empty way of life handed down to you from your forefathers, but with the precious blood of Christ, a lamb without blemish or defect* (1 Peter 1:18,19).

Jesus defines the soul's worth in these words: *What good will it be for a man if he gains the whole world, yet forfeits his soul? Or what can a man give in exchange for his soul?* (Matthew 16:26). When trapped in this feeling of worthlessness we forget God has given us a soul which is of priceless worth.

Not only is our soul of priceless worth to God our Maker, but so is our body, created by His design. Let's examine our worth to God by turning to Psalm 139. *O Lord, you have searched me and you know me. You know when I sit and when I rise; you perceive my thoughts from afar . . . Before a word is on my tongue, you know it completely, O Lord ... For you created my inmost being (my soul); you knit me together in my mother's womb (my body). I praise you because I am fearfully and wonderfully made ... All the days ordained for me were written in your book before one of them came to be.*

Knowing how precious we are to the Lord, both in body and soul, we now can appreciate our true worth to loved ones and friends.

Why are you downcast, O my soul? Put your hope in God! Amen.

Bible Readings: Psalm 23; Psalm 34:1-8; Psalm 86:7-13.