

Mirror Mirror!

Submitted by Minister Deirdra Taylor

Isaiah 43:4 (NIV)

“You are precious and honored in my sight and I love you”.

I start by asking this question...When you look in the mirror, what do you see?? In the morning, as we prepare ourselves for the day, we tend to look in the mirror as we brush our teeth, wash our face, or even comb our hair. We begin to critique ourselves.... a hair here, a hair there. A mark here, a spot there, or even notices the texture or color of our hair beginning to change.

We then look at our bodies and really begin to measure ourselves based on how we looked some years prior. Needless to say, not the most uplifting or inspirational conversation we begin to have with ourselves! Why because we are so critical of how we view ourselves. So, we walk away coming up with ideas of some things that we want to change.

Allow me if you will, to make a suggestion. I'd like to encourage you to either change your perspective or institute a new habit so that when you look in the mirror and begin to critique yourself, go one step further and look at yourself from the eyes of God. God says; You are precious and honored in my sight and I love you. Please take God's words to heart. So instead of walking away with your prior mindset, you can now walk away with confidence and a smile! Amen.