



Thoughts on Being Your Best Self

You are amazing! You are also unique. What are you good at? What qualities (such as kindness, listener, perseverance, thoughtfulness, patience, calmness) do you have? What things do you find harder or struggle with? You are a unique combination of abilities and qualities in different quantities!



The Bible says

'There are different kinds of gifts; but they are all from the same Spirit. There are different ways to serve; but all these ways are from the same Lord. And there are different ways that God works in people. God works in us all in everything we do. Something from the Spirit can be seen in each person, to help everyone. The Spirit gives one person the ability to speak with wisdom. And the same Spirit gives another the ability to speak with knowledge. The same Spirit gives faith to one person. And that one Spirit gives another gifts of healing.

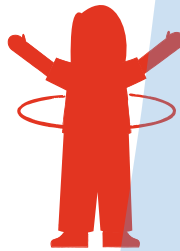
The Spirit decides what to give each person.'

1 Corinthians 12:4-11

What do you think about these verses?

Fact

We're amazing! The human heart beats more than three billion times in an average lifespan. Scientists estimate that the nose can recognise a trillion different scents. There are 206 bones in a human body.



Idea

What do you find difficult to do? What things take more effort? Do you give up when something doesn't come easily to you or do you put in a bit more effort? Don't worry if someone else finds something easier to do, and try not to compare yourself with others. We all have different strengths and struggles. Trying your hardest is going above and beyond for you. Going above and beyond is not about being the best at something but **being your best self.**



Do

Choose something you are struggling with. What can you do to help you with it. Make an action arrow!



Thank you for our abilities and qualities, our strengths and our struggles, and help us to appreciate them. Inspire us to make the effort to be our best selves.

Pray



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