

SYNOPSIS

There are times in your life when you feel that something is wrong with you. You question things like, 'Who I am?' 'Who do I want to be?' You ask questions such as, 'What am I here for?' 'What is life really about?' Sometimes you get the feeling that something is wrong, but something is actually right. This realization is part of a maturity that is happening within you. When you have these doubts about yourself you try to change situations in your life to remedy the doubts, but is this just a distraction? Are you avoiding the real issues? Find some quiet time as God is right there with you and He desires to begin something incredible in your life. Your discovery of self will lead you to realize,

Your Imperfections are Part of your Perfection.

You have been created perfectly imperfect. It is key to think about and acknowledge which imperfections are part of who we are, and which ones stand in our way of being us. It takes humility and honesty to discern the difference. Becoming the true self God created us to be is the only thing that matters, and it is the only true and lasting success.

Take the time to figure out if you are happy. Think about it...Unhappiness is something that we do to ourselves. You can choose to be happy or unhappy, they are options. Examine the situations in your life that have caused you to be unhappy. Do you blame other people for your unhappiness? Some days there may seem to be many reasons for your unhappiness. How about your happiness? Pleasure and happiness are not synonymous. Think about pleasure as not being sustained beyond the experience, as in when you eat a meal. When the meal is over the pleasure is over. Happiness can be sustained beyond the experience such as when you choose to exercise instead of watching TV. The sense of satisfaction you feel for making that choice leads to happiness which can be sustained beyond the activity.

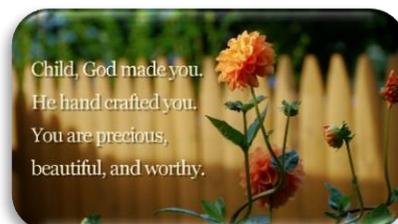
We keep telling ourselves that when we get what we want and enough of what we want then we will be happy. It doesn't work because you simply never can get enough of what you don't really need. Meditate on Ecclesiastes 5:10-11. Do you see that getting what you want won't always bring you happiness?

"Whoever loves money never has enough; whoever loves wealth is never satisfied"

When you are feeling confused and don't know what direction to turn, the thing to do is to just do the next right thing. If you are not sure about what the right thing is, then take time to quiet yourself, pray and then move from confusion to clarity. Always remember *"Just do the next right thing"* and your next steps will be so easy.

DISCUSSION

1. What would the reason be that might cause you to think something is wrong with you? How can these doubts be handled? Is there anyone in your life who you can confide in and talk to?
2. How can you work on becoming more perfectly you?
3. How can you practice consulting with God in all of your decisions so that you can move in the right direction and *Just Do The Next Right Thing*?
4. You can you choose happiness over unhappiness; how would you work on this? Who in your life can help you look at things in a different way?



REFLECTION

You can choose to be the best version of yourself through prayer. Take all daily struggles to our Lord. Remember that God has a dream for you and your life and you need to talk with him to ask him to reveal His plan for your life. Believe in Him and know that He is always with you. Don't let self-doubt plague you. You are God's child and He will always hear your voice asking for His help. Never let others tell you who you are, you know who you are. Their opinions of you are not important and as you faithfully walk in his grace you will know that you are loved. You are perfect in God's eyes.