

You Matter So Do Not Let Anyone Make You Feel Otherwise

Today's podcast is called You Matter, So Don't Let Anyone Make You Feel Otherwise.

We all have a purpose & we are all important, no matter what anyone else might say. Despite the challenges of life, it's important to remember that you are very valuable & you matter a great deal. Unfortunately, narcissists don't see things that way. They make their victims feel like they don't matter & that they are worthless. According to 1 Corinthians 12:27, they're wrong. In the Amplified Bible, that Scripture says, ***"Now you [collectively] are Christ's body, & individually [you are] members of it [each with his own special purpose & function]."***

If you have been a victim of narcissistic abuse, it can be very difficult sometimes to remember that you matter, but it's important to have faith & keep God's truth in mind. You are valuable & you have a special purpose in this life that no one else can fulfill. Following are some things to remember when a narcissist makes you feel like you don't matter.

The most important thing to remember is that God created you & He loves you. He created you with a very special, unique purpose & He will never abandon you. No matter what, God always will love you & He always will be there for you. John 3:16 says, ***"For God so [greatly] loved and dearly prized the world, that He [even] gave His [One and] only begotten Son, so that whoever believes and trusts in Him [as Savior] shall not perish, but have eternal life."*** No matter what, you are very loved by & you matter a great deal to God. When a narcissist makes you feel like you're worthless, remind yourself that God loves you & that you are valuable in His eyes, & the narcissist is lying to you. Don't let anyone but Him define who you are.

God created each & every one of us with a special purpose. You are an important part of the world with a role that only you can fulfill. You may not realize it at the moment, but you make a very big difference in the lives of those around you. Even if you don't feel like you're making a difference, you are! Your actions & words affect the people around you in countless ways of which you may not even be aware. When a narcissist makes you feel like you don't matter, remember that you God gave you an important role to play in the world. You are an important part of the body of Christ & you make an impact on the people around you.

You are a unique & valuable person. You are one of a kind, God's masterpiece according to Ephesians 2:10, & you have something special to offer. No one else is like you & no one else can do what you do. You have something special to give & contribute to the world. Don't let anyone, especially someone as toxic as a narcissist, make you believe that you are not valuable. Remind yourself often of Ephesians 2:10. You are unique, worthy & valuable!

Your worth is defined by God alone, not the words of anyone, especially a narcissist. You are valuable & important, no matter what anyone else may say. Don't let anyone make you believe that you are not worth anything.

It can be difficult sometimes to remember that you matter when a narcissist makes you feel like you don't, but it's important to remember that you are valuable & you have a special purpose. You are loved by God & you have an important role to play in the world. Don't let anyone make you feel like you don't matter. You are unique, valuable, have something only you can offer to this world & your worth is not defined by the words of a narcissist. God loves you & called you to fulfill His unique purpose!

Thank you for listening to my podcast!