

“ I can come to God **just as I am.** ”

Melvin, 2009

Reflection

Tell yourself today: I am enough, I am capable, I am good, I belong, I can show up, just as I am. You do not need transformation; you need revelation—to see yourself with the grace and love that God sees you. When you take off the layers of pain and protection you have mistaken for yourself, what remains is the shining brilliant beauty that is you, just as you are.



Art by Gary F.

Questions

What kinds of masks have you worn to protect yourself? Why have you worn them?
What's underneath the mask?
Complete the sentence “I am” with ten positive statements about yourself.