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# FLOWER

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## > *Matthew 6:28-29* <

And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these.

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Sometimes when we read the Bible we have to work hard to understand how this applies to our lives. That's not the case in these verses! It's amazing how much we worry about what we look like and the clothes we wear. I know that many of us will spend a very long time in the morning trying to pick out the perfect outfit. Others will spend loads of money each year trying to make sure we're caught up with all of the new fashions. Our culture reflects this.

And yet, Jesus tells us very clearly in these verses that it really doesn't matter what all we put on. What we wear doesn't make us better or more beautiful. Jesus wants each of us to know that we are our best self not because of what we have on the outside, but because of what God has done on the inside.

Our beauty and value are based on the fact that God made us. When we look at flowers we never try to enhance them by adding things. We want to bring out their natural beauty, and to display them just how they were made. God wants us to understand that there's nothing external we can add that will make us any more pleasing to Him. Know that you are beautiful and good just how you are. You don't have to try to impress anyone, I promise.

### **Go and Do**

How much time do you spend getting ready everyday? Do you find yourself obsessing about what people see when they look at you? Time yourself over the next few days. See what things you work the hardest on and what things cause you the most anxiety when you get ready each morning. Work on ways to not worry about these pieces of your appearance.

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