

# The Voice Within

By Edith Pont, M.A., Licensed Mft

When I ask others to write about a life experience or a devotional to share with others, I get a blank stare as if I've asked them to jump off a building. It's as if they're in shock and become paralyzed. Some of the responses are the following: "I don't know what to say," "I'm not a good writer," or "Nobody will want to read what I have to say."

These statements are all false beliefs of ourselves, which we accept as truths. There are 365 days in a year and out of those days there's going to be something that you learned which can benefit and bless others. We all have something to say, something to express, and we all have a story to tell. Your voice matters.

Some individuals are walking around in fear unable to share their thoughts and feelings for fear of rejection or disappointment. Some have learned since childhood that their feelings are not valid, therefore, they shutdown emotionally from the world and miss out on having deep connections with others.

Are you walking around believing in the Goliaths around you, instead of believing what God has to say about you? Don't believe the lies that you can't do it, that you are not good enough, that you are not loved, that you will never amount to anything or that you are a failure. God loves you and believes in your potential. He created you for a purpose – and that is to Glorify Him.

Sometimes the biggest Goliath is your own mind! Ruminating on negatives thoughts, worries and holding onto the; should haves, could haves, and would haves of life drain you and don't let you move into the future. The Lord wants you to have a life in abundance, looking ahead into the Promised Land vs. a life of redundancy, focused on past hurts and sense of failure.

Find the voice within you... what does God have to say about your life? What is it that you would like to share with others? Believe in God's word and the truth that you are His Child! Loved beyond measure! The apple of His eye! If He is calling out to you, won't you listen to the Voice of Truth? Casting Crowns says it beautifully:

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*“But the Voice of truth tells me a different story - the Voice of truth says ‘do not be afraid!’ and the Voice of truth says ‘this is for My glory’ Out of all the voices calling out to me I will choose to listen and believe the Voice of truth”*

**Rest in His Word:**

Psalm 33:4 *“For the Word of the Lord is right and true; He is faithful in all He does.”* (NIV)

**Heart Checkup:**

- What Goliath am I facing today?
- What lies have I believed about who I am?
- What truths does God say about me in His word?

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