**Despite What They Say!!!!**

* Who is “they?” They can be family, friends, church, they can also be *YOURSELF!!!!*
* Why does their opinion matter so much?
	+ People opinions mattered to me because I was a people pleaser and I was more concerned about what they thought of me than what God thought of me.
* What causes fear?
	+ The fear of the unknown, no one had ever done the things I was trying to do. Lack of confidence in myself and in God
* How do you overcome fear?
	+ 1. Believe in God
	+ 2.Believe in yourself
	+ 3. Find a scripture that speaks to your situation and stand on it!!!!!

*Self-esteem*:

Psalm 139:1-16

1You have searched me, LORD,

and you know me.

2You know when I sit and when I rise;

you perceive my thoughts from afar.

3You discern my going out and my lying down;

you are familiar with all my ways.

4Before a word is on my tongue

you, LORD, know it completely.

5You hem me in behind and before,

and you lay your hand upon me.

6Such knowledge is too wonderful for me,

too lofty for me to attain.

7Where can I go from your Spirit?

Where can I flee from your presence?

8If I go up to the heavens, you are there;

if I make my bed in the depths, you are there.

9If I rise on the wings of the dawn,

if I settle on the far side of the sea,

10even there your hand will guide me,

your right hand will hold me fast.

11If I say, “Surely the darkness will hide me

and the light become night around me,”

12even the darkness will not be dark to you;

the night will shine like the day,

for darkness is as light to you.

13For you created my inmost being;

you knit me together in my mother’s womb.

14I praise you because I am fearfully and wonderfully made;

your works are wonderful,

I know that full well.

15My frame was not hidden from you

when I was made in the secret place,

when I was woven together in the depths of the earth.

16Your eyes saw my unformed body;

all the days ordained for me were written in your book

before one of them came to be.

Know that God took his time to create and make you, so there is no reason you should ever feel like you are not good enough.

*Depression and Suicide:*

Romans 12:1-2

[**1**](http://biblehub.com/romans/12-1.htm)Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. [**2**](http://biblehub.com/romans/12-2.htm)Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.

\***Began to ask God to show me myself the way that he saw me not the way I saw myself.**

Depression became self-acceptance, I knew than I was worth it. Then came hope!

*Hope:*

Jerimiah 29:10-13

10This is what the Lord says: “When seventy years are completed for Babylon, I will come to you and fulfill my good promise to bring you back to this place. 11For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future. 12Then you will call on me and come and pray to me, and I will listen to you. 13You will seek me and find me when you seek me with all your heart.

Phil 1:3-6

I thank my God for you every time I think of you; 4 and every time I pray for you all, I pray with joy 5 because of the way in which you have helped me in the work of the gospel from the very first day until now. 6 And so I am sure that God, who began this good work in you, will carry it on until it is finished on the Day of Christ Jesus.

*Fear:*

2 Tim.1:6-10

6Wherefore I put thee in remembrance that thou stir up the gift of God, which is in thee by the putting on of my hands. 7For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind. 8Be not thou therefore ashamed of the testimony of our Lord, nor of me his prisoner: but be thou partaker of the afflictions of the gospel according to the power of God; 9Who hath saved us, and called us with an holy calling, not according to our works, but according to his own purpose and grace, which was given us in Christ Jesus before the world began, 10But is now made manifest by the appearing of our Savior Jesus Christ, who hath abolished death, and hath brought life and immortality to light through the gospel:

Through all I`ve been through I wouldn’t change a thing because it made me who I am today! There were many times I wanted to quit, but God just whispered or sent someone to tell me “just keep swimming.” I thought it was going to break me, but it only made me stronger. Now I KNOW with him, I can do ALL things!!!!

Thanks for supporting and loving me!



Jasmine S. McLean