

Being able to do it all is an invented standard. Remember, Supergirl is a comic character! Going solo can suck the life blood out of us. Throw away pride and the “I can do it all” mentality because it causes an exorbitant amount of stress.

So...who is your support system, your tribe, the people who have stood by you through thick and thin? Some names will come to mind immediately, but ponder this for a few moments.

Are there people who could help assist you in your plate spinning? Possibly take this plate from you? Name them and how they could help:

Let’s recap: you’ve seen God’s hand in your past, you’re seeking His hand for the present, and you’ve even listed some possible helpers along the way. Now comes the surgery! You may need to make some ruthless cuts. Remember, a gracious “no” can suck the power out of the sin of grandiosity.

Is there something that needs to be removed from your life? Could you sacrifice a “good” for a “best”?

Prayer:

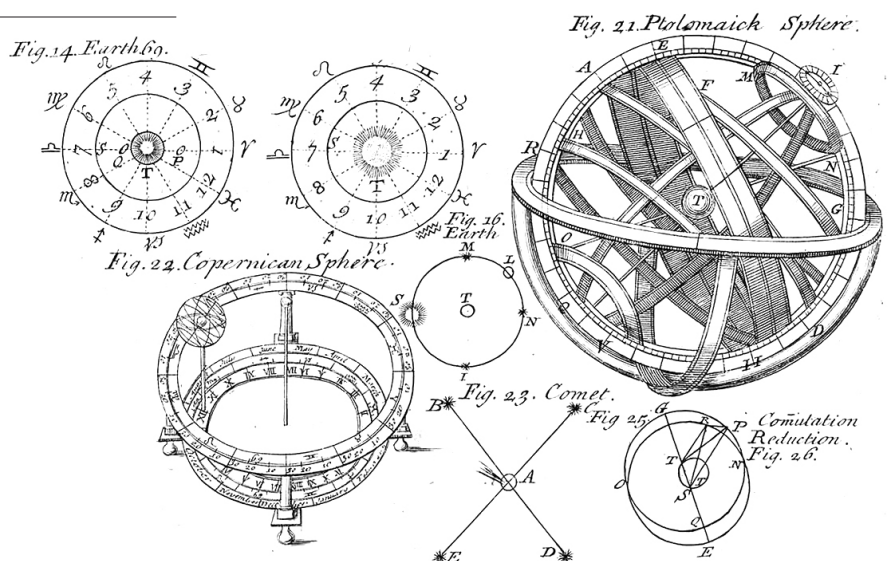
Lord, I believe that today is a gift and that everyday miracles are in it waiting to be discovered. Help me to seek the balance between hustle and rest so I can hear from you through the myriad of voices in my day. Help me to start my day mindfully and end it with the contentment of a job well done.

Remind me that I am not alone in this journey; you have given me precious friends and family to help me along the way. Help me swallow my pride and ask for help where needed.

Help me ruthlessly look at what is on my plate and be willing to graciously say “no” to what is not best for me and the ones I love.

This is a tall order, but you are an Awesome God, and I am listening and will be quick to obey.

Amen.





“Loving your body only when it’s in perfect shape is like loving your kids only when they’re well-behaved.”

Unknown

“We are not physical beings having a spiritual experience; we are spiritual beings having a physical experience.”

Pierre Teilhard de Chardin

Have you ever considered how many times a day you look at your reflection? How often you check yourself out in a mirror or walk by a store window and glance at your image in the glass? “How’s my hair?” “Do these pants make my butt look big?” “Am I color-coordinated today?” “Am I attractive?” “Do I have a small enough waistline?”

In his book, *Coming to Our Senses*, Morris Berman points out that around the 1500’s there was a rise in the production of an invention: the mirror. After this turning point in history, we see a shift from attentiveness to the development of the inner life to people living almost entirely outside of themselves. America has created a massive industry out of the obsession of the outward appearance in Hollywood and Madison Avenue. The development of the “inner self” pales in comparison to our obsession with the “outer self”.

The majority of Americans are preoccupied with body image. *“Body image is the mental representation one creates, but it may or may not bear close relation to how others actually see you. Body image is subject to all kinds of distortion from internal elements like our emotions, moods, early experiences, attitudes of our parents, and much more. Nevertheless, it strongly influences behavior. Preoccupation with and distortions of body image are widespread among American women (and, to a lesser extent, among males), but they are driving forces in eating disorders, feeding severe anxiety that can be assuaged only by dieting.”*⁴

It’s a mind game. How you feel about your body is a choice. Two very important questions need to be asked in this battle of body image: “what are the voices I’m listening to?” and “how are they affecting my perception of my body?”

Check out “Dove’s Real Beauty Sketches – You’re More Beautiful Than You Think.” This is a startling demonstration of how we are affected by our body image.

<https://www.youtube.com/watch?v=litXW91UauE>

⁴ “Body Image.” *Psychology Today*, Sussex Publishers, www.psychologytoday.com/us/basics/body-image.

The Voices Without

First of all, you must consider the source. Where do the images and messages that enter your sight and infiltrate your mind come from? It is important to note that many of the images we see and admire have been painstakingly altered. Even with a great genetic pool, the fashion model still has an army of makeup artists, lighting professionals and experts in computer imaging behind her. It goes without saying that a powerful advertising force is telling us that she is the epitome of today’s “it” girl. There’s a brain trust behind this model that has studied the human psyche to lure every woman into wanting to become her.

Today’s influences in advertising are extremely powerful... how do we wisely navigate it? How do we discern what is the right body image for me? We need to examine if the attention we give it has crossed the line to obsession. There is nothing wrong with checking yourself out in a mirror, adding makeup to enhance your features, or gleaning fashion tips from today’s trends that are attractive for your body type. How do we know when it becomes a fixation and is no longer God-honoring? Is it possible that my body image has become a form of idol-worship?