

Do You Know
You're **Already**
Amazing?

30 TRUTHS TO SET YOUR HEART FREE

Holley Gerth



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I praise you because you
made me in an *amazing*
and wonderful way.

Psalm 139:14 NCV

To my grandma, *Eula*,
my mom, *Lynda*,
and my daughter, *Lovelle*—
your love helps me believe the
truth about who I am.



Contents

Why We Need to Know the Truth about Who
We Are 9

About This Devotional 13

1. **You're Not Invisible** 17
2. **You're Not Forgotten** 24
3. **You Don't Need to Do It All** 31
4. **You're Not Defined by a Man** 38
5. **Your Life Has a Purpose** 45
6. **Your Looks Don't Determine Your Worth** 52
7. **Your God Is Good All the Time** 58
8. **You Can Find Satisfaction** 65
9. **You're Enough as You Are** 72
10. **You're Never Too Young or Too Old for God
to Use You** 79
11. **You Can Always Make a New Start** 86

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12. Your Home Doesn't Have to Be Perfect	93
13. You Belong	100
14. You Can Come to Jesus as You Are	107
15. You Have Something Valuable to Give	115
16. You Can Trust God's Timing	122
17. You're Worth Protecting	129
18. Your Needs and Desires Matter	136
19. You Know More than You Think	143
20. You Can Take God at His Word	150
21. You're Blessed with God's Best	157
22. Your Future Is Secure	164
23. You Can Be a Mother in Many Ways	171
24. You Really Are Forgiven	178
25. You Can Go outside Your Comfort Zone	185
26. You Can Let Go without Giving Up	192
27. You're Created to Give God Glory	199
28. You're Not in Control	207
29. You're Not Condemned	214
30. You're Already Amazing	221
Acknowledgments	229
Notes	231
About Holley	233



Why We Need to Know the Truth about Who We Are

I pose this question to a group of women online one evening: “What lies are our hearts tempted to believe? Think about yourself but also your daughters, sisters, friends, and others.” I expect a trickle of responses, but instead I’m struck by a waterfall of words. Hundreds of women share confessions like, “I’m inadequate,” “I feel invisible,” and “If anyone really knew me, they wouldn’t love me the same way.”

I nod in understanding and feel a fierce longing to reach through my computer screen and wrap protective arms around every person who has left a comment.

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Our battle against the lies our hearts believe goes all the way back to Eden. The enemy tempted Eve with the question, “Did God really say . . . ?” That phrase is the tip on every sword of untruth. And he still uses it to pierce the deepest parts of who we are.


Did God really say you’re loved?

Did God really say you’re enough?

Did God really say he has a good plan for your life?

Before we know it, the lies slip in and our joy, peace, and sense of purpose slip out. But we don’t have to live that way. We belong to a Savior who promised, “You will know the truth, and the truth will set you free” (John 8:32). How do we discover this truth? Through an intimate relationship with Jesus, the One who is “the way and the truth and the life” (John 14:6). Here’s the secret: Truth is not just a fact we store in our heads. *Truth is a Person we seek with our hearts.* We do so by spending intentional time with him and hearing what he has to say.

More than one hundred thousand women have read *You’re Already Amazing* (the book this devotional is based on). I addressed the lies we




believe in one chapter, and readers told me, “We want more!” This devotional goes far beyond that original content, which covered only five lies, and instead addresses thirty. It includes powerful Scriptures, new insights, and prayer prompts to help you draw close to Jesus and receive the truth he wants to whisper to your heart. When you finish, you’ll also be better equipped to share encouraging truth with other women in your life who need to hear it too.

Psalm 139:14 declares, “I praise you because you made me in an amazing and wonderful way” (NCV). In other words, recognizing the truth about who we are leads to *praise*, not to pride. Honoring our Maker is the ultimate goal of what we’re doing together.

We may have been wounded by lies, but we have not lost the battle. And we have been promised victory. We’re going to defeat discouragement, banish fear, and break free from all that’s been keeping us from embracing who we are and becoming all God created us to be.

It’s time for us to fight until we fully believe the truth about who we are, because we bring



God glory and change the world when we do.
(If that still sounds a bit wild and scandalous to
you, just keep reading. I used to feel that way too.)

Let's win this war for our hearts together,
sisters.

Are you with me?



About This Devotional


Each of the thirty devotions in this book addresses a lie our hearts are tempted to believe and shares the truth God wants to offer us instead.

The truths and lies shared are based on actual conversations I've had with women as an author, blogger, counselor, speaker, and life coach. While each day's reading has a woman's name connected with it to make it feel more personal, for privacy reasons these are not the actual names of any particular people. Instead they're examples based on real instances that are intended to provide stories and perspectives we can all relate to. I've also included women from the Bible because they struggled with lies just as we do now. Sometimes what they say is quoted directly from

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Scripture, and sometimes I've paraphrased the truths their stories tell us.

Following each devotional entry are prayer prompts. While the messages provide truth that applies to all of us, it's important to spend time with Jesus sharing the specific lies you've believed and asking him to reveal the truth you especially need to hear. If he seems silent, that's totally okay too. Just enjoy some peaceful moments being with him as you would with someone you love.

While you'll have peaceful moments, confronting the lies we believe really is doing battle. If you struggle with insecurity or other challenging emotions at times as you go through this book, know that's normal. Keep fighting, and ask God to guard your heart. You can't lose with him on your side! It can also be really helpful to share your thoughts with someone you trust and ask for extra prayer. The more we get honest about the lies we hear, the more we help each other heal.


Life can be busy, and you'll probably miss days at some point. If so, just pick up where you left off and continue. Give yourself grace on this journey,



and treat yourself with extra gentleness. Try to avoid attacking yourself with critical thoughts or unrealistic expectations. Instead stay focused on what matters most—and that’s simply connecting with Jesus, who always welcomes you.

Also remember that it takes time for what we know is true to actually *feel* true. If your emotions and experiences don’t change right away, just keep repeating the truth to yourself day after day. Our brains create new neural pathways when we begin thinking differently, and that’s not an instant event but a process. As you persevere you’ll be “transformed by the renewing of your mind” (Rom. 12:2), and your emotions will eventually catch up.

Sharing what we’re learning with others can strengthen our minds as well as our hearts and speed up the change process. Consider inviting someone in your life or even a group of women to go through this book with you. You can do a thirty-one-day truth challenge together! Be creative—you can meet in person, set up a group online, talk on the phone, or whatever works best for you.



I hope it will feel like I'm joining in with you too! I'm excited about what our God of Truth is going to speak to you and the new victories he's going to bring in your life. *He loves you even more than you know right now.* "I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God" (Eph. 3:17-19).



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You're Not Invisible

The lie we hear: "I'm invisible."—Emma

*The truth our hearts need: "God sees me."
—Hagar*

Read Genesis 16

Emma groans as she sees the mountain of laundry in front of her. She takes the first load to the washer, and her thoughts begin swirling just like the water inside. The day has begun much like any other. Juice spilled. Homework lost, then

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found. Car doors slammed. Does anyone even appreciate what she does?

She thinks back to her internship during college. She made coffee, took notes in meetings, and answered to a boss who couldn't be pleased. One evening she found herself alone in the dark when the janitor flipped off the lights. An unfinished report still sat on her desk, and she quietly whispered, "I just want someone to notice what I do."

She wonders if it will be the same in her later years of life too. She pictures herself wandering around a now-empty house. Maybe the phone will ring sometimes. Hopefully, she'll have friends and family who will come to visit. But will anyone really value her when she isn't as useful?

Emma pauses, and the lie she's fought many times in life drifts to the surface of her mind: *I'm invisible.*

If Hagar could have heard Emma's thoughts, she would have nodded in understanding. Although she lived thousands of years ago, her duties also included lots of work and little appreciation. And as a servant to Sarai (later called



Sarah), the wife of Abraham, Hagar also had to do something that would be totally unacceptable in our culture: have a child for her boss. God had promised Sarai and Abraham a son. When it didn't happen in the time frame Sarai hoped, she bypassed God's plan and turned to Hagar for a solution.

But rather than providing peace for Sarai, Hagar's pregnancy led to even more tension in the household. Finally Hagar fled to the desert out of desperation. She must have felt alone, overlooked, and deeply concerned for her unborn child. No one understood all she'd been through and what she'd had to do. Who would look out for her now? Then an angel appeared to Hagar and spoke words of hope and encouragement. Hagar "gave this name to the LORD who spoke to her: 'You are the God who sees me,' for she said, 'I have now seen the One who sees me'" (Gen. 16:13).

Sometimes our lives can feel like we're in the middle of a desert alone. The work we have to do seems as abundant as the sand. We're thirsty for affirmation and a little recognition. Feelings of being overlooked and unappreciated pile up


like dunes (or piles of laundry) in our souls. We wonder if our lives even matter. Yet in those overlooked places, God comes to us and whispers, “I see you. I know your past, present, and future. There will never be a moment when I’m not watching over you.”

Emma grabs a pair of jeans to add to the washer, and a slip of paper drifts to the floor. One of the kids must have carried it home from church yesterday. She rolls her eyes and thinks, “Great, one more thing I have to pick up today.” Then the Scripture at the top captures her attention:

O LORD, you have examined my heart
and know everything about me.
You know when I sit down or stand up.
You know my thoughts even when I’m
far away.
You see me when I travel
and when I rest at home.
You know everything I do.

Psalm 139:1-3 NLT

Suddenly the laundry room feels like sacred ground. *Perhaps it always has been*, Emma re-



alizes. She senses the loving gaze of the God who spoke the stars into being, sculpted the sand, and numbers the hairs on her head. The washer stills and her anxious thoughts finally do as well. Even if no one else ever sees all she does, God notices and cares. He is with her in all the ordinary, extraordinary moments. He always has been. He always will be. And one day after she's finished serving faithfully, she'll stand before him—as we all will—to say as Hagar did, “I have now seen the One who sees me.”




Truth Your Heart Needs

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Talk with God about the lies you battle, and ask him to reveal what's true. Listen for his loving voice in your heart, look to his Word, and be honest about what you're feeling.

◆ **What's a Lie I've Battled?** (Example: *I'm invisible.*)

◆ **When or How Did I Begin Battling This Lie?** Ask God to bring a specific memory to mind. If one doesn't come, that's totally okay. Just leave this blank.

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- ◆ **How Do I Need to Be Healed from the Ways This Lie Has Wounded Me?** Write a prayer sharing honestly with God about how this lie has hurt you and asking him to heal your heart.

 - ◆ **What's the Truth That Will Defeat This Lie in My Life?** (Example: *God sees me.*) Ask God what's really true, and take time to listen for his answer. It may come from today's Scriptures, the devotional, encouraging words from someone in your life, or his still small voice within your heart.

 - ◆ **Tip:** If you'd like help finding additional Scriptures for this section each day, you can use a site like BibleGateway.com. Just enter a keyword in the search box, and it will give you a list of related verses.