

7 Days of Letting Go

*A Woman's Daily Guide to Discovering
Worth in Christ*



Camry P. Moore

7 Days of Letting Go:

**A *Woman's* Daily Guide to Discovering True
Worth in Christ**

By: Camry P. Moore

Day 1: Introduction

What does it mean to find your worth in Christ?

Finding your worth in Christ means dismissing all other measures of worth. Being born into this world, our expectations of ourselves are almost always shaped by what the world expects of us. Representations are presented to us in all forms of media—television shows, movies, magazines, social media, etc. For example, growing up, I loved watching cheesy Disney channel original movies. A recurring theme in the films was the *pretty* girl or the *popular* girl—the one who stopped time when she walked into the room; the one who everyone noticed. As a girl, I immersed myself in those films, leaving myself sitting on the couch, and *becoming* the characters. And then when the films would end, I'd find myself on the couch again—black, dark skinned, thick haired, and bearing absolutely no resemblance to what any of those *pretty* or *popular* girls looked like in those films. So without even realizing it, each time I watched those films, losing myself in them, only to find myself again once they were over and feel disappointed to be *me*, I was accepting the representations that those films were giving me. *This is what pretty looks like—and it looks nothing like me.* Imagine how that must've made a child feel. In the same way, standards of what a woman looks like and what a woman does *in this world* are displayed to us every day. These are the kinds of standards that we, as women of God, must banish from our minds.

In order for you to truly discover your worth in God, you'll have to let go of the expectations of the world. You will have to denounce the world's measures of worth—the world's representations of what your existence is supposed to look like.

But why should you? Why should you seek your worth in Christ instead of elsewhere? Why is it effective? Let me make it plain to you: the reason we struggle so much with self-worth is because we search for it in places that can't fulfill us. We search for it in trends—fads that pass away so quickly. We search for it in the attention of people who won't stay with us. Where is the stability in

that? And to make matters worse, in our journey to find fulfillment and self-worth in these things, we often find ourselves out of God's will, and then we wonder why nothing seems to be going right in our lives.

In this book, I'll discuss some of the worldly standards of worth that women of God are so often led to adhere to. Throughout these 7 days, you will be encouraged to challenge yourself and your thoughts, you will learn how to **let go** of these standards, and how to discover your worth in Christ—the only stable and fulfilling source of worth. I pray that by the end of these seven days, you'll have learned how Christ loves you, and how you should love yourself. That you'll understand that your worth is found in yourself because *God* lives in you, and that you'll come into the knowledge of how worthy you are. As a matter of fact, if you take the words you read from this book and put them into action, I can promise that all of the things I said above will come to pass in your life. I know I'm making big promises, but it's only because I know that God is going to show up on these pages. He told me He would, and I believe Him. I encourage you to take this book day by day for the sake of retention and so that you can effectively put each lesson to work, but of course I can't stop you from reading ahead, and if you feel you can go all the way through and still truly take in what you need to take in and adequately put these words to use in your life, then you're free to do so. No matter how you go about it, I know you'll be blessed as long as you believe in Him and make the changes that I believe this book will inspire you to make. Stay tuned.

Sincerely,

Camry P. Moore

Day 2:

“Who Am I?”

The definition of self-worth is: *the sense of one's own value or worth as a person*. So in order for you to possess that sense of your value as a person, you must first understand who that person *is*.

Below are two scriptures that perfectly sum up who you are as a child God. Beginning with,

1 Peter 2:9 KJV

⁹ But ye are a chosen generation, a royal priesthood, an holy nation, a peculiar people; that ye should shew forth the praises of him who hath called you out of darkness into his marvellous light;

2 Corinthians 6:14-18 NKJV

¹⁴Do not be unequally yoked together with unbelievers. For what fellowship has righteousness with lawlessness? And what communion has light with darkness? ¹⁵And what accord has Christ with Belial? Or what part has a believer with an unbeliever? ¹⁶And what agreement has the temple of God with idols? **For you are the temple of the living God.** As God has said:

“I will dwell in them
And walk among them.
**I will be their God,
And they shall be My people.”**

¹⁷Therefore

**“Come out from among them
And be separate,** says the Lord.
Do not touch what is unclean,

And I will receive you.”

¹⁸“**I will be a Father to you,**

And you shall be My sons and daughters,

Says the Lord Almighty.”

The scripture in Peter uses words like “chosen” and “royal” to describe God’s people. This is who you are. You are not simply a woman with a body, a woman with long/short hair, a woman with brown eyes, a student, a mother, a sister, a wife, or whatever your occupation may be.

You are chosen, and you are *royal*. That’s who God says that you are.

Notice that in both of these scriptures, the word of God makes a point of telling us that we are *not* like the world. 2 Corinthians 6:17-18 begins by telling us to separate ourselves from the world, and then God says He will be a father to us and we will be his children. Pay attention to the process—we separate ourselves from the world, and remain in what is pure and not unclean, *and then* He will be a father to us, *and then* we will be His children. And like a natural father does his children, He will raise us and train us up as we should go.

Just for the sake of clarity, separating yourself doesn’t necessarily mean only talking to other believers and never dealing with anybody who doesn’t attend your church. If that were the case, we could never show people who are in darkness the light that lives within us. Separating yourself means not *joining* them in that darkness. It means not doing things the way the world does things. By deciding to separate ourselves from the world, we separate ourselves from their standards and their expectations simultaneously. I believe one reason God asks this of us is so that we can discover our identities in Him, and not in this world. For this reason, if you are a child of God, then you must understand that the things that the world expects of the people in it do not apply to you. Why? Because you’ve separated yourself from them, remember?

We live in this world so we can’t exactly be blind to what it’s asking of women these days. Often, we look around and see that the women who are being praised by this world bear no resemblance to

what a Godly woman is meant to look like, nor do they behave as Godly women are meant to behave. And yet, this is what the world seems to see as a “worthy woman”; this is what women are meant to aspire to be if they want to be praised by the world. But what does that have to do with you? You’re separate, right? Chosen and royal, right? Okay, then. So when you look around and you see all these standards and measures of worth that flood the TV screens and social media pages—remind yourself that that has absolutely nothing to do with you. You are who *God* says you are. **Let go of the world’s standards.** Don’t turn to this world for clarity when you’re facing an identity crisis. Seek God. This world is just going to ask you to try on a million different faces—experiment until you find something you like and then stick with that for a while before that feeling of emptiness creeps up again, and then it’s time to try something else. But God already knows who you are. He knew before you ever even took your first breath. When you seek Him, you’ll be surprised at how easily you’ll find yourself.

Homework: Start talking to God about who He intends for you to be. Ask Him to help you to understand your place in Him, and your identity in Him.

Day 3:

Measuring Up

Mark 8:36: For what shall it profit a man, if he shall gain the whole world, and lose his own soul?

How often does seeing pictures of “beautiful” women on Instagram with thousands of likes make you question your own beauty? How often do you find yourself trying or at least considering trying to emulate those women in order to feel worthy of thousands of Instagram likes, too?

If you find yourself struggling to measure up to other women, pay close attention to this section.

I’d like to preface this by saying, you are absolutely beautiful.

Yes, *you*.

Now let’s dive in.

Let’s talk about those Instagram models with the thousands of likes again. It doesn’t matter which ones—we’re not going to talk about the models themselves. We’re going to talk about the standards that they’re representing. What does a woman like this typically look like?

Is she “perfectly” proportioned? Small waist, flat stomach, sizeable breast, and a big butt? Probably exposing one of these body parts, as well, right? Big lips, too? Pretty hair? Perfectly arched eyebrows? Gorgeous makeup? Sound about right?

Thousands of likes on her pictures—even *celebrities* are liking them. Her comment section is blown up; everyone seems to be singing her praises. You look at her, and even if you outwardly appear unbothered, inwardly you might think, “Is this what a woman worthy of praise looks like?”

These days, it’s difficult to avoid the half-naked girls or the occasional twerking video on social media—no matter how *holy* your

feed may be (we all know that Discover page on Instagram is the work of the devil, but that's neither here nor there). These are the women who are celebrated. And often, you look at them and wonder why you couldn't be like them. But that's not the correct *why* for which you should be seeking answers. The real question is; why do you want to be like them? So you can feel confident, right? So you can be celebrated? Well here's another question;

Who is it that you want to celebrate you?

The world?

Do you realize that by desiring to be like these women, by desiring to receive the praise that these women receive from the world, you're forfeiting your surrendering to Christ? Remember the scripture from 2 Corinthians from Day two? The one that said, "separate yourselves"? Understand that every time you measure your worth on the scale that this world uses, you join the world again. You join darkness. You bunch yourself up with them again, after God specifically ordered you to separate yourself.

So is that what a woman worthy of praise looks like? The answer is *yes*. To the world, *yes*. Is the woman, who is anything but modest, praised in this world? *Yes*. But is immodesty what God asked of His daughters? *No*. The world considers being half-naked and twerking everywhere "liberating". But in reality, it's all a result of lust and the *desire to be desired*. Women are becoming celebrities just on the basis of being able to catch the lustful eyes of an audience. This is how the world is measuring the worth of its women, and it's something that we must stop falling prey to, sisters. Your worth is not found in the amount of men who look at you when you leave the house, or how fast you can shake your butt.

It shouldn't surprise us that we are the less desirable of the bunch in this world. The world is always going to prefer the ungodly thing over the godly one. In John 3:19, the scripture says that men loved darkness over light because their deeds were evil. So if you find yourself being noticed less than the women around you because you're fully clothed and because you're living according to God's standards, take comfort in knowing that even though you're not pleasing them, you're pleasing God. Here are two more questions to

ask yourself:

1. **Why it is that you *want* to please the world?**
2. **Why do you feel that you *have* to obey the standards of the world in order to feel worthy?**

You may not even be conscious of the fact that you have a desire to please the world or that you feel your worth is connected to how well you can live up to the expectations of the world. But if these questions are hitting the nail right on the head for you, acknowledge this thought pattern and challenge it. Why does their approval matter to you? Why does pleasing the world, please *you*? If you want to find your worth in Christ, pleasing the world simply cannot matter to you. Nine times out of ten, pleasing the world is going to require you to displease God. Which do you choose?

Women of God have no business trying to live up to the ungodly standards that this world has set for women. If you want to find your worth in Christ, you have to stop trying to be worthy in the sight of the world. Stop trying to measure up to them. Maybe it's a competition, maybe it isn't. Regardless, **you are not a contestant.**

Proverbs 31: 30 reads,

Charm is deceptive, and beauty is fleeting; but a woman who fears the LORD is to be praised.

The guidelines here are very simple. *A woman who fears the Lord.*

That's it.

Now, will she be praised by the world? No. But she *is* worthy of praise. And this woman isn't interested in being praised by the world anyway.

HOMEWORK: Challenge and reject any thoughts that make you feel as if you have to join the crowd in order to find your worth or that you have to conform in order to measure up and receive the world's acceptance. Remind yourself that your worth cannot be found in people and their approval, but in God alone. Whenever you begin to feel sad that you "can't compete" with the women of this world, remind yourself that you were never meant to do so. Set

reminders in your phone, write little notes to yourself and stick them on your wall—whatever it takes, but take the time to do *something* to remind yourself. Finding your worth in Christ is not a passive process. You have to be active in finding it, claiming it, and nurturing it.

Day 4:

Body Image vs. God's Image

Today we're going to talk about *your* standards for yourself. About all the things you so desperately want to change about yourself. The things that when you see them in the mirror, you find yourself feeling embarrassed, hurt, and maybe even repulsed. It's those things that make you feel like no one will ever want you—those things you feel you *must* improve on if you have any chance of loving yourself. Or maybe you're starting with *liking* yourself, because loving seems too unrealistic right now.

Let me make this clear: there is nothing wrong with wanting to make *realistic* and *reasonable* changes to yourself. If you want a flat stomach, that's fine. If you want stronger legs, *great!* But there are a couple of problems with the way we view those changes. The first one is that usually we desire these things out of hate for our current circumstances. Often, we want to lose weight so badly because we can't stand to look at ourselves the way we are for much longer. Notice the way you speak to yourself when you decide to make these changes. "I hate my stomach", "I hate my legs"

Hate, hate, hate, hate, hate.

You feel justified in saying these things to yourself because you think you deserve it, and because you believe that this *new* you that you're becoming is going to change everything. But have you considered the way those words feel to the current you? Imagine saying those things to your best friend. Or anyone you care about, for that matter. Better yet, imagine telling God, your creator, that you hate the way you look. Imagine telling Him that His work is not satisfactory.

This brings me to the second problem, and the most important one, with the way we view "self-improvement". One of the main reasons we struggle so much to find our self-worth in Christ is that we associate our worth with our bodies. Just as I stated on day 3—this is a worldly viewpoint. The world gives the physical body so much importance, leading us to a headspace where if our bodies

don't look like what we wish they looked like, it warrants self-hate. But remember the scripture from Proverbs 31:30?

“Charm is deceptive, and beauty is fleeting; but a woman who fears the LORD is to be praised.”

Again, the qualifications of being praised according to *God's* standards are very simple. *A woman who fears the LORD*. She doesn't have to be a woman who has a flat stomach, toned legs, a bigger butt, a larger chest, or a smaller waist. Those things are optional. She simply has to fear the Lord—in other words, love the Lord and be obedient to the Lord, (**John 14:15 “If you love me, keep my commandments”**). This isn't to say that it's not important to take care of yourself and keep yourself up. Our bodies are still the temple of God and of course, we need them to be healthy in order for us to properly serve God. The point here is that having belly fat is not a reason to question your worth. Having cellulite is *not* a reason to question your worth. These are things that have *nothing* to do with being worthy in the sight of Christ. Let me reiterate, there's nothing wrong with having a desire to have a flat stomach or a smaller waist, or making any other realistic and *natural* changes to your body. That's *your* decision. I'm not going to give anyone any excuse not to eat well, hit the gym, and take care of yourself. It's not necessary that you be thin or even “fit”. But again, taking the basic steps to be healthy is crucial if we want to be able to effectively serve God. I know for a fact that when I spend the whole week eating fried chicken, I don't feel like dancing like David danced on Sunday morning, or getting out of a bed at all for that matter.

But if you find yourself belittling yourself because of some numbers on a scale, then your source of worth is not God—it's flesh. Don't let the lack of whatever it is you desire for your body make you feel like your worth will not be intact until your body has changed.

A healthy body image comes with understanding that you were made in *God's image*. It comes with understanding that you are everything that God created you to be—He didn't make any mistakes, nor could He ever make a mistake. The things that you consider flaws are probably the things that God was most meticulous about when He was creating you.

I know all of this may sound crazy because we're conditioned to care so much about our appearances to the point where if our bodies won't do what we want them to do, we count them out as worthless. But ask yourself where this mindset comes from. Is it God who's telling you that if you don't have a flat stomach, you're worthless? Is it Him who tells you that you're worthy of love if and only if your waist-to-hip ratio is identical to that of a Barbie doll or an Instagram model? *No*. So what's the source? The world. It's the world that has trained us to believe these things, not God. It's the world that sometimes inadvertently and sometimes directly teaches us that our worth is directly correlated with our looks. Granted, recently there's been a widespread movement that encourages loving all bodies. Yet, there's still a standard of beauty that continues to fill our television screens, cell phone screens, and magazines. And it's one that we've been conditioned to believe defines beauty and worth. This is part of the reason why when we come into Christ, we have to be transformed by the renewing of our minds (**Romans 12:2 And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what *is* that good, and acceptable, and perfect, will of God.**); because so much of our thinking is still wrapped up in what we've learned from the world, and this thinking is toxic to our relationships with Christ. We have to *learn* to think the way He does.

So the next time you find yourself standing in the mirror, picking yourself apart, the next time you find yourself crying and feeling unlovable, and listing all the things about yourself that you hate, I want you to start another list right alongside that one. Start a list that indicates if this frustration is a result of you defining your worth by the world's standards, or God's.

HOMEWORK:

Part 1: Be mindful of how you approach making changes to your body. Pay attention to the way you speak about yourself when deciding to make a change. Instead of saying things like, "I have to get rid of this stomach", practice saying kind words and affirmations to yourself. Focus on loving your current self throughout the process of making changes, not hating yourself until the changes have been made. Here are a few of things you

could try telling yourself every morning in the mirror:

“As of today and every day, I have a body that is worth being loved.

“This body RIGHT NOW is worth being loved.”

“Just because I’m in the process of changing doesn’t mean I have to hate myself until I do.”

Part 2: Make a list of all the physical things about yourself that make you question your worth, and for each one, ask yourself what the source of the frustration is, the world’s expectations of you or God’s expectations of you? Write your answer down next to it. If the answer is the world (it will be), then be aware that you’re contradicting the very purpose of reading this book; you’re seeking your worth in the world, and not Christ. Remind yourself that when it comes to God, your physical appearance is completely unrelated to your worth. Look at the list whenever you start to feel weary.

Part 3: Put this scripture somewhere you’ll be able to look at it every day.

“Charm is deceptive, and beauty is fleeting; but a woman who fears the LORD is to be praised.” Proverbs 31:30

You could set it as a reminder on your phone, write it on a sticky note or a piece of paper and tape it to your wall, or even stick it on your mirror.

Day 5:

Relationships: Part 1

“You’re nobody until someone loves you...”

How often do you find yourself saying or thinking things like, “No man wants a woman who has (insert thing that you have)”, or “No man wants a woman who doesn’t have (insert thing that you don’t have).”

If this is a common occurrence for you, pay close attention to this section. This type of thought process shows that you’ve associated your worth with whether or not a man wants to be with you. **You must let this go.** This mindset is incredibly toxic in various ways. One of those ways is that it can lead you to cultivate an identity based on what you think men want, instead of focusing on becoming who God wants you to be. So let’s say you become it—you become everything that you think a man could possibly want, but you’re still experiencing rejection. Or maybe you meet a man, and for a while things are going well, and you’re feeling great. This man wants to be with you, so obviously that means you’re worthy. But then, the relationship ends. He dumps you. Then what happens to your self-worth? It comes crashing down because you thought that that relationship was what made you worthy—you thought that your self-worth was somehow attached to his love for you, so once he leaves, he takes your worth with him.

He loves me, so I must be worth something.

(I should add, this applies to any type of relationship, romantic or platonic.)

Are you aware of just how much power you give a person when you decide that you’re only worthy if they want you or want to be around you? Your self-worth begins and ends with them. This is how we end up in situations where we find ourselves doing whatever it takes to try and keep people around who don’t want to

stay—even compromising our promises to ourselves and God—because we’re afraid that if they leave, we’ll go back to feeling worthless.

But in the process of trying to be whoever a man wants you to be, you forget that God has a plan for you. You disregard what is considered pleasing to Him, in favor of pleasing him. What we don’t realize is, God knows exactly who we are. He knows better than we do. Our identities can be found directly in Him and His will. This is why every other identity we try to take on generally leads to some form of destruction in our lives—they can’t last nor can they ever really feel true to us, because they’re not His plan. There’s a certain kind of satisfaction and fulfillment that comes with being exactly who God wants you to be, and it’s one that you can never truly experience if you live your life seeking to be who and what a man wants you to be. When you focus on being who God wants you to be, you don’t have to worry about being desired by a man. Understand that the woman He intends for you to be will be everything that you ever wanted to be, and everything **that the man He has for you** could ever want. She’ll have everything it takes to attract the right man, and everything it takes to keep him.

Jesus decided that you were worthy of love when He died on the cross. Before you were even born, He was certain of your worth; certain that you would be worth His life. But we’ve been led to believe that if you’re single, it’s because you’re worthless and nobody wants you. So instead of being patient and allowing God to lead us to the right partners, we settle and give just about anyone the time of day, just for the sake of not being alone. The sad part is that the kind of love that we receive by trying to force it is usually not worthy of *us*.

Ephesians 5:25: Husbands love your wives as Christ loves the church, and gave himself up for her.

That’s the kind of love God feels his daughters deserve. That’s the kind of love He’s placing inside of the men who He’s preparing to marry His daughters. But so many of us are more than willing to accept far less than that, just so we can say that somebody, *anybody*, wants us. We find ourselves wanting to be noticed. And the more we want to be seen, the more extreme the measures that we

take to be seen become. Our clothes start getting shorter, our behavior in general becomes more and more ungodly and promiscuous. We take steps to become “desirable” in the eyes of man, not considering the fact that the sort of desirability we’re trying to accomplish is not pleasing to God. Is putting a frown on God’s face really worth the attention and desire of man? Be careful what you ask for. The devil knows that the perfect time to send someone who seems to fit the bill but who will ultimately pull you away from God and drag you into darkness is when you’re desperate for attention and companionship. He knows you’ll blindly accept anything at that point. Attention seeking behavior and desperation will lead you right into the arms of the kind of man God wants to protect you from, and away from the man God is leading to you.

HOMEWORK: Be mindful of the way you speak and think about your relationship status and your “qualifications”. Let go of the “No man wants this” and “No man wants that” thought processes. Focus on being who God intends for you to be, not who you think you need to be in order to make a man want to be with you. Stop trying to get attention. Your desperation for attention is going to land the attention of the *wrong* man. Stay in the place God has for you and seek to please Him, rather than man. Make it your mission to walk in His will and become exactly who He knows you’re meant to be.

Day 6:

Relationships: Part 2

“What you feed grows...”

1 Corinthians 6:18 Flee fornication. Every sin that a man doeth is without the body; but he that committeth fornication sinneth against his own body.

The idea of sex as a scale of worth is becoming increasingly overwhelming in this society. This scale has two forms. The first one is based on how much sex a person is having, and the second one is based on how good they are at sex. Both of these scales are extremely harmful to those who attempt to measure their worth on them.

First off, sex is a part of day to day culture. Unmarried couples on our favorite TV shows can't be in a relationship without having sex on screen every other episode. Fornication has been normalized to the point where even Christians feel like it's normal. This can lead women who are considering waiting or who are already waiting until marriage for sex to feel like they're somehow diminishing their desirability to men by not having sex. The reality is, that's true. A lot of men in this world are not going to want to be with a woman who isn't going to hop in the bed with them before marriage. But, sis, *that's perfectly fine*. The issue is that many waiting women see this as a downfall of waiting rather than a blessing. We feel that we're somehow at fault for expecting men to wait on us, and because of that, sometimes we end up compromising and sleeping with them before marriage--even though God's word tells us multiple times not to fornicate. This goes back to day 5, where we compromise our beliefs for the sake of companionship.

Secondly, too many of us are having sex just for the sake of feeling worthy of sex. In other words, we're doing it just to prove to ourselves that we're desirable. That someone wants us. But your worth is not found in the number of men who want to have sex with

you. The devil has filled the world with this notion and it is a lie. There's no truth to it. In being misled by this, you'll find yourself having more and more sex because the enemy is able to convince you to live directly contrary to God's will under the impression that it's perfectly okay to have sex before marriage since everyone else is doing it, and that having sex is an effective way to feel worthy. But what's even more disturbing is that after the sex is over, or after the relationship has ended all together, you're often left feeling even more worthless than before. And what do you do to combat those feelings of worthlessness? You have sex. Again. See how this is a trap?

The dangers of the relationship/sex trap are almost endless. These relationships are almost always unequally yoked, resulting in you pulling away from God in an effort to make sure the man doesn't pull away from you. Now you're in darkness, and often feel like you're dying. And that's because you are. You have to realize that when you become so desperate for companionship that you'll abandon God for it, you're abandoning your life source. You also run the risk of developing ungodly soul ties, taking on sexual/lustful demons, and encountering every flavor of mental/emotional turmoil you could imagine. So how do you escape this trap?

You have to learn to be content in God and singleness until the man who God has for you comes along.

Much easier said than done, I know. But it's possible. I've spoken to so many different women who've expressed to me that they genuinely feel like they can't be alone. And because of that, they jump from relationship to relationship, or they hold onto toxic relationships, just for the sake of company, rather than waiting for God to send them a husband ordained by Him. And if you're like them (and like I once was), I'll tell you like I told them--the truth is, you *can* be alone. You just don't want to be. Every time you've tried, loneliness has set in so quickly and the feeling of it has always been too heavy, too painful. And if I'm being completely honest, there's no way around that. I can tell you from experience that it's going to hurt at first. But it's because after spending years and years seeking instant gratification from people, after years of turning to *people* to fill the emptiness that you feel when you're alone, your body and your mind are basically addicted to it. Addicted to that feeling of having

someone there to tell you that you're pretty, to hold you, and tell you they love you, even if they don't mean it. Even if their actions don't match their words. Addicted to having someone, *anyone* there. Because just their presence, their willingness to spend time with you, even if you had to beg, even if they only come around at 4AM, and even if they just want to have sex—their “desire” to be near you makes you feel worthy. It's an instinct for you at this point. The truth is, you're always lonely. But only when you're alone at certain points do you become aware of that loneliness. And when you do, you never sit in it for too long—you pick up your phone and text that guy who you know doesn't really care about you. You call your ex. You call *someone*.

Escaping the trap, and learning to be content in God and in singleness means saying no to that instinct. **It requires deliberately choosing God over other sources of contentment.** It means turning to Him when you're lonely and sad, not to other people. When you're lying awake at 3AM, feeling empty and lonesome, instead of picking up your phone looking for a man to fill the other side of your bed, try praying. Ask God to be your comfort and your peace. And yes, God is able to comfort you and be everything you need Him to be when you're lonely. He will wrap His arms around you, He will warm you up, and put your mind at ease. But you'll never experience this until you've made a habit of rejecting the flesh. So yes, your flesh is going to suffer, I won't lie. Your body has to detox and get used to not having another body near it at night. Your mind and thought patterns have to be rewired—you have to completely relearn how to cope with being alone. At this point, repeatedly doing what you've been doing has created an automatic pathway to healing in your mind that probably works like this:

Become aware of loneliness



Invite someone over/Go see someone



Find comfort in their presence

And when they leave, it starts all over again.

This pathway has to be redirected. And it doesn't always happen immediately. It's going to require you to repeatedly say no to what the flesh wants, the same way you've spent all this time repeatedly saying yes. Eventually, your automatic coping mechanism will be to seek God for peace. And even more than that, eventually you won't have to *cope* with being lonely, because you won't be lonely at all. Being single and being lonely are not the same thing. You may be single, but you don't have to be lonely. And I promise you, if you take this advice and you reject your flesh, starve your flesh of what it wants and instead give your spirit what it *needs*, you will not be overcome by loneliness and you *will* learn to feel worthy in Christ. You won't require the company of a man to make you feel worthy while you wait. God's love will fill you up and it will change you; mold you and make you into a woman who you won't have to doubt is worthy of the absolute best. God's best. And that's exactly what you'll wait for--His best. His plan. You'll wait for it because you'll understand that the woman He's made you to be deserves nothing less. You may still *feel* lonely from time to time as you wait on the man God has for you, but you won't *be* lonely. There's a difference. One is a fleeting feeling that you can shake off as quickly as it comes with a prayer and an encouraging word to yourself. The other is a perpetual state of being—an indication of a vacancy somewhere within you. That's not a vacancy that any man can fill--not even the man God has for you. Understand that *even the man* God has for you is not meant to complete you; you're meant to be complete in God already. **GOD** is the one who you must seek to make you feel whole--He made it that way so that we would understand that He comes first in our lives, and that no one can do for us what He can. He can heal you and make you feel whole, but you have to first learn to rely on Him to fill the empty space.

HOMEWORK: Reject the flesh and let go of the need to be desired. Tell yourself no when you feel the urge to have sex in order to feel worthy. And keep your distance from any man who tries to coerce you into having sex or whose presence tempts you. The bible says *flee* sexual immorality, it doesn't say entertain it and try to resist. Seek God when you feel lonely. Pray, pray, and pray some more. Write yourself a letter of encouragement, reminding

yourself that fornication is not of God, and that you can and will learn to be content and feel worthy without the company of a man until the man God has for you comes along. You will not settle. SAY NO TO YOUR FLESH, and seek God instead. That's how you put your spirit in control. That's how you learn to prioritize God's will over yours. That's how you experience the love and peace of God, and receive everything that He has in His will for your life. Remember that what you feed grows, and what you starve dies. If you continue to give in to your flesh, continue to seek worth through people, the cycle will never end. If you want to escape the trap, you have to break the cycle.

Day 7:

About My Father's Business

Ephesians 2:10 For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them.

Today we're going to talk about your purpose. Or, more specifically—your *Godly* purpose. We all have one. To put it simply, our Godly purpose is to serve God and His people. However, there are a million different ways to do this—and we all have certain roles.

Ephesians 4: 11-16 reads,

¹¹ And He Himself gave some *to be* apostles, some prophets, some evangelists, and some pastors and teachers, ¹² for the equipping of the saints for the work of ministry, for the edifying of the body of Christ, ¹³ till we all come to the unity of the faith and of the knowledge of the Son of God, to a perfect man, to the measure of the stature of the fullness of Christ; ¹⁴ that we should no longer be children, tossed to and fro and carried about with every wind of doctrine, by the trickery of men, in the cunning craftiness of deceitful plotting, ¹⁵ but, speaking the truth in love, may grow up in all things into Him who is the head—Christ— ¹⁶ from whom the whole body, **joined and knit together by what every joint supplies, according to the effective working by which every part does its share, causes growth of the body for the edifying of itself in love.**

Now, obviously everyone isn't called to preach. However, the bolded section of this scripture makes it clear that we all have a job. Just as each part of the human body is responsible for doing its part, each part of the body of Christ—AKA *us*—is responsible for a certain function. It should comfort you to know that you're not here for no reason—that God created you for a purpose. The sooner you realize what that specific purpose is, the sooner you'll unlock an even deeper level of worth in Christ. It's difficult to feel worthless once you understand that God himself values your existence so much that He assigned you a specific job to carry out. And once you begin to walk

in that purpose, thoughts of being interchangeable will begin to subside. Because the fact is, yes, God could've chosen anyone else to do this job for Him. But He chose *you*. Think about the value that this gives your life.

Your life and everything you've gone through in it all have a purpose. God is an expert at using our scars and wounds to help heal others. And it's time for you to allow Him to do that. Start talking to God about what He created you to do. Ask Him to help you to use your scars and the talents that He's given you in order to be a blessing to others and to do His will. Even if your wounds are still closing, now's as good a time as any to start helping others heal. One thing that I've found to be true is that the more you help others overcome, the easier it is for you to overcome.

When I first became inspired to start the @GodlyPurpose and @ReturnoftheGodlyWoman Instagram pages, I was still heartbroken. "Weary, wounded, and sad" as they say. And I was only just becoming fully aware of and godly sorry for my undone ways. So the page started off with me making posts of things that I felt God wanted *me* to know. Things that He was telling *me* in my spirit. Then all of sudden, people were writing me in my DMs, asking me for advice, asking me to pray for them, or simply stating how much they needed to see a particular post that God had led me to post that day. My intentions had been to simply encourage myself to do God's will, and if others happened to jump on board, to God be the glory. But God turned it into something more than I could have imagined. Now the pages have expanded into a YouTube account, blog, a mentoring program, and now this book. These are things that I could've never seen coming. But God knew all along. I've always been blessed with the gift of writing, and He's allowed me to use it, along with everything I've gone through to help encourage others to serve Him wholeheartedly and grow in Him. And more than that, I was healed through it, and my relationship with God has grown stronger because of it.

I can't tell you what you're meant to do, but I can tell you that you're meant to do *something*. The sooner you come into the knowledge of what that is, the better off you'll be. Take it from me; even on days where part of me wants to question my worth, the realization that God has placed a divine purpose within me always brings me to my

senses. How could I question my worth when God Himself values me this much? So much that He would give me a job that He's certain that I can perform to His satisfaction. That He would use me to reach His people. *How can I doubt myself and my abilities when God doesn't?* That question will become a powerful tool against your flesh, your doubts, and the devil once you realize your purpose.

HOMEWORK: Start talking to God about your purpose. Ask Him to use you. And even if He doesn't reveal your purpose to you right away, don't be afraid to step out on faith and start witnessing and encouraging others in the best way you know how. Testify in your church, make a YouTube video or two, start a blog, perform a song that ministers to you—*do something*. Let people see what God has done for you—let them see where He's brought you from and maybe even let them in on where you feel He's taking you. He's probably taking someone else in the same direction—and it can be comforting to know that other people are on similar journeys. There's something that you've survived that someone else right now is experiencing and they feel as though it's going to be the death of them. They don't think they can make it through. But your existence is proof that they *can* make it through. Let them see you. Even if you're not 100% healed, let them see you. They can be encouraged by the simple fact that you're still alive and smiling and trying--and you can be healed through your own testimony/ministry. Don't worry about how it's going to reach the right people. Just do it. God will make sure that the right people see it at the exact right time in their lives.

A Final Word:

“Seek Ye First...”

I'm sure at this point you realize that seeking God is at the core of all of the things discussed on each of these days. But that shouldn't surprise you. Remember this?

Matthew 6:33 But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

We're all familiar with this scripture, but what does it mean? It means put God first, it means seek to do His will first, sacrifice the things that you want right now in favor of serving Him first and foremost. And then, He can and will give you everything you need (and desire—if it's His will). A lot of the time we think of this simply in the material sense, and I'm not arguing that that isn't part of it. But I am arguing that it also includes an *identity*. It includes self-worth, self-love, confidence, contentment, joy, freedom, and more. Seek ye first the kingdom of God and His righteousness, and *all* these things shall be added onto you. I'm a witness of that. You don't have to search for them or anything else—including a man--elsewhere; God has it all in His hands, and He's happy to give it you. But He can't if you don't put down what you're already holding onto.

Our Father has the entire world in His hands; so yes, He's more than capable of giving you everything you need materialistically. He created the world, after all. But He also created *you*. And He can literally give *yourself* to you. He can give you your identity—the one He assigned to you before you were even born. And it won't feel like you're being forced, it won't feel like you're becoming a stranger to yourself. It'll feel natural; like you're becoming the person you always wanted to be—even when you didn't realize you wanted it. God has that version of you in His will. The *you* that is confident. The *you* that isn't bound by the world's standards, or lust. Whose worth isn't determined by people who have left her, the numbers on the scale, the numbers on her paycheck stubs, or the number of men who want to have sex with her. The *you* who knows her purpose, and who freely pursues it. That's the woman who's waiting for you on the other side of this book; who's

waiting for you on the other side of letting go.

So let go.

With love,
Camry P. Moore