

# I Hate My Life!

I love gardening. It is exciting to see the sod plowed and worked every year as it lays there and awaits its destiny. Every year in the garden is different. Crops are rotated. New varieties of seed are planted. Growing seasons are just plain very different yet very much the same. The garden is so full of analogies and teaching opportunities.

It is hard to imagine that every seed holds a possibility-yet every seed is different. Yes, most farmers know the difference between the seeds of carrots, beets, radishes, or green peppers, but can most of us tell the difference between a hot banana pepper seed and a green one? Yes, God given DNA tells these plants what they are designed to be. They can't just become anything they want to be just because they think another member of the garden is prettier or gets all the attention.

Let us imagine a garden conversation between a mother tomato and her daughter. "Mom when I grow up I want to just like Sunshine the Sunflower. She's going to be so gorgeous and tall. She'll have a huge flower and everyone will look at her in amazement. She'll even enjoy the company of birds. I hate myself. My flowers will be just little and they will go away. Besides, I'll be short and squatty! I want to be beautiful like her. I don't want to become loaded with those huge blimpy red fruits. It is just not fair that she gets to be beautiful. I hate my life!"

Sadly this comparison stuff is a reality in our lives and also a source of mental anguish. I can't tell you how many times each week I hear that popular phrase, "I hate my life!" I'm not denying that some people are enduring great hardship and tragedy and others are suffering from devastating mental illnesses. That is something totally different. I am addressing the needless pain we bring on ourselves. There is needless pain that comes from comparing ourselves and our circumstances to others.

Scripture tells us in 2 Corinthians 10:12 KJV "But they measuring themselves, and comparing themselves among themselves, are not wise." Until recently I had just merely read over this scripture, but a chapter in the book, Satan's Dirty Little Secret, has gotten me to pay closer attention to the issues of inferiority and

insecurity from a spiritual perspective rather than only a psychological one. Many of the downfalls in scripture can be traced to a root of insecurity or inferiority. I wonder how many lives have been destroyed simply because of embracing attitudes of insecurity and inferiority.

Insecurity and inferiority are nothing to take lightly. Low self esteem can be deadly or at the very least it can lead to extreme sadness or a life of compromise. I challenge you to confront these issues in your own life and in the lives of your children. I can tell you that it will not be easy, but it will be very worthwhile.

Begin by learning to see beauty and value in others. Deliberately force yourself to find admirable traits in others. I'm not just talking about only the academic or sports standouts or the celebrities in our society; I am encouraging you to learn to not discount people in general. Teach your children to find the hidden attributes in others as well. Too often attributes are like potatoes and they are never found unless we care enough to dig them up.

Finally I encourage you to confront your inferiority and insecurity. Where did it come from? What have you falsely believed about yourself and your destiny? Have you allowed others to define you and beat you down? What does scripture say about your identity? Is there a conflict between what scripture says about you and what you believe about yourself? I encourage you to embrace your fingerprints.

Remember you are a designer original.