

# To You, the Beloved

Marti Wibbels, MS, LMHC

Valentine's Day can be painful—for anyone who has lost a love, for all who haven't yet found one. But we can quit allowing pain to define us, choosing to persistently move beyond merely “coping” with life's inevitable challenges to live as *more than conquerors...through Him Who loved us* (Romans 8:37, AMP). You are loved by the author of love Himself!

Knowing you are loved will transform your life! In his book, *Discovering Our Spiritual Identity: Practices for God's Beloved*, Trevor Hudson explains, “When we see ourselves wrongly, we often end up in the muddy pit of worthlessness with its attendant despair...**Knowing myself to be beloved of God is slowly becoming more than intellectual conviction; it is gently developing into the core truth of my everyday existence...at the heart of the universe, there is a divine Lover who longs for every one of us to wake up to the amazing truth of our belovedness.**”

Have people condemned, hurt, disappointed, or failed you? **Turn to God instead of away from Him.** People will fail us; God never does. The lyrics for Lauren Daigle's version of the hymn “Turn Your Eyes upon Jesus” show us how to experience God's unconditional, transformational love:



*Turn your eyes upon Jesus*

*Look full in His wonderful face*

*And the things (the thing) of earth will grow strangely dim*

*In the light of His glory and grace*

*O soul, are you weary and troubled?*

*No light in the darkness you see?*

*There's light for a look at the Savior*

*And life more abundant and free...*

Counselors refer to developing an “internal locus of control” to help people understand how to be OK amidst life's multifaceted challenges and concerns. Continually strengthened in the core of our beings, we aren't defined by what's happening outside of us (known as an “external locus of control”). We don't feel worthless when others fail or disappoint us; instead, we choose to do all our *work heartily, as for the Lord rather than for men, knowing that from the Lord you will receive the reward of the inheritance...* (Colossians 3:23-24, NASU).

*For God so loved the world, that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life. For God did not send His Son into the world to condemn the world, but that the world through Him might be saved* (John 3:16-17, NKJV).

Believing in Jesus, you become God's beloved child. Today, look for His love in His Word. Discover your authentic identity in Him. Listen to His gentle voice saying, *I have loved you, my people, with an everlasting love. With unfailing love I have drawn you to myself. I will rebuild you...you will again be happy and dance merrily with your tambourines* (Jeremiah 31:3, NLT).

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For encouragement in understanding God's amazing love and healing, you can work through *Core Healing from Trauma*, a biblical counseling workbook for individuals or groups, available on Amazon (<https://cutt.ly/occdeljH>). It is also available as an audiobook on Audible. You can subscribe to my blog at <https://corehealingfromtrauma.com/>.

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