

“We seek validation from people, work, friends, accomplishments or our spouse. They become the barometer of our feelings and worth.”

Then from whom do we need to seek it from to experience our worth ?

How does God validate you? With the love and sacrifice of His son. My head believes this but, does my heart and behavior reflect that?

From: Everything a man does is a search for validation

“The question is not “if” a man is seeking validation. The question is “where is he seeking validation from?”

To validate something is to “give official sanction, confirmation, or approval to it.” What makes you feel like you have value and worth? We are designed to want validation, the feeling of significance. The problem is that we try to get validation from what we think we can control or manage. We avoid mystery and things we can’t control. We seek validation from people, work, friends, accomplishments or our spouse. They become the barometer of our feelings and worth. The treadmill of acceptance can wear us out. Always trying to please people or control situations. The solution is that we kill our heart or hyper control our world. We stop believing that we have value or significance in the world. This will kill your heart, “the wellspring of life” – Proverbs 4:23. Or we control the people in our world by killing them with kindness or managing everything by ourselves. This will flat wear you out.

The problem is we keep God at arms length and try appease Him with church attendance and trying to be nice. God’s love and acceptance is the key to value and significance. The journey of believing brings freedom and renewed energy. How does God validate you?

He made you in his image and delights in you. – Genesis 1:27 ; Zephaniah 3:17

He stubbornly loves you even when you are unlovable. – John 3:16

God is for you not against you. – Romans 8:31

His plans for you are good. – Jeremiah 29:11

He has given you unique gifts, talents, and strengths. – Romans 12:6

This is validation. God really does love you and is crazy about you. You really are the apple of His eye. – Psalms 17:8.

What do you do with this information. These passages feel warm and overwhelming, but how do I own them? How do I begin to believe them in a way that it changes my behavior? Look up the seven scriptures print them or write them out. Put them on the refrigerator or bathroom mirror. Put them in your pocket, purse, in your car or in your office. Meditate on them by reading them quietly in your heart and prayers. Let thoughts and questions come up. Ponder your questions as you read and re-read these scriptures in the light of the truth they present. I am convinced that you will begin to know God and yourself in a more intimate way as you mediate on scripture. It is only seven verses, read them ponder them and let them soak into your heart. I trust that the God of all the universe will meet you there.

Psalms 37:5-6 (MSG)

5-6 Open up before God, keep nothing back;

he’ll do whatever needs to be done:

He’ll validate your life in the clear light of day
and stamp you with approval at high noon.”

“Validation is – “to give official sanction, confirmation, or approval to”.

“I have been pondering God’s validation for most of my life. Over the years my understanding has grown. I have come to understand that validation comes from understanding who I am in Christ and understanding who God is. Validation comes when we understand who we are. Knowing yourself and knowing God are intricately connected together. You can’t truly know yourself or God’s validation of you without living in relationship with Him. We usually get caught up trying to get validation for what we do rather than who we are.

The metaphors that scripture uses to describe your relationship with God is a good start and guide.

We are the clay, and He is the Potter – Jeremiah 18:1-6; Isaiah 64:8

We are the vine, He is the Branch – John 15:1-11

We are the sheep, He is the Shepherd – John 10:1-18

We are His children – Romans 8:17; Galatians 4:6

We are His friend – John 15:15

We are the bride, and He is the Bridegroom – John 3:29

These metaphors are all a beautiful picture of intimacy, closeness and validation by God. Which metaphor do you identify with the most? Do you identify with the metaphors that seem to be about use, or do you recognize the connection to position and identity. True validation comes in sonship. How do you respond – as a son, an orphan or a slave? They are all members of the family, but they all act differently. A true child has confidence, peace and strength in the knowledge and position of being the child of a loving Father. Your journey ahead is growing in the understanding that you have a loving Father who is crazy about you.

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How blessed is God! And what a blessing he is! He’s the Father of our Master, Jesus Christ, and takes us to the high places of blessing in him. Long before he laid down earth’s foundations, he had us in mind, had settled on us as the focus of his love, to be made whole and holy by his love. Long, long ago he decided to adopt us into his family through Jesus Christ. (What pleasure he took in planning this!) He wanted us to enter into the celebration of his lavish gift-giving by the hand of his beloved Son. Ephesians 1:3-6 MSG”