



Volume 1 Issue 2



Valentine's Day is a day most women look forward to. That's the day their love ones will give them a special gift or card that says I love you. They are taken out to dinner to celebrate the day that has been set aside for lovers.

Valentine's Day is another day a lot of women will experience depression and anxiety because they don't have a spouse or a fiancé to celebrate with them. What they don't realize is there are millions of women being told "I love you" on that special day and the actions of their sufficient other is on only shown on that day, if it's shown at all.

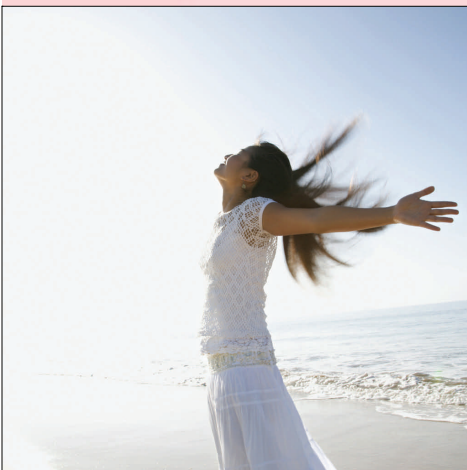
The special affection and attention given on Valentine's Day should be given throughout the year, in the good times as well as the bad times. **True love is unconditional.**

Thank God for the husbands that love their wife and express it on a daily basis. For those women that don't have a husband, know that you have someone that loves you more than a man can ever love you and His names is Jesus.

It doesn't matter if you accept His love or not, He still loves you. Know that if no one ever tells you that you're loved or express their love towards you, Jesus love is always surrounding you.

Valentine's Day should be a day that you celebrate for yourself if you don't have anyone to celebrate with you. Take yourself out to the spa, get your hair and nails done. Take yourself out to a elegant restaurant, or go to a movie or a play. You don't have to have a man to celebrate you, learn how to celebrate yourself!

For those that are married and if your husband doesn't celebrate you, learn how to celebrate yourself. Don't let one day bring you into depression and self pity. You are precious in the sight of God. Secondly, don't dishonor your body with someone that is not your spouse because you want to be felt as though you're loved. Sex is not love, sex was a privilege that God gave to a husband and wife to enjoy each other, and when we tamper with something or someone that is not our spouse, we are sinning against our bodies; and our bodies do not belong to us, but it belongs to God.



FEARFULLY AND WONDERFULLY MADE

Woman was created by God and no matter what the color, size, nationality or age, we are beautiful and wonderfully made by God. God is a God of excellence and because we have been created by the Master, we are women of excellence.

The secular world will try to make you think if you're not a size three or four you're not beautiful. If you're not in your twenties you're old and out-dated, but anything that is of value comes with age. So women as you age, age gracefully knowing that beauty and excellence comes with aging.

Beauty Comes From The Inside

Women if you're a size three or a forty-two you are beautiful, and if you have the Spirit of God living inside of you, the beauty that is in the inside will surface on the outside. True beauty comes from the inside, the outside does help, but if you have beauty on the inside, it will make the outside even more beautiful.

Women compete with each other in different ways, and we shouldn't. If we are trying to impress someone, then we have insecurity within ourselves. As women we go through enough as it is without

us coming against each other. If we have jealousy and envy towards another woman, we need to pray and ask God to help us to see the beauty that He has placed in each of us and learn how to be thankful for what God has given us.

Many women suffer from low self-esteem because of what someone has told them. Never except the words of someone that's degrading you and not celebrating you. Every word that has been spoken to you that did not line up with the word of God, you need to ask

God to wipe it from your memory; eject it from your emotions. Ask God to help you see yourself as He sees you and not what someone else has spoken to you.

Anytime you have someone talking down to you, either the person is jealous or they're trying to destroy your self-esteem. Low self esteem keeps the individual in bondage to themselves and to others. God didn't create us to be in bondage to nothing or someone.

Building Self Esteem

Women are teachers and mentors. As Christian women, we should be speaking life into our children at an early age. When we come to the knowledge that we're pregnant we should begin to speak life into our unborn child. Many times women have low-self esteem due to what was coming from the parents while they were

still in the womb by an unwanted pregnancy. Many times children grow up and act-out what has been spoken to them in the womb as well as in early childhood years; and by the time their teenagers and young adults the words that were spoken over them and to them are alive and working in their behalf.



Confirmation

Because Satan wants to make sure you won't be what God has called you to be, he will make sure he places people in your life that will never give you the opportunity to find out who you really are as a person. By the time they finishing speaking so much negativity, you'll feel as though you can't do anything right, and that

everyone is better than you. We might be saying little things to people that don't seem to be harmful, but words can damage a person for life. Unkind words have led many women to pre-marital sex, looking and seeking for love and admiration that they didn't receive from their parents. It's important to speak positive words into your children's

Life. You confirm who they are and not someone else. Women that is suffering from low-self esteem there is nothing that can boost your self-esteem like prayer. Go before the Lord in prayer and let Him introduce you to who you are!