



*If I told you,
What would you do?*

*Would you
value who I am
right now?*

I need to be met where I am.

I need you to accept me for who I am.

I need to feel whole, not broken, damaged or contaminated.

I need to be and feel valued.

I need you not to make me feel judged. I already feel shame
which is not mine to hold.

I need you not to turn away from me
because of the way I have coped with my trauma.

I need you not to make me feel rejected or alienated,
either consciously or unconsciously.

I need to be treated as an equal of worth in all aspects,
including the life of the church and society.

I need to be able to retain my own identity at all times.

I need you to see God's image in me.





*So have no fear of them; for nothing is covered up that will not be uncovered, and nothing secret that will not become known. ... Are not two sparrows sold for a penny? Yet not one of them will fall to the ground unperceived by your Father. And even the hairs of your head are all counted. So do not be afraid; **you are of more value than many sparrows.***

Matthew 10:26–31 abridged

Each person bears God's image and each one of us is precious in God's sight.

We should always recognise the innate worth of those we encounter. They do not need to act a certain way or believe a certain thing, they are worthy of love and respect just as they are.

Jesus recognises that being valued helps to cast out fear. Abuse can make us question our value, so affirmation and empowerment are crucial for our remaking after this experience.

