

The new book from *New York Times* Bestselling Author Lysa TerKeurst

UNGLUED

MAKING WISE CHOICES IN THE MIDST OF RAW EMOTIONS

Feeling Guilty?

"For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do." Ephesians 2:10 (NIV 1984)

I gathered the restaurant bags, sighed, and crammed them into the overstuffed trash can. A friend had sent me a recipe that day which involved peeling and chopping and simmering. I imagined her trash can full of fresh veggie peelings and other things that proved her kitchen produced way more homemade goodness than mine.

And a little thread of guilt wrapped around my heart.

Sometimes I feel more guilty for what I'm not than thankful for what I am.

But there was sweet grace waiting for me in a yogurt shop that night. My daughter had asked if I would come and speak to a little Bible Study she was helping organize. "Mom, I think there are going to be a lot of people that show up."

So, instead of cooking that night I ordered out. Again. And then I drove to the yogurt shop with the girl whose heart was full of excitement and expectation.

People were everywhere. Young people. Invited people. And parents. Nearly 200 people packed inside the yogurt shop and overflowed outside. My daughter smiled.

I took the microphone and spoke from my heart. I told my story. I taught truth. I invited the people to let Jesus be the Lord of their hearts.

And many who had never done so said yes to God that night. A teen girl who'd tried to commit suicide last year. She stood to accept Jesus. A young man with tears in his eyes. He stood to accept Jesus. A mom and a dad. They stood to accept Jesus. Along with many others.

In the yogurt shop.

With a woman whose trash can was filled with take-out bags.

A woman who isn't the greatest cook. But a woman who wants to learn to be more thankful for what I am than guilty for what I'm not.

Maybe you are the friend with the veggie peelings in the trash can and steaming homemade goodness on the table.

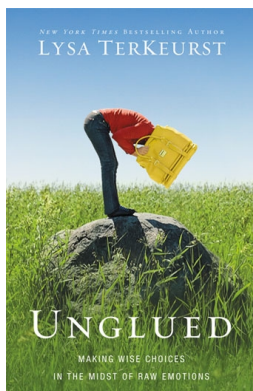
Celebrate that.

Or maybe you are like me. And your gifts are less tasty.

Celebrate that.

And cut the threads of guilt with the edge of grace.

Dear Lord, You made me in Your image and that is something I seem to forget daily. Please help me remember to celebrate and live in who You made me to be and not in what I wish I was. In Jesus' Name, Amen.



Sometimes we need a friend to encourage us as we make right, godly, healthy changes. Lysa TerKeurst does just this in her new book *Unglued*.

For more information, visit <http://www.ungluedbook.com>

Lysa TerKeurst is a *New York Times* bestselling author and speaker who helps everyday women live an adventure of faith through following Jesus Christ. As president of Proverbs 31 Ministries, Lysa has led thousands to make their walk with God an invigorating journey.

Visit www.LysaTerKeurst.com for daily inspiration.