Insecurities are either our enemy or our friend. So many people have personal insecurities that can make them feel uncomfortable from hour to hour during their day.

Feeling uncomfortable about look or our lifestyle or any portion of our body is a very difficult emotion to walk in because it effects everyone around you.

When we do not feel worthy about ourselves in a particular day, we lessen the exhilaration that we give to others who surround our lives because our focus is on our insecurity instead of all the wonderful characteristics that others see in us.

Inside, we may be worried about a certain area of our physical nature, but people who care about us are appreciative of the spiritual nature of our relationship. They see our kind spirits, which can encourage them whenever needed and are not noticing our extra pounds, which has nothing to do with them.

It is not easy to ignore all of the personal flaws that we see as we grow older and the body changes. However, as the physical body morphs into aging, we still can watch our inward character morph into a more wonderful spirit of love for ourselves and for others and more importantly, our Lord and Savior.

Insecurities do not have to be our enemy. We can give them over to the One, Who can help to show us that we can gain confidence with ourselves just as we are.

Therefore, insecurities do not have to be an enemy. We have the power to recognize the gifts of beauty that surround us every day.