

# TRUE

Being true to yourself, your  
God, your relationships

Sarah Bradley

**True: Being true to yourself, your God, your relationships**

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# 1. Be true to yourself



## Your relationship with yourself

*When I was ten, my friend, Sarah, was tall, slim, ladylike, and looked like a ballerina. Her beautiful, narrow feet meant she could wear lovely, dainty shoes and look really pretty. Sarah means “princess”—and my friend was just like a princess.*

I’m called Sarah too. But I was average height, average weight, and not at all ladylike. I had one of the widest pairs of feet in my class (including the boys!). My shoes weren’t delicate or beautiful. I longed to have lovely, narrow feet like Sarah. Sadly, it never happened!

Have you ever compared yourself to someone and thought you’re not as good, or clever, or pretty (or thin, sporty, musical, arty...) as them? It’s easy to do, isn’t it? You might compare yourself with your sister or brother, or a friend at school. Or there’s a celebrity you’d love to be like. Often we compare ourselves to others and the result isn’t good—because it leaves us unhappy. We feel we’re not as good as them, and never will be.



Or maybe it's the opposite. Maybe you have a great opinion of yourself. You know you're the best at netball or basketball, or in the top class for everything, or really good at music or art. So you look down your nose at other people and think: "I'm so much better than them".

At some point in our lives we're likely to do one or the other. Maybe even both. You may be brilliant at something, but still look at someone else and wish you had her hair, or could sing as well as her.

We can be very quick to compare ourselves to other people—and often it leaves us sad and unsatisfied with who we are.

## The biggest worry

I wonder what your biggest worry is. What do you worry about the most?

**Maybe it's your weight.** You think you're too fat or too skinny, and you look at other people and wish you could look like them.

**Maybe it's your clothes.** You think other people have cooler or more expensive clothes than you, or look better in them. Or you think: "If I could just have this coat, or that top, or that necklace, then I'd be happy".

**Perhaps it's your looks.** You think you'd be happier with lighter or darker hair, a different body shape, longer legs, a flatter stomach.

**Maybe it's your talents.** You wish you could dance, sing, or play sport like someone else. Or you long to be cleverer, funnier, more interesting.

**Perhaps it's boys.** Your friends have boys interested in them and you don't. Or a boy who is interested in you is one you don't

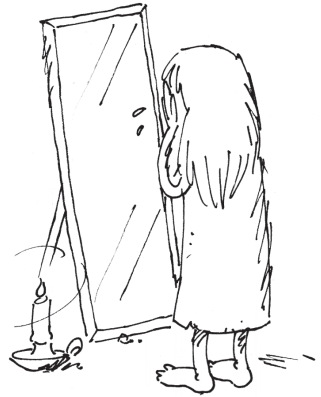


like—but the boy you do like doesn't even talk to you. (We'll look more at this in chapter 6.)

## Amy's story

Let me tell you about Amy Carmichael:

Amy Carmichael was born in Ireland, in 1867. There was something she wasn't happy with—she had brown eyes, but wanted them to be blue. When she was a little girl, she dreamed of having blue eyes. She often asked God to make her brown eyes blue, **but it never happened.**



Years later, Amy became a missionary in India. Sometimes she rescued girls who were sold to Hindu temples as slaves. It was when she became a missionary that she understood why God had always said no to her prayer. Even though she wasn't Indian, her brown eyes meant she could move among the Indian people without being seen as something different, because they had brown eyes too. With blue eyes she would have stood out too much!

God created Amy exactly the way she should be. He knew His future plans for her—He knew what she would be doing and where she would be doing it. God thought about and planned all the details, even the colour of her eyes. **God plans and prepares everything**, and He knows what's best for each one of us.

