

# The Face In *The Mirror*

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What do you see when you look in the mirror? The obvious answer of course is your reflection! Do you like what you see? When you take a good look at yourself, would you consider changing any part of you if you could? Changing the shape of your nose maybe – or possibly lifting your cheekbones a little – or maybe pinning your ears back a bit and of course as time ticks away possibly the consideration to lift and stretch and smooth out those inevitable lines. Or are you totally one hundred percent satisfied even if your nose is a little skew!

I was watching a TV series that follows the journey of a few people who have chosen to change their appearances – for some it was purely a cosmetic decision and for others it was a necessary change due to a trauma incurred. Whether one would condone some of their decisions or not, the thing which amazed me was how the trained surgeons could literally resculpture someone. Almost nothing was impossible! Need bigger eyes with fuller lips but less skin on the cheeks – no problem. The surgeon would explain the procedure to the patient and a couple of TV minutes later the once dissatisfied person was smiling as they viewed their new face. One such lady had already undergone a few surgeries and was in the final stage of her new look; the **'before'** and **'after'** photos were like looking at two different women. She spoke afterwards of her newfound confidence because of her new face and how she could look people in the eye now and not

feel ashamed. Her story really moved me. My heart was touched by the fact that this lady now felt accepted by the world around her. My immediate concern though was how long would she feel that way? What happened when her new face was not good enough to keep her feeling happy? Would she go for another treatment and change something else?

Possibly not - but this led me to realize something we all know. Changing your image can and does change your life, however, your external image will fail you at some point. It does not matter what you look like everyone eventually finds fault with some part of their external image. This is human nature – think about it. A beautiful tall woman may wish she were shorter. Then you find the opposite as well. If you blond you want to be brunette. If you have dark hair, you try to lighten it. Dark skin and you go for skin lighteners. Light skin tone and you use self-tanning options. Curly hair straight and straight hair curly! The list can go on – come on you know what I am talking about. We always want to **"improve"** our image that often can lead to short-lived happiness and then inevitable disappointment. Now I am all for looking good and improving oneself but when I look into the mirror there must be something other than my external appearance which makes me feel beautiful and confident. There must be something deeper which causes me to be satisfied with who I am. I cannot purely rely on my skin tone, hair colour and overall looks to give that to me. So when I look in the mirror I therefore must see something more than me! If all I ever see is an exact reflection of my actual appearance, it will eventually cause me to be unhappy.



*Dig deep down within you  
and find your “lion”*

I saw a picture the other day of this little scrawny kitten that looked like it had not had a bath in a long time. It's hair was filthy, it's little body looked beaten up but it had this content look on it's face. It was standing in front of a mirror but it's reflection did not show this low-down and filthy kitten but rather it's reflection was a big, beautifully groomed, powerful lion! This little kitten may have looked like a street animal but inside the kitten felt like a lion. With this analogy in mind I would like to dare you to dig deep down within you and find your **“lion.”**

Allow me to assist you in this - as woman we too were created in the image of God. We are daughters of the creator of the Heavens and Earth. We are therefore princesses in His kingdom and have every reason to see ourselves as valuable, precious and worth more than rubies, diamonds or any gem stones. We are loved with an unconditional love by the One who made everything we see. So, when we look into the mirror, we do not just have to see the parts of us which we believe are imperfect but we can see a princess with every beautiful trait and characteristic which we admire - Ladies basically what I am saying is that even though you may believe that your reflection is awful or in need of great change, the fact is that you are not what you see on the outside. You cannot value yourself according to your hair colour or shape of nose. Your beauty is something that comes from within - from having a relationship with the One who made you and therefore has made you acceptable and beautiful and lovely in every way. When we can get that into our hearts, your inner beauty will start shining through and captivate those around you.

The word of God says that, **“Charm can mislead and beauty soon fades but the woman who is admired is the woman who lives in the fear of the Lord.”** (Proverbs 31:30) External beauty is temporary. Eventually everything does start moving in a southern direction, wrinkles do appear no matter what creams you use, skin blemishes, pigmentations and greying of hair does often happen. But an inner beauty can last forever. If maintained in the Word and in relationship with the Lord, your inner beauty will only intensify through the years. 1 Peter 3:3 says, **“What matters is not your outer appearance - the styling of your hair, the jewellery you wear, the cut of your clothes - but your inner disposition. Cultivate your inner beauty, the gentle, gracious kind that God delights in.”** Every woman longs to be beautiful and to see a reflection in the mirror which is pleasant to all - and there is nothing wrong with that. We should look after our skin and bodies, as we are the temples of the Holy Spirit. But at the same time, we must be beautifying ourselves internally. Just as we go to the spa for treatments, we should go to God's spa to have our souls rejuvenated and cleansed and toned.

You are beautiful not because of any other reason than because of the One who made you! Ladies, it's high time we start putting more time and effort into cultivating our relationships with the Lord and getting to understand how He sees and loves and values us. Then despite any natural imperfections, the face we see in the mirror will be captivating beyond words!