

## **Don't be self-conscious; be Christ-conscious.**



**S**HYNESS IS A COMBINATION OF TWO THINGS: fear and pride. We are afraid of what people think about us. A certain amount of this is all right; we should like to be well thought of. But on the other hand, the Bible says we're not to be worried about the opinions of men, nor to fear what men think or say about us if we're doing what we know is right (Proverbs 29:25; John 12:42–43).

Timidity, shyness, and bashfulness are manifestations of a form of fear, which is the opposite of faith. So to overcome fear you must have more faith. The cure is faith—strong faith in God—and this comes through reading His Word and being filled with His Spirit. If you think about how much He loves you, you become less self-conscious and more God-conscious, and this is the cure.

Keep your mind on Jesus. He will keep you in perfect peace, when your mind is stayed on Him (Isaiah 26:3). Immerse yourself in the Lord, and He will help you forget yourself. Throw your whole heart into pleasing Jesus and sharing Him with others, and He will help you to lose that self-consciousness.