

SELAH February 1, 2026

“The parts of the body that seem to be weaker are indispensable.” 1 Cor 12:22

S — Stop

Slow down for a minute.

Think about your body. Your heart, lungs, and brain aren't flashy. Nobody sees them. Nobody compliments them. But if they stop working, everything falls apart.

Some of the most important parts are the ones no one notices.

E — Exhale

Take a deep breath.

You don't have to be impressive to matter.

You don't have to be loud to belong.

You don't have to stand out to be valuable.

L — Look

Read 1 Corinthians 12:12-26.

Paul says the church is like a body. Every part matters. And the parts that seem “less important” are actually indispensable.

That means:

- The quiet person matters.
- The person who feels awkward matters.
- The one who serves behind the scenes matters.
- **You** matter.

God doesn't measure value the way people do.

A — Ask

Ask yourself:

- Have I ever felt like I don't really matter because I'm not as gifted, outgoing, or impressive as others?
- Do I ever compare myself to people around me?
- Is there someone around me that I overlook because they don't stand out?

Ask God to help you see yourself — and others — the way He does.

H — Hear

Hear this truth:

You belong in the body of Christ.

Not because you are impressive. Not because you are loud. Not because you stand out.

But because God put you here on purpose.

And someone else in this body needs exactly what you bring.

Prayer

God, help me believe that I matter, even when I don't feel impressive. Teach me to see others the way You see them. Help me serve faithfully and care for the people around me. Amen.