

*“As the Spirit of God is reflected through my distinctiveness, I discover my true essence, find my purpose and have the influence in this world that Christ intended of me.”*

Patti Hatton

The discovery process begins with learning ‘who I am’, who am I when I am ‘being’, not just ‘doing’. We accomplish this through an honest assessment of self, and carefully considering everything that prevents us from ‘being’ who Christ intended.

### *God’s Glory Reflected In Our “Being.”*

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At the end of the 90-minute hot-yoga class, our instructor encouraged us to lie still for two minutes and just “ ‘be’... in these two minutes you have no pressures and no worries, just lie in a relaxed state and ‘be’ “.

It was easy to let go and enter into what she described after sweating in 110-degree temperature while attempting to contort my body in ways it has never been forced. I was relaxed because of the heat and stretching, and exhausted from trying to do yoga poses that are unnatural for me.

But this is a familiar moment. I sometimes am just “being” when I am worshipping the Lord: standing in His presence, singing praises to His name and letting every concern in my heart be swept into His presence frees me to just “be.” For those few moments, I am only aware of God and a sense of rest and well-being. It is a wonderful feeling and one Christ wants me to experience regularly as I learn to rest in Him in all things.

More on “*resting in Him*” later; first examine who you are when you are not striving to perform, but are simply “*being*” in His presence.

Stepping away from focus on self, and into the glory for which we were created is also embracing our distinctiveness.

Who *are* you on the yoga mat in a relaxed state of “*be?*”  
Who *is* the person Christ formed and fashioned in your mother’s womb?

How many of us know ourselves? Personality tests are designed to help determine personality strengths and weaknesses, and are very useful tools. However, full knowledge of self can remain ‘in the head’. Unless self-knowledge and awareness is integrated into the heart, you will not know the joy and satisfaction of your God-given strengths and the influence He intended you have in this world.

Christ says that He knows who we are and that His works are wonderful. (*Psalms 139*)

It is our responsibility to embrace self, the self that He created and loves so dearly.

**Being** – discovering you.