

When I Feel Like My Talent Is Less

But as it is, God has arranged each one of the parts in the body just as he wanted. 1 Corinthians 12:18

By having open and supportive conversations about feeling inadequate compared to others' gifts and talents, parents can help teens develop a healthy perspective on their individuality and worth in Christ. Encouraging them to embrace their unique design and to celebrate others' gifts fosters a culture of unity and mutual support within the body of Christ.

➤ conversation starter

Why do you feel like your gifts or talents are not as impressive as others'? Let's talk about how God uniquely designed each of us and why comparison might not reflect God's plan for our lives.

When you see others excelling in their gifts, how can we turn that into an opportunity for encouragement rather than comparison?

➤ navigating the conversation:

- **Emphasize God's Unique Design:** Share Psalm 139:14 (CSB): *"I will praise you because I have been remarkably and wondrously made. Your works are wondrous, and I know this very well."* Remind teens that God intentionally created them with their specific gifts and talents, and they are wonderfully made in His image.
- **Discuss the Body of Christ:** Explain the concept of the body of Christ as found in 1 Corinthians 12:12-27. Just as different parts of the body have unique functions, everyone in the body of Christ has distinct gifts and roles.
- **Encourage Gratitude:** Help teens focus on their gifts and talents as blessings from God. Teach them to be grateful for what they have been given and to use these gifts to glorify God.
- **Address Comparison:** Discuss the dangers of comparing ourselves to others, as it can lead to feelings of inadequacy and distract us from fulfilling our God-given purpose.
- **Discuss God's Love and Unity:** Share John 17:21: *"May they all be one, as you, Father, are in me and I am in you. May they also be in us, so that the world may believe you sent me."* Emphasize the importance of unity and supporting one another in the body of Christ.
- **Emphasize Encouragement:** Discuss the power of encouraging one another and celebrating each other's gifts. Remind them of the impact positive words can have on someone's self-esteem and confidence.
- **Highlight God's Purpose:** Encourage teens to trust that God has a unique plan and purpose for their lives. Their gifts are not less than others but are specifically tailored to fulfill God's plan for them.
- **Share Personal Experiences:** Share your own experiences of feeling inadequate or comparing yourself to others. Share how you overcame those feelings and embraced your own unique gifts.

