



“I Will Not Be Shaken”

By Shelley Hitz

Welcome to the Find Your True Beauty Podcast! Girls, it's time to take a stand for true beauty. In a world that idolizes outer beauty, let's come together and learn to display our true beauty. I'm Shelly Hitz the author of the website: FindYourTrueBeauty.com, and today I want to talk to you about being shaken.

What does that exactly mean? I'm not talking about someone coming over and physically shaking you, but I'm talking about being emotionally shaken, or spiritually shaken, or shaken up by peer pressure. And yesterday I was feeling kind of shaken, I was just feeling sick, and I wasn't feeling good, and I had a lot of things that I wanted to do, and I just didn't feel like doing anything. And as I was doing my time with the LORD in the morning, I came across this verse. Isaiah 54:10 says, *“Though the mountains be shaken and the hills be removed, yet my unfailing love for you will not be shaken nor my covenant of peace removed,” says the LORD, who has compassion on you.*”

And I remember, um several years ago, I was reading that verse and I was just praying over it and just visualizing what that might mean for me at that time. And I remember at that time, that verse just came alive to me. And that came back to me yesterday, and the picture that I got was of an earthquake. An earthquake happening and everything all around me being shaken, and destroyed, and just taken down to rubble. And yet, you know this verse specifically says, *“Though the mountains be shaken and the hills be removed... my unfailing love for you will not be shaken.”* And I got this picture that all around everything else is in destruction, and yet there was one building standing strong. There was one building that was not impacted, that was not shaken by that earthquake. And it was that building of God's love for me. And that it would always stand, no matter what would happen, what would come of my life. And I've had a lot of things happen in my life, but God has been that stable force for me. And yesterday I needed that reminder.

I also like Psalm 16:8 it says, *“I have set the LORD always before me. Because he is at my right hand, I will not be shaken.”* My husband and I were missionaries in the country of Belize for two years, and I remember meeting a missionary and she said that she would just put her hand over her stomach. And she would just repeat to herself, “I will not be shaken.”

And so I just want to encourage you sometimes when you feel like kids are making fun of you, or you feel like your having a bad day, or your getting peer pressured to give in and compromise what you believe, when your getting pressured to have sex with your boyfriend, and your wanting to fight with your brothers and sisters, your parents or just those things that tend to shake us, or whether your just going through a really dark time, I just encourage you, to just repeat to yourself, "I will not be shaken." And it's because the LORD is always before you. It's because he is with you. And he will never leave you.

I wanna close with Psalm 62:1-5, these are some of my favorite verses. It says, "*My soul finds rest in God alone; my salvation comes from him. He alone is my rock and my salvation; he is my fortress. I will never be shaken. How long will you assault a man? Would all of you throw him down- this leaning wall, this tottering fence? They fully intend to topple him from his lofty place; they take delight in lies. With their mouths they bless, but in their hearts they curse.*" And then again, "*Find rest, O my soul, in God alone; my hope comes from him.*"

So I wanna ask you today, are you feeling shaken? Or are you feeling secure in God? I encourage you to find that security in God, to repeat to yourself, and to remind yourself, "I will not be shaken." This is Shelley Hitz from FindYourTrueBeauty.com, don't forget to go visit the site and download my free book "Mirror, Mirror, am I beautiful?"



Shelley Hitz is an ordinary person, just like you, with struggles and trials. And yet, God is doing extra-ordinary things through this "jar of clay." 2 Cor 4:7 says, "*We have this treasure in jars of clay to show that this all surpassing power is from God and not from us.*"

Her heart is to help teen girls and women through her website, www.FindYourTrueBeauty.com, that reaches thousands of people each month around the world with God's truth. She is also the author of the book, "Mirror Mirror...Am I Beautiful" and has co-authored a book with her husband CJ, "The Mathematics of Jesus, Making Sense of Life When Life Doesn't Seem to Add Up." Shelley's openness and vulnerability as she shares her own story of hope and healing will inspire and encourage you.

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