

#SELFIE

Who's looking at me?



About Us

Sometimes we just need to pause, take a step back, and ask the obvious “Why?” —Why am I here? What’s my purpose?

Join us at YMI, an initiative of Our Daily Bread Ministries, as we question the reason behind why we do, think, and feel what we do.



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#SELFIE

Who's looking at me?

Here I am in Peru—see the Machu Picchu ruins in the background? This is me again, rocking out at a concert. And here I am, about to tuck into a huge roasted pork knuckle. And here, fresh out of the salon chair—check out my new hairdo! The truth stares me in the face from my profile pages: I'm a selfie junkie. And I'm not alone.

I'M A SELFIE
JUNKIE.
AND I'M NOT
ALONE.



It's easy to see why selfies are big. Aim, snap, upload—and you're just a click away from Instagram stardom or a gazillion Facebook “likes”. In 2013, “selfie” became the Oxford Dictionaries Word of the Year. The following year, it was accepted into the Oxford English Dictionary. Love it or hate it, the selfie is here to stay.

LOVE IT
OR HATE IT,
THE SELFIE
IS HERE
TO STAY.



And what's not to love about it? It costs nothing, and you can take a selfie anywhere, anytime . . . and take it again and again, until your smile is perfect. Because—let's be honest—you're the best judge of the face you project to the world.

Which gets me wondering: sure, snapping a selfie is a fun way to capture a moment or show our friends what we're doing, but is there more to the trend than meets the eye? Could our obsession with selfies reveal something deeper about what we want from others, and what we think about ourselves?

**IS THERE MORE
TO THIS TREND?**

meow



WHY DO WE NEED TO LOOK SO GOOD?

In an April 2014 article in the UK's *Telegraph* newspaper, Radhika Sanghani notes that we seem to find a kind of assurance in being in front of and behind the camera at the same time: "When I speak to my most prolific selfie-snapping friends, they all agree that it's about being in control of their image. 'It's much easier to edit and control a selfie than a picture taken by someone else,' a friend tells me. 'You can make it look better.'"

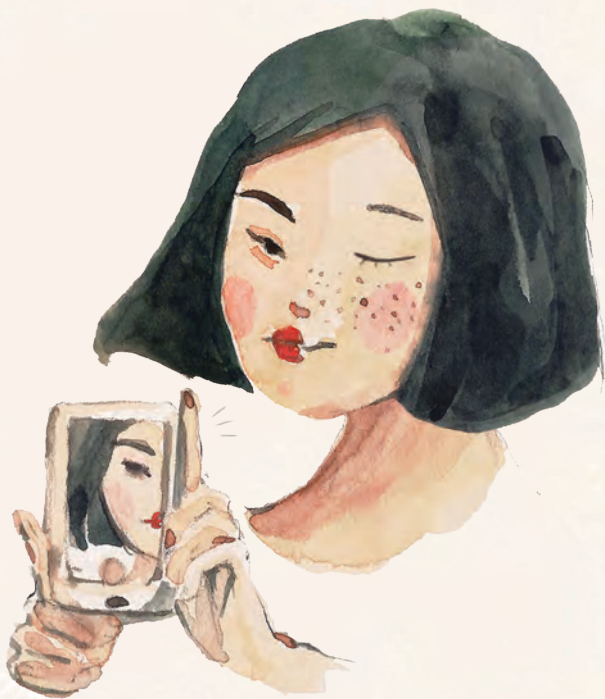
IT'S ABOUT BEING
IN CONTROL
OF THEIR IMAGE.



It's natural to want to look our best, of course. Who attends an event or job interview without dressing up to make a good impression? But social media seems to have raised the stakes by ramping up our visibility. When we post our selfies, the world can see more of us than ever before, and we can see what other people think of us. As Ms. Sanghani's article suggests, selfie-taking is "about being noticed and accepted in society." This acceptance is often measured by the number of "likes" that we get—which may prompt many hours of pondering over why a certain photo got more "likes" than another. Without realizing it, we may be allowing society to determine our value and define who we are.

When our self-worth is based on the approval of others, however, it's hard to feel secure. So we update our profile pages relentlessly. With the click of a button, we delete anything that doesn't fit the image we want to project. We edit, save, and post only our most flattering images or the coolest things we do each week. We worry that "the real me" doesn't match up to our careful poses and fancy filters.

IT'S HARD TO FEEL SECURE.



Not surprising, then, that a 2014 study conducted in the UK linked selfie addiction to self-esteem. The study, involving more than 2,000 people aged from 18 to 30, found that many regular selfie-takers have low self-worth. But why is our self-esteem so fragile? Is it because we are always asking ourselves: What am I really worth? Who would like and accept me?

WHAT
AM I
REALLY
WORTH?

SO, WHAT IS OUR TRUE WORTH?

What if there was a better way to measure our self-worth than other people's opinions? What if there was someone who could see through all the filters and still like and accept us for who we are—warts and all? And what if that someone's opinion was the only one that truly mattered?

The good news is that such a person does exist. The Bible tells us that this person knew us thoroughly even before we were born, because he made us:

You made all the delicate, inner
parts of my body and knit me
together in my mother's womb.

Thank you for making me so
wonderfully complex!
Your workmanship is marvelous
—how well I know it.

You watched me as I was being
formed in utter seclusion, as I
was woven together in the dark
of the womb.

You saw me before I was born.
Every day of my life was
recorded in your book.

Every moment was laid out
before a single day had passed.

(Psalm 139:13–16)

Q1♥5A6



You see, each of us is wonderfully created. And we can know this for a fact, without having to post a selfie and count the “likes.” Why? Because the one who created us is the authority on all things, and he has said so! And who is this person? He is our Creator. He values us for who we are and does not judge us by outward appearances.

In fact, this Creator proved how much he values and loves us by coming in person to connect with us. His name is Jesus Christ. How about that for a friend! Forget about “likes” on social media—what could possibly be worth more than being the Creator’s friend?

What’s more, the Creator’s opinion has far more value than any person’s and any number of “likes”, because of who he is. Because he will never change and is eternal, we will never lose our significance in his eyes. We will always be loved by the only one who truly matters.

**EACH OF US IS
WONDERFULLY CREATED.**

What, then, should we make of selfies? Sure, they remain a great way to capture and share a moment. But if we have a full understanding of who we are as Jesus' creations, then we will no longer worry about what other people think of us or our selfies. They will no longer define who we are, because Jesus has already established our worth.

JESUS SEES
AND VALUES
YOU AS
YOU ARE!

Would you like to find out more about this Jesus who sees and values you as you really are, and about his invitation to friendship? Wouldn't it be great to see yourself through his eyes and know who you really are?

If you feel challenged to discover your real identity and worth, we hope you'll investigate Jesus' invitation to friendship. We encourage you to speak with a friend or the staff at a nearby church to find out more.

**YOU CAN ALSO
CHECK US OUT ONLINE AT**

WWW.YMI.TODAY

**AND DISCOVER MANY OTHER
DIGITAL RESOURCES WE HAVE
AVAILABLE FOR YOU!**

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YMI (Why Am I?), a part of Our Daily Bread Ministries, is all about Christian young people making God's Word known through their God-given talents.

We exist so that God's Word will be shared from one young person to another.

Write to us at: contribute@ymi.today

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