



## **“Don’t Let Anyone Look Down on You Because You Are Young”**

*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 in Christ. Remember to check out all our free resources at our website, [FindYourTrueBeauty.com](http://FindYourTrueBeauty.com), to help you grow in your relationship with Jesus. We are here to encourage and support you.

Today I want to talk to you about being young. Now, as teenage girls, have you ever felt like someone looks down on you because you are young? While I’m no longer a teenager, I am 35 years old, and yet I really want to be respected. I have that desire to be respected as an adult who has been through a lot and who God is pouring into and sharing with others. Yet, sometimes when I go to speak somewhere because I look so young it bothers me and I feel rejected (even though a lot of people would give anything to look young like I do, you know a lot of people spend a lot of money on facelifts and on different things to look young, they want that). I feel like people look at me and think oh, what does she have to say or what could she tell us because she’s so young. I can’t even explain it – my husband just thinks it’s crazy - but I don’t like it.

As a teenager, have you ever felt that way? That somebody looks down on you? Oh, what does she have to tell us or how could she have anything to offer. She is only a teenager. And, yet God thinks differently. He sees things differently. You know, God was reminding me of this the other day. There is a verse in I Timothy 4:12. You may be familiar with it. It says, *“Don’t let anyone look down on you because you are young, but set an example for the believers in speech, in life, in love in faith, and in purity.”*

Recently, I went to go speak at women’s brunch. It was a great event with beautiful women. There was a woman who came up to me ahead of time and she is like oh, are you Shelley? I said yes. She says, “Oh, I just thought you would be so much older, you know, I didn’t think you would be so young.” And, then there it is again. The enemy, who is Satan or the devil, likes to plant lies in our minds and likes to get us to feel inferior, or less than, or think people are judging us. So, it went right into that thought in my mind. It was like oh, she is judging me, looking down upon me. She thinks I have nothing to offer and maybe I don’t, what am I doing here, why am I speaking here? A torrent of thoughts came into my mind and that the enemy was placing them in my mind. So, I went on to say, “Well, how old do you think I look?” She said, “Oh, maybe 20.” I said, “Well, actually, I’m 35.” She responded, “Oh really, oh my goodness, duh, duh...”

Well, I was getting ready to speak. I'm sitting there thinking okay, Lord, I'm really feeling like these women are judging me, looking at me and don't want to hear from me because I look young. I know that was a lie. I mean it sounds absurd to even say it now, but I was feeling those things. I was feeling insecure. I was feeling the insecurity. Sometimes you may feel that way, too.

I was feeling that way and all of a sudden God brought this verse to my mind. That's the power of memorizing scripture. I don't know when I memorized this scripture. It was probably a long time ago when I first memorized it, but it came right back to my mind. "Don't let anyone look down on you because you are young, but set an example for the believers in speech, in life, in love, in faith and in purity." I don't even know if I recited it word for word exactly, but it came back to me and I kept repeating that in my mind. Don't let anyone look down on you because you are young. I was thinking Lord, it's not about me. It is not about me at all. It is about you and your Holy Spirit working through me, speaking through me. God worked a miracle in my life. He took that insecurity away. He took those lies away in His power and through His word, His truth, he broke the power of those lies.

So, I got to speak and God was there. His Holy Spirit spoke powerfully. And do you know what? Afterward so many people came up to say things to me, but you know who gave me the biggest encouragement afterward? It was the same lady who I felt discouraged by ahead of time. I thought the enemy was trying to use her words to discourage me and yet afterward, God was using her to encourage me. She said, "You are doing exactly what you are supposed to do. It was so powerful and just amazing." The irony of it. Yet, that's what can happen sometimes when we believe the lies of the enemy and we get trapped in that. It can steal, kill and destroy from us.

So, I encourage you today. Don't let anyone look down on you because you are young, but set an example for the believers in speech, in life, in love, in faith, and in purity. That's I Timothy 4:12.



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](http://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.

Published by [www.FindYourTrueBeauty.com](http://www.FindYourTrueBeauty.com), P.O. Box 1757 Findlay, Ohio 45839