

Wednesday, January 27, 2021

By Rev. Scott Licht

See what kind of love the Father has given to us, that we should be called children of God; and so we are. The reason why the world does not know us is that it did not know him. Beloved, we are God's children now, and what we will be has not yet appeared; but we know that when he appears[a] we shall be like him, because we shall see him as he is. And everyone who thus hopes in him purifies himself as he is pure. ~ 1 John 3:1-3

The Suffering of “Enoughness”

“Enoughness.” More accurately: “NOT enoughness.” The entire advertising industry has been built around it. All forms of social media are overflowing with it. The lunchrooms of schools and workplaces everywhere display it in words, actions, and looks. “You’re not enough if you ...” or “You’re not enough if you DON’T”

Society has turned “enoughness” into its own form of religion, complete with its own method of justification. If you eat the right foods, use the right words in the right way, go to the right places, hang out with the right people, listen to the right music, and watch the right shows on the right medium, you can nearly attain justification at the altar of the secular world. But then tomorrow it will all change. You can NEVER be enough. And that quickly leads to despair and suffering when you look to yourself to be enough, trying to justify yourself in this religion of “seculosity.”¹

The suffering that is caused by the treadmill of enoughness can lead to financial, emotional, physical, psychological, and spiritual ruin. But how do you get off that treadmill and put an end to the suffering?

The ONLY solution is to turn outside of yourself and toward God. In our Scripture reading today, God calls you His child. God, the perfect Father, is all that you need. Your “enoughness” in the eyes of the world doesn’t matter because He sees you as enough on account of the faith that He has given you.

Prayer: Gracious Father, thank You for making me enough through the blood of Your Son. Amen.

¹ Zahl, David. *Seculosity*. Fortress Press, 2019.