

### The True Me

We all seem to strive to be someone we are not. We come across some people who, according to our knowledge, have it better off, and we fantasize about being them or getting to live the lives that they are living. But what would it look like if we were our true selves for a day? Meaning, that we walked throughout our day without any fears, insecurities, or doubts. What if we lived a life exactly the way we were intended to? What if we lived a life the way we were designed to live?

Throughout my time at Cal Poly, I have learned through my psychology classes that we are all born with a temperament. Meaning, we all enter this world with “general patterns of behavior and mood that can be expressed in many different ways, and that, depending on one’s experiences, develop into different personality traits.” (Burger). I believe that we were made a certain way before we actually entered the world, and then a lot of situations, relationships and passing of time has shaped us more into who we are today. I believe that God perfectly made us for his design and his purpose “in his own image.” (Genesis 1:27). It is written in the bible that the Lord “hem me in, behind, and before, and [lays his] hand upon me. Such knowledge is too wonderful for me; it is high I cannot attain it.” (Psalm 139: 5-7). We were created by a perfect God with freedom of choice whether to obey him or not.

When the first man and women were created, Adam and Eve, they were mutable characters who were chosen by God to “be fruitful and multiply and fill the earth and subdue it, and have dominion over the fish of the sea and over the birds of the heavens, and over every-living thing that moves on the earth.” (Genesis 1:28). God gave Adam

and Eve power over creatures that He had created on earth. In addition, God created a tree in the garden of Eden and told them "You may surely eat of every tree of the garden, but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it, you shall surely die." (Genesis 2:16). So Adam and Eve had the freedom to choose whether to obey the Lord or not. Sadly they were tempted by sin when the serpent who was Satan bribed them to eat of the tree that God had so distinctly told them not to gather from. In doing so they had now disobeyed God and therefore were thrown out of the Garden, forced to work the ground and their priestly status was removed from them as they were rejected from the sanctuary. Because of this choice they are no longer of innocence but according to the Lord he said that they had "become like one of us in knowing good and evil. Now, lest he reach out his hand and take also of the tree of life and eat, and live forever." (Genesis 3:23).

Now the Lord had warned them far in advance (Genesis 2:16) that if they ate from the tree of knowledge and evil than they would surely die. This death that God had mentioned was not necessarily a physical death, but rather an spiritual death. While Eve was tempted by Satan, the serpent had said that "you will not surely die. For God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil." (Genesis 3:4). In God's eyes this act of disobedience meant purely death because mankind now has seen the evil of the world and therefore walks in death of sin. The bible speaks of Adam as being the federal head of all man who represents all who walk the earth, thus also representing sin being brought into the world. It is stated later

in the New Testament that “just as sin came into the world through one man, and death through sin, and so death spread to all men because all sinned.” (Romans 5:12).

Although death has spread throughout all the world to all humankind there is so much hope for us because of the Son of God. It is written “for as by one man’s disobedience the many were made sinners, so by the one man’s obedience the many will be made righteous.” (Romans 5:19). The disobedient man was Adam, yet the man who was obedient was Jesus Christ who came, “for our sake [and] made him[self] to be sin, who knew no sin, so that in him we might become the righteousness of God.” (2 Corinthians 5:21) Because God came down to earth by “emptying himself, by taking the form of a servant, being born in the likeness of men . . . and humble[d] himself by becoming obedient to the point of death, even death on a cross.” (Philippians 2:7-9), we may now live in freedom with the hope of eternal life with him. Because the Lord came down we are now released from the Law of sin, if we so choose to believe that he is the savior of the world. And if we are released from sin, then we “have died to that which held us captive, so that we serve in the new way of the Spirit and not in the old way of the written code.” (Romans 7:6). Now instead of living in sin, we may live in grace and forgiveness that Jesus has so graciously given us.

Yet, we are not perfect because we still live in a fallen world separated from God, although his Holy Spirit lives within us. So although we strive to “let our love be genuine. Adhor what is evil; hold fast to what is good. Love one another with brotherly affection. Outdo one another in showing honor” (Romans 12:9), we are still sinners in need of constant grace and forgiveness as we live on this earth separated from his physical



presence. So when we do sin, and when we do follow the patterns of the world, yet believe that Christ came to earth to save our sins “it is no longer I who do it, but sin that dwells within me. For I know that nothing good dwells in me, that is, in my flesh, For I have the desire to do what is right, but not the ability to carry it out. For I do not do the good I want, but the evil I do not want is what I keep on doing.”(Romans 7:17). So, if I were to be someone for a day, I would love to be my true self; myself without the evil that lives within my being, one who walks in goodness, righteousness and holiness, the way I was so designed to be.

And why myself and no one else? Well, there is no one else I would honestly like to be. Since I was made to be myself and no one else, why not strive to be the very best that I am capable of? While although I think it is crucial to learn from other people and their own experiences, I recognize that the Lord has a specific plan for me, “plans for welfare, and not for evil, to give [me] a future and a hope” (Jeremiah 29:11). That he created me to be purely myself and no one different. How beautiful would it be to live out the life that God has made me to live, without the sin and fear that lies within my own heart? Because of the sin of this world I have been beaten down, torn apart, and shaped by the ways of this earth, living by the flesh and not completely of the spirit. And like mentioned before, it is not that I necessarily choose this, yet that I can not help myself from desiring the ways of the wicked, although my heart longs, thirsts, and screams from the inside to walk completely in the fullness of the Lord.

If I were to take all the pain that I have experienced and set it aside, there still sits within my heart acts of selfishness, insecurities, and judgements. While I was beyond

blessed to grow up in a wonderful family, with a glorious childhood spent playing in the mud beside the South Fork of the American River, I still carry this never ending sin and selfish desires within me. I dislike the way I not only compare myself from people around me, but consistently look towards my interests instead of the interests of others. I absolutely despise the way I quickly make assumptions and judgements about the people I encounter on a daily basis. Then when I am not placing this self entitlement upon myself, I head in the opposite direction and create these awful, horrendous lies that I am not worthy of being loved.

And then when I take into consideration the tragedy that people around me and myself have encountered, I see even more evil and pain than I ever thought possible. I would never have imagined that my eyes would be opened to the evil of this world at such a young age as twenty. From losing close friends from someone's choice of murder, to a never ending sickness of a loved one, and even the suicide of my only sister, I feel from my own heart, more burden, ache, and pain than I ever thought could be bearable. I see the evil in the heart of others and my own and stand in disgust of what this world has come of. Therefore I want all the more to be a selfless, ever-loving and fearless creature that I know that Lord so intended for me be.

And still, in the midst of pain, suffering, and tragedy there is still glimpses of beauty in the world that we live in. And I do believe that despite the wickedness and evil that lives in my heart and the hearts of others, there is also so much love and care shining through. While although I fall short of not being the most genuine caring person 100% of the time, I still have characteristics within myself that are maturing day by day. I

try my best to love those around me, and to treat them all the way they want to be treated. I believe that I have a positive attitude despite the pain that I live in every day. I seek to see the silver lining which lies in the simplest things to get through and enjoy the day that I have been given. I have an honest heart and find it more easy than not to share my genuine love and opinion to others so that they may feel the most cared for. While I have these gifts and great attributes about myself, I still see the potential and growth that they hold.

As I see the potential for this growth, I long even more to be completely, 100%, only the positive aspects about myself and allow the other characteristics about myself to step aside. If I were to walk a day completely in my one shoes, in the true fullness of myself, I feel that I could learn so much about the world and see so much more of the beauty on this earth and the beauty in other people. If I could only walk one day in these so called shoes of Joy Lomax, then I may be able to fully love with my whole heart, without making assumptions of other people's status, what they are wearing, or the education that they have received. I would see them beautifully for who they are, love them on a deeper level with more concern for their well being. I would choose to boldly wear my heart on my sleeve, without any fear or insecurities, solely for the benefit of others. I may then be able to toss aside the selfish desires of myself and rather seek for their needs instead of my own.

I think and believe that there is beauty within me, and I want to be more content with how I was made, rather than seeking to be someone I am not. And although here on earth I may only be able to be this for a day, the great news is that my positive

attributes will be made full in the day I enter the gates of heaven. All selfish desires and ambitions will finally be cast aside and I may then walk in the fullness to which I was once created for.