

神は独り子をお与えになったほどに、世を愛された。

For God so loved the world that He gave His only Son.

What comes to mind when you hear the word “world”? Do you think about the people who live on this planet? Or the living things in our forests, oceans, and skies? Often, when we talk about the world, we focus on everything and everyone around us. But have you ever pictured yourself as part of that world, not apart from it, but within it?

Among the billions of people who inhabit this Earth, you are one of them. And in a world where comparison is everywhere—in classrooms, in friendships, and especially on social media—it is incredibly easy to feel like we are not enough. We start to believe that love and acceptance must be earned by being more successful, more popular, more talented, or more “perfect.” Slowly, our worth begins to feel like it is measured by numbers, likes, grades, and other people’s opinions—things that were never meant to define who we are.

But real worth does not work that way. Love is not a reward for perfection. It is not something that must be earned. It is something every person deserves simply because they exist. You do not have to be flawless to be worthy of care, kindness, and respect, from others or from yourself. Your weaknesses, your mistakes, your fears, and your doubts do not make you less valuable. They make you human. And they are part of the story that is shaping the person you are becoming.

So, the next time you catch yourself asking, “Am I good enough?” try asking a different question instead: “What part of me can I accept today?” Because growth does not begin with perfection. It begins with honesty and self-compassion. It begins with the courage to keep going, even when you don’t feel confident or strong.

In a world that is constantly telling you to change, perhaps the most powerful thing you can do is remember this: you are already enough, just as you are.