

WRITTEN BY
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## THE SOURCE OF THE GLOW

"The Lord bless you and keep you; the Lord make His face shine upon you..."

- Numbers 6:24-25 NKJV

Lately, we hear a lot about getting a glow up or going through a 'glow up era'. There are even YouTube tutorials on how to "Glow Up". A glow up is nice and it's good to indulge in good self care. However, the main thing to remember is that the true glow comes from looking to God, not external validation. I'm not saying not to enjoy your 'glow up'. What I am saying is to make sure you keep yourself in check while doing so.

We can get lost in the glow of comparison and end up in someone else's shadow if we don't check ourselves along the way. We were made to shine but not without God in us. God didn't create us to be in the dark, He created us to glow but we must remember that He is our source. We want a real glow up, not a blow up. The radiant glow comes when we can take what's going on inside and turn it around for good. Not looking for that outside validation. Glowing from the inside and the outside in a well balanced atmosphere we are creating in our lives.

Some reflection questions you can ask yourself are; Can I enjoy being alone, with no applause or likes? Can I enjoy a solo date? Have I applauded myself when I closed my mouth in an otherwise ugly situation? Can I accept the loss and decide to grow from it whether anyone is looking or not? Is God truly my source of glow or am I relying on false light?

Don't filter your life when you can truly radiate from the inside out!

### HOW ARE YOU FILLING YOUR CUP THIS SEASON? ARE YOU TURNING YOUR FACE TO THE SON?

YOUR THOUGHTS:		
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### SUMMER JOY, SOUL DEEP

"This is the very day of the Lord that brings gladness and joy, filling our hearts with glee."
- Psalm 118:24 TPT

You know the sunshine blazing on your skin that reminds you how very much alive you are and how real the sun is? Live with that in your soul! Run with the moments bringing you sunshine deep within and let joy be your guide. The joy that radiates so purely in which it beams out of your beautiful smile and every action you take.

Spread the light and show up for yourself to your next thing with that soul deep summer joy! Be so full of joy that people will think your crazy or want to join in with you! Be who you truly are and laugh. Pick up your hobbies again and get lost in them for some time. The hobbies you've put aside because life has you so busy you just can't do it anymore or try again. Try again just for the fun of it. If you can't do the hobby like you did before, then pick up a new one and get so involved in it that you lose track of time.

We lose our soul joy when we neglect the inner child of us that once enjoyed the simple things and just went for it!

## WHAT MOMENTS MAKE YOUR SOUL SMILE? HOW CAN YOU INTENTIONALLY CHOOSE JOY TODAY?

YOUR THOUGHTS:	
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## SUN-KISSED CONFIDENCE

"Your lives light up the world. For how can you hide a city that stands on a hilltop?"
- Matthew 5:14 TPT

And now, now you're unapologetically you and unapologetically radiant! You got that confidence that shines through the roof! You're not meant to be hidden, you're meant to shine. You be you, you're not too much. Don't let the glow of God be snuffed out by the misery of others.

Spread the light and love of God while you walk with your God given confidence. God confidence doesn't equal arrogance, indiscretion, immodesty, disrespect or anything of the sort. God confidence is walking with Him with a good heart and not having to lower yourself to the standards of trends or the next best thing. Don't go chasing trends, set them!

You know who you are as a child of God, so walk in the room and shift it with that authority. You show up and glow up in Him first and everything else follows. You can not be hidden and you're not meant to be! So do you!

## WHERE ARE YOU HIDING YOUR LIGHT? WHAT WOULD IT LOOK LIKE TO WALK CONFIDENTLY IN YOUR CALLING?

YOUR THOUGHTS:		
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# GROUNDED IN GRACE

"He will be standing firm like a flourishing tree planted by God's design, deeply rooted by the brooks of bliss, bearing fruit in every season of his life. He is never dry, never fainting, ever blessed, ever prosperous." Psalm 1:3 TPT

As God is your glow source, with that soul joy and God confidence, remain grounded. You want to stay steady and strong in your radiance. Life will try to sway you with it's storms, losses, distractions, busyness, etc... but you stay grounded in grace. You are firmly planted in Christ and He will keep you in perfect peace when you rely on Him in everything.

Psalm 1:3 is talking about a person that relies on the Word of God as a source of water and is firmly planted in Him, which then impacts the world around them with good fruit. Just like the trees that are near the streams of water, they do not sway and create an atmosphere of consistent fruitful production in all ways. There is a full ecosystem at work with these trees. For example, the amazon rainforest (Amazon Team, 2025), these trees are grounded and rooted by the river working within the ecosystem that generates life giving elements within the rainforest from rainfall to aiding habitat.

Side note: Did you know the amazon rainforest is so important that it is a major component of keeping our planet healthy with billions of trees?

You are in charge of your atmosphere. How you handle it and what you do with it is up to you. So be radiant and rooted! Don't live as to please yourself, live so that you can impact the world around you in such a way that when you leave a room, your light remains. Stay so grounded that you don't even realize how bright your shining and don't need to ask for the validation of it. Let other's be the witness and keep walking in grace!

### WHAT KEEPS YOU GROUNDED WHEN ATTENTION OR OPPOSITION SHOWS UP? HOW IS GOD YOUR ANCHOR?

YOUR THOUGHTS:	

### **CITATION**

Bible Gateway (2025). NKJV Online.https://www.biblegateway.com/

YouVersion Bible (2025). TPT Online. https://www.bible.com/

Amazon Team. (2025). Online. https://www.amazonteam.org/the-amazon-rainforest-fascinating-facts-about-its-importance-and-biodiversity/

### **ABOUT THE AUTHOR**

Jennifer Rodriguez was born and raised in Southern California. God and family are vitally important to her. She loves singing and spending time with her buddy and only child, Gwyneth. Jen obtained her Bachelor's Degree from University of Phoenix in Information Technology - Visual Communication and studied shortly at San Diego State University. While at San Diego State University she was invited into the Scholars Without Borders Honor Society.

Jen believes in life long learning, and continues to pursue educational goals. She enjoys writing and encouraging others through her website and social media. A few of her hobbies include: Reading, music, gym and of course coffee.

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