



ARE YOU A BEAUTIFUL PERSON ?

A few days ago, a young friend of mine, who is going through difficult times, asked me to pray for her children to grow up to be beautiful people. This made me think deeply. She did not ask for prayer for her children to be successful in their studies or to have good jobs and salaries. No, she asked for prayer that they would become beautiful persons !!

In a world where success and achievement are so important, in a world where fame, beauty, looks and strength as well as

material possessions, are the most valued, in a world whose mentality is « The more you have, the happier you will be ! Put yourself first ! », what could be a good definition of a beautiful person ?

In my opinion, the qualities of the heart are of utmost importance. Several character traits stand out and are worth cultivating.

1. LOVE and its attributes : kindness, compassion, gentleness, understanding, mercy. COMPASSION is very needed in our broken and suffering world. It is love in action, a feeling of deep sympathy that arises when you are confronted with the suffering of another and feel motivated to alleviate that pain. Love is a powerful quality that can change lives and heal hearts. And you'll often see it shining through in beautiful people.

2. EMPATHY, the ability to understand the feelings of others, to step into their shoes and see the world from their perspective, is a quality that should be deeply valued and practised in every day life. Everyone fights their own battles, and beautiful people strive to offer comfort, understanding and love to those who are going through difficult times.

3. FORGIVENESS is a quality of utmost importance. Forgiving can be a tough pill to swallow. It's not easy to let go of hurt and resentment, especially when someone has wronged you badly and the hurt runs deep. But forgiveness isn't about the other person, it's about freeing ourselves from the shackles of bitterness and resentment that affect our own peace of mind. Beautiful people realise how much God, in His love, has forgiven them and how imperfect they are.

4. HUMILITY is often displayed by beautiful people who strive to remain humble in their thoughts and actions. They don't consider themselves superior to others, they don't overestimate their own abilities, or brag about their achievements, and they recognise and acknowledge their weaknesses.

5. GENEROSITY is another characteristic of beautiful people. It's not just about giving money or material possessions, but also about being generous with time, help, and kindness.

6. PATIENCE is also a very important virtue. A patient person can deal with problems or give attention to people in need without becoming upset. Patience and compassion go together. The time you give to others is precious and it shows that you care.

In a world that often expects or demands quick results, patience can seem like a lost virtue. But it's an essential part of the character of beautiful people.

7. GRATITUDE is a powerful quality that we should all strive for. It's about recognizing and appreciating the good things in life, no matter how big or small, understanding that every good thing in our lives is a gift of God and giving thanks for what we have rather than complaining about what we lack.

8. INTEGRITY, another cornerstone. Walking with integrity takes practice and is challenging, because we face daily temptations to be less than honest in our words, deeds and actions. Proverbs 19:1 tells us : « Better is a poor man who walks in his integrity than one who is twisted in his speech and is a fool. »

FINAL THOUGHTS : All of the above are real values that shape individuals into beautiful people. They are not the only ones, of course, and the beautiful people who display them are by no means perfect. But being around them certainly makes the journey easier.

As we reflect on these qualities, let's take some time to ask ourselves : What kind of person am I ? Do I want to incorporate these values into my own life ?

Let me challenge you to strive every day to embody these qualities in your thoughts, words, and actions, whether in moments of comfort and convenience, or in times of challenge and difficulty.

Because at the end of the day, you will realise that material values and having things mean nothing. All that matters is that you live in such a way that people will feel good around you and will remember you as someone who enriched their lives and made it easier for them.