

Self-Esteem

INFORMATION

- You are made in the image of God.

SCRIPTURES

- **Genesis 1:31** — God saw all that he had made and it was very good.
- **1 John 4** — You are from God, recognize the Spirit of truth and God's love.
- **Luke 13:10-17** — Jesus heals the bent over woman.
- **Isaiah 43:1-7** — You are called by name and you are God's.
- **Luke 12:6-7** — You are of more value than sparrows, yet not one is forgotten in God's sight.
- **Psalms 139** — You are fearfully and wonderfully made.
- **Psalms 94:19** — When the cares of my heart are many, your consolations cheer my soul.
- **Romans 15:13** — May the God of hope fill you with all joy and peace in believing, so that you may overflow with hope by power of the Holy Spirit.

Self-Esteem

PRAYER

Lord, you have created me. Give me a conscious awareness of your never-absent presence and remind me that I am a beloved child of yours. Help me to remember I am worthy of your love. In the name and by the love of Jesus Christ I pray this. Amen.

SUGGESTED READING

- *Life of the Beloved: Spiritual Living in a Secular World* by Henri Nouwen (Crossroad, 2002)
- *Praying for Purpose for Women* by Katie Brazelton (Zondervan, 2008)