

## PRAYER FOR WHEN YOU DON'T FEEL GOOD ABOUT YOURSELF

**Key Scripture:** *I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well* (Psalm 139:14).

**Key Thought:** “But with You, Lord, there are no walls. You, who made me, know my deepest emotions, my most secret thoughts. You know the good of me and the bad of me. You already understand...from Your perfect understanding I receive understanding for my own life’s needs.” (Marjorie Holmes).

**Prayer:** Heavenly Father, I believe Your Word that tells me that You love me,<sup>1</sup> and that nothing can separate me from Your love,<sup>2</sup> except my own refusal to believe it and to receive it.

You loved me even before I was born, and You fashioned me according to Your grand plan and purpose. I am one of Your marvelous works, Father, and I praise You because I am fearfully and wonderfully made.<sup>3</sup>

Thank You for making me a new creation in Christ. I rejoice in the certain knowledge that You have made all things new in my life,<sup>4</sup> including the way I see myself. I have been made complete in Christ.<sup>5</sup>

Thank You for loving me and helping me to love You with all my heart, to love myself as You love me,<sup>6</sup> and for helping me to like myself as well. From this time forward, I will walk in love toward You, others, and myself, because I know Christ loved me and gave Himself for me.<sup>7</sup>

I trust you, Father, to continue Your workmanship in my life, for I know that You are working within me, both to will and to do Your good pleasure and desires.<sup>8</sup>

**References:** (1) *John 3:16*; (2) *Romans 8:38-39*; (3) *Psalm 139: 13-16*; (4) *2 Corinthians 5:17*; (5) *Colossians 2:10*; (6) *Matthew 19:19*; (7) *Ephesians 5:2*; (8) *Philippians 2:13*.

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