

A PRAYER FOR FEELING WORTH-LESS

Lord,

I am confused. hurting. Broken. I am overwhelmed with low feelings and filled to capacity with lies the world has told me.

Help me to change. To see myself as YOU see me.

Let me understand your grace and that I am precious to you. Let me see my body image is a set of feelings, not fact.

Please, help me to build up my confidence, even if for the first time, understand my worth as a woman of great value. Regardless of what an arbitrary set of numbers on a machine say, lies someone else says, or the constant assault on my value from the media.

I come before you with a mustard seed of faith today Lord, please help me become strong and healed.

Amen