Lord, we are broken in our fractured views of who we are. Help us. Let us remember that charm is deceitful and beauty is vain, but a woman who loves the Lord? She is gorgeous. Because that love reflects marvelously into our own self.

Let us remember that when we criticize our image, we criticize jour our maker, who created us in your own likeness.

Instead, let us rejoice, confident in our own body. For we are wonderfully created, and we pray for victory over any wrong thinking that steals our joy. For those hard pains in our marriage. We are more than conquerors because of you.

Thank you, thank you, Amen

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