



Devotional

week 1

God made mankind in His image, to reflect His glory. Out of everything that God created, He saw mankind as "very good." You are created in the image of God and reflect His beauty.
Genesis 1:26-27

In your mother's womb, God created you exactly as who He planned you to be. All your physical attributes have been uniquely designed by Him for you!
Psalms 139:13-16

Your Heavenly Father created you, as an artist crafts their work. With care, intentionality, and love, you were created by God.
Isaiah 64:8

God created you to do good works for His kingdom. You are His prized possession, His masterpiece and created with a perfect purpose in mind.
Ephesians 2:10

week 2

Your body houses the Spirit of God! With such a cherished possession within, God sees purpose for how to honor your body. Ask God to see your body the way He does!
1 Corinthians 6:19

While the world says that beauty and charm define your worth, the Bible tells a different story. You can find your true worth in the Lord alone.
Proverbs 31:30

You do not have to look like the world looks. You have been set apart! Ask God to help you be transformed by your, and your mind to see yourself how He sees you.
Romans 12:2

People doubted David because of His physical appearance, but what truly mattered was His heart. How does your heart reflect the beauty and glory of God?
1 Samuel 16:7

week 3

True beauty comes from the inside. Even when your outward appearance changes, you can rest in the beauty of your Spirit within. This is the value you hold!
1 Peter 3:3-4

The Lord invites you to receive His crown of beauty, His joy, His garment of praise. You have been created and planted to reflect His glory!
Isaiah 61:3

Your confidence should come from who God says that you are! You can trust what He says about your beauty and purpose and walk in that confidence.
Jeremiah 17:7

You have been clothed in garments of salvation and robes of righteousness. When you see yourself in the mirror, you can know that you are covered in His beauty.
Isaiah 61:10

week 4

Do you have negative thoughts about your appearance? Ask God to help change those thought patterns. You can think kind, true, and excellent things towards yourself!
Philippians 4:8

Comparison is the thief of all joy. When you compare yourself to others, you lose sight of what God says about you. Ask God to help you overcome comparison.
2 Corinthians 10:12

God's grace is enough. It's enough for the days that you feel inadequate, less-than or not good enough. His power will be perfected through any weakness you have.
2 Corinthians 12:9

You don't have to worry. God is the one that takes care of your physical needs as well. You are even more beautiful than flowers, dressed in His majesty!
Matthew 6:25-34

response