# Healing Faith: Embracing True Worth in God



Explore God's view of body image and find healing through faith in this 5-day study addressing mental health and self-worth.





#### Table of contents

<u>Introduction</u>	3
Day 1:  Created with Purpose	4
Day 2: Je Identity Beyond Appearance	10
Day 3:  Strength in Vulnerability	16
Day 4:  Embracing God's Grace	22
Day 5: X Living in Freedom and Joy	28







#### Introduction

Welcome to this five-day journey where we will explore the difficult emotions and thoughts surrounding body image through the lens of faith. Many people struggle silently with their self-worth based on how they see their bodies, and this can heavily impact mental health. *God's Word offers hope, healing, and a new perspective on what truly defines our value.*  $\swarrow$ 

In this study, we will walk through Scripture that affirms God's perfect creation of each person, challenges worldly standards, and offers peace that surpasses external appearances. We will see how God's love goes deeper than skin, shape, or size, calling us to embrace our identity in Him.

Body image issues can lead to anxiety, shame, and depression, but the Bible provides reassurance that our worth is not based on appearance but on being fearfully and wonderfully made (Psalm 139:14). Through these reflections, practical journaling prompts, and prayers, you will be invited to renew your mind and heart with God's truth.

This study is not only for those struggling with body image but for anyone desiring to deepen their faith and find rest from self-condemnation. May you experience God's grace, healing, and freedom as you see yourself as He sees you.  $\heartsuit$ 

















#### Your Verse

Psalm 139:14 – "I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."

#### **Supporting Scriptures**

- Genesis 1:27 "So God created mankind in his own image, in the image of God he created them; male and female he created them."
- Jeremiah 1:5 "Before I formed you in the womb I knew you, before you were born I set you apart; I appointed you as a prophet to the nations."







# Devotional: God's Intentional Creation Reveals Our Value

God's intimate creation of you is no accident. Psalm 139:14 declares that you are fearfully and wonderfully made. This verse celebrates the intricate care God took in forming your body and soul. When we face doubts or negative thoughts about our appearance, remembering this truth is foundational.

You are made in God's own image (Genesis 1:27), which means your worth is intrinsic and not determined by cultural standards or social media images. You were designed with intention, complexity, and value. Jeremiah reminds us that even before birth, God knew and set us apart. This demonstrates a divine purpose that no external flaw can erase.

Today, meditate on what it means to be wonderfully made and valued by God's perfect love. Let this truth be your first step toward healing from body image struggles.







# Reflect and Apply

1.	How does knowing you are wonderfully made by God affect your view of your body?
2.	What lies about your worth have you believed that contradict Scripture?
3.	In what ways can you remind yourself daily of God's purpose in creating you?







# **Journaling Prompts**

1.	Write about a time when you felt truly confident in how God made you.
2.	List qualities about yourself that reflect God's image beyond appearance.
	Identify negative thoughts about your body and rewrite them with God's truth.







#### Prayer for Today

**Dear God,** thank You for fearfully and wonderfully creating me. Help me to see myself through Your eyes and reject the lies that diminish my worth. Teach me to embrace my body as part of Your good creation and to walk confidently in the identity You have given me. Fill me with peace and assurance that I am valued deeply and unconditionally. *Guide me daily to live out this truth.* Amen.

















#### Your Verse

1 Samuel 16:7 - "The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart."

#### **Supporting Scriptures**

- Romans 12:2 "Do not conform to the pattern of this world, but be transformed by the renewing of your mind."
- 2 Corinthians 5:17 "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"







#### Devotional: God Sees the Heart, Not the Outward

Society tells us to focus heavily on looks, but God tells a different story. 1 Samuel 16:7 reminds us that God values the heart, not outward appearance. When struggling with body image, it's important to shift focus from surface-level judgments to what truly matters—our character, our faith, and our relationship with God.

Renewing your mind according to God's Word (Romans 12:2) is crucial in combatting negative self-talk that centers on physical flaws. As a new creation in Christ (2 Corinthians 5:17), your identity is transformed and no longer bound by worldly definitions.

What if you began to see yourself through God's eyes—where your purity, kindness, and spiritual growth matter more than any external standard? Let God reshape your identity, freeing you from harmful comparisons.







# Reflect and Apply

	In what ways has society influenced your self-worth based on appearance?
	How can focusing on your heart and character over appearance change your self-view?
	What practical steps can you take to renew your mind and embrace your new identity in Christ?







# **Journaling Prompts**

1.	Describe your heart's qualities that you believe God values most.
	Write about a negative thought about your body you want to replace with a biblical truth.
3.	List ways you can practice seeing yourself as God sees you each day.







## Prayer for Today

**Heavenly Father,** thank You for looking beyond outward appearances to the heart. Help me to reject cultural pressures and embrace my identity in You as a new creation. Transform my mind and spirit to align with Your truth rather than the world's standards. Teach me to value what You value—love, mercy, faithfulness—and to find my confidence rooted in Your acceptance. *Guide me daily to grow in Your likeness.* Amen.









# Day 3: V Strength in Vulnerability









Day 3: **(**) Strength in Vulnerability

#### Your Verse

2 Corinthians 12:9 - "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me."

#### **Supporting Scriptures**

- Psalm 34:18 "The Lord is close to the brokenhearted and saves those who are crushed in spirit."
- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God."







Day 3: **(**) Strength in Vulnerability

#### Devotional: God's Power Perfected in Our Weakness

Admitting struggles with body image can feel vulnerable, but Scripture turns this vulnerability into strength. Paul's declaration in 2 Corinthians 12:9 shows that God's grace is enough to carry us in our weaknesses. When you feel inadequate or ashamed, remember that Jesus' power shines brightest in those places.

God draws near to the brokenhearted and those crushed in spirit (Psalm 34:18). He does not condemn but comforts and restores. Instead of hiding what you feel, bring your pain to Him and let His presence heal you.

Fear and dismay can assault your mind, but Isaiah 41:10 reassures us God is with us. Lean into His strength today, knowing that vulnerability is not defeat but an opportunity to experience deeper grace and freedom.







Day 3: ① Strength in Vulnerability

# Reflect and Apply

	What fears or shame do you feel about your body that you've avoided sharing?
	How might embracing vulnerability open the door for God's grace and healing?
	How can you rely more on God's strength in moments of weakness or self-doubt?







Day 3: V Strength in Vulnerability

# **Journaling Prompts**

	Write about a moment when someone's support helped you through a vulnerability.
2.	Identify areas where you need God's strength to overcome body image struggles.
3.	List ways you can be honest with God and trusted people about your feelings.







Day 3: ① Strength in Vulnerability

## Prayer for Today

**Lord Jesus,** thank You for Your sufficient grace that covers my weaknesses. When I feel broken or ashamed about my body, remind me that Your power rests on me in those moments. Help me to courageously be vulnerable before You and others, knowing You are close to the brokenhearted. I choose to cast my fears on You because You care deeply for me. *Strengthen me to walk in Your freedom today.* Amen.









# Day 4: Day Embracing God's Grace









Day 4: 
Embracing God's Grace

#### Your Verse

Ephesians 2:8-9 - "For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God— not by works, so that no one can boast."

#### **Supporting Scriptures**

- Titus 3:5 "He saved us, not because of righteous things we had done, but because of his mercy."
- Romans 8:1 "Therefore, there is now no condemnation for those who are in Christ Jesus."







Day 4: 
Embracing God's Grace

# Devotional: Grace Frees Us from Condemnation and Shame

**Trying to earn God's love by changing how we look or feel often leads to despair.** Ephesians 2:8–9 reminds us that salvation and acceptance are gifts—given by grace, not earned. You don't have to prove your worthiness through your body or achievements.

God's mercy saved us, not our righteous acts (Titus 3:5). This truth frees you from self-condemnation and the pressure to conform to impossible standards.

Romans 8:1 brings the powerful promise of no condemnation for those in Christ. Let go of guilt and intrusive negative thoughts about your image today. Rest in the grace that covers all imperfections and transforms your heart with love.







Day 4: 💮 Embracing God's Grace

# Reflect and Apply

	How has your understanding of God's grace affected your self-acceptance?
	What are some ways you try to earn approval or worth that you can surrender?
3.	How can resting in grace transform your daily thoughts about your body?







Day 4: 💮 Embracing God's Grace

# **Journaling Prompts**

1.	Recall a moment when you experienced God's unearned grace.
2.	Write down areas you struggle to accept God's grace fully.
3.	Describe what it means to live free of condemnation in Christ.







Day 4: 
Embracing God's Grace

#### Prayer for Today

**Gracious Father,** thank You for the incredible gift of Your grace that saves and completes me. Help me to release the burden of trying to earn Your love through my appearance or actions. Teach me to live with freedom from condemnation and to accept myself as You accept me. Fill my heart with Your mercy and love that renews me each day. *Lead me to embrace Your grace fully.* Amen.

















Day 5: 🞇 Living in Freedom and Joy

#### Your Verse

Galatians 5:1 - "It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery."

#### **Supporting Scriptures**

- Philippians 4:8 "Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things."
- Nehemiah 8:10 "Do not grieve, for the joy of the Lord is your strength."







Day 5: X Living in Freedom and Joy

#### Devotional: Stand Firm in Christ's Freedom and Joy

Christ has set you free from the chains of negative self-image and lies.

Galatians 5:1 calls you to stand firm and not return to the slavery of harmful thoughts and pressures about your body. Freedom in Christ means you can live boldly with joy and peace.

Fill your mind with what is true, pure, and admirable (Philippians 4:8). Replacing destructive thoughts with God's truth renews your mental and emotional well-being.

Remember, the joy of the Lord is your strength (Nehemiah 8:10). Let God's joy energize your spirit as you celebrate your identity rooted in Him. Your worth is secure, your body is good, and your soul is cherished. Walk forward this week in freedom, hope, and joy!







Day 5: 🎇 Living in Freedom and Joy

# Reflect and Apply

	What areas of your mind and heart do you still need to surrender to God for freedom?
2.	How can you practice focusing on what is true and lovely in daily life?
3.	What role does God's joy play in your mental health journey?







Day 5: 🎇 Living in Freedom and Joy

# **Journaling Prompts**

	Write a letter to yourself embracing freedom from past body image struggles.
2.	List ways to intentionally focus on positive, godly thoughts this week.
3.	Describe how you experience God's joy and how it strengthens you.







Day 5: 🎇 Living in Freedom and Joy

## Prayer for Today

Lord Jesus, thank You for setting me free from the lies that have weighed me down. Help me to stand firm in this freedom and choose thoughts that reflect Your truth and goodness. Fill me with Your joy, the strength I need to walk confidently in the new identity You have given me. May I be a witness of Your love and hope as I embrace the body and life You've blessed me with. *Thank You for Your unfailing care.* Amen. 💸 🙏 👀







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