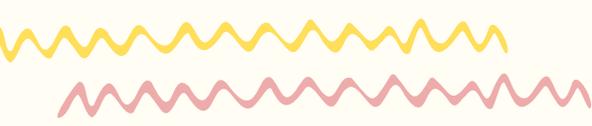


Salvaging Self-Esteem

Mini Bundle





Welcome To Blissful-Faith!

Thank you for downloading the Salvaging Self-Esteem Mini Bundle. I'm not sure what happened in your life, but know that your self-esteem can be salvaged. Allow these pages in this guide to help you rebuild your self-esteem along with God.

In this bundle:

21-Day Bible Reading Plan

Reminders To Self

Guided Prayer

Self-Reflection Prompts

-Devyn Janae

Blissful-Faith.com

Always remember you're destined to win because He got up!

Things To Remember

You are important.



It's okay to ask for help.

Your wants and needs matter.

Your mistakes don't define you.



You are loved.

Productivity doesn't define your worth.

You are needed in this world.



Self Esteem Dream



No matter the situation Jesus can turn it around.

2 Corinthians 5:17



I can recall times in my life where I wanted to throw in the towel. Depression had me in a choke hold so tight, that I believed that the world would be a better place if I weren't here. I was in a very dark place, but Jesus spoke to my situation and before I knew it depression was a thing of the past. Maybe you are having a tough time or you're in a dark place right now. Let's uncover the truth about who you are together.

Write out the situation that has been troubling you and give it over to God.

See Ephesians 1-2, underline truths about what God has said about you.



How do you view yourself?

Do you like what you see when you look in the mirror?

What has been the best moment of your life?





WHO AM I IN CHRIST?

AFFIRMATIONS ON IDENTITY

I am a new creation in Christ.

2 Corinthians 5:17



I am holy and blameless before him.

I am adopted by God.

I am a son/daughter of God because of Jesus.

Ephesians 1:4-5

I am a chosen race.

I am a royal priest.

I am God's prized possession.

1 Peter 2:9

I am created in God's image after his likeness.

Genesis 1:26



I am complete and enough in Christ.

Colossians 2:10



I am precious, honored, and loved in God's eyes.

Isaiah 43:4



Sometimes we "feel" like we're not enough, but that's a lie from the pit of hell. God has already given us his stamp of approval long before time began.

These are 5 questions to ask yourself when you are not feeling enough:



I'm not feeling enough... 

What triggered these feelings?



Before I formed you in the womb I knew you, and before you were born I consecrated you; I appointed you a prophet to the nations (Jeremiah 1:5 ESV).

Do I believe what God spoke about me in His word?

search



Am I comparing myself to what & who I see?

Define the word consecrate.

Note to self:

Why am I searching for a "feeling"?



Have I let go of my old self?

Scripture Challenge: Self Esteem

Write out each verse.

Answer the following questions:

What words stand out to you? What do you believe God is speaking to you?

How can you apply this scripture to your daily life?

If you do not understand, pray and ask the Holy Spirit to make His word plain to you.

Genesis 1:27

2 Corinthians 12:9

Isaiah 41:102

Timothy 1:7

Psalm 34:18

Ephesians 2:10

Psalm 46:5

Song of songs 4:7

Proverbs 3:15

John 1:12

Jeremiah 31:31

Peter 2:9

Colossians 3:12

Romans 8:37

1 Peter 3:3-4

Psalm 139:13-14

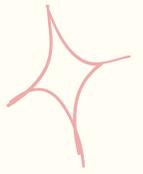
Luke 12:7

Zephaniah 3:17

Jeremiah 1:5

Isaiah 43:4

Hebrews 4:16



Guided Prayer: Low Self-Esteem

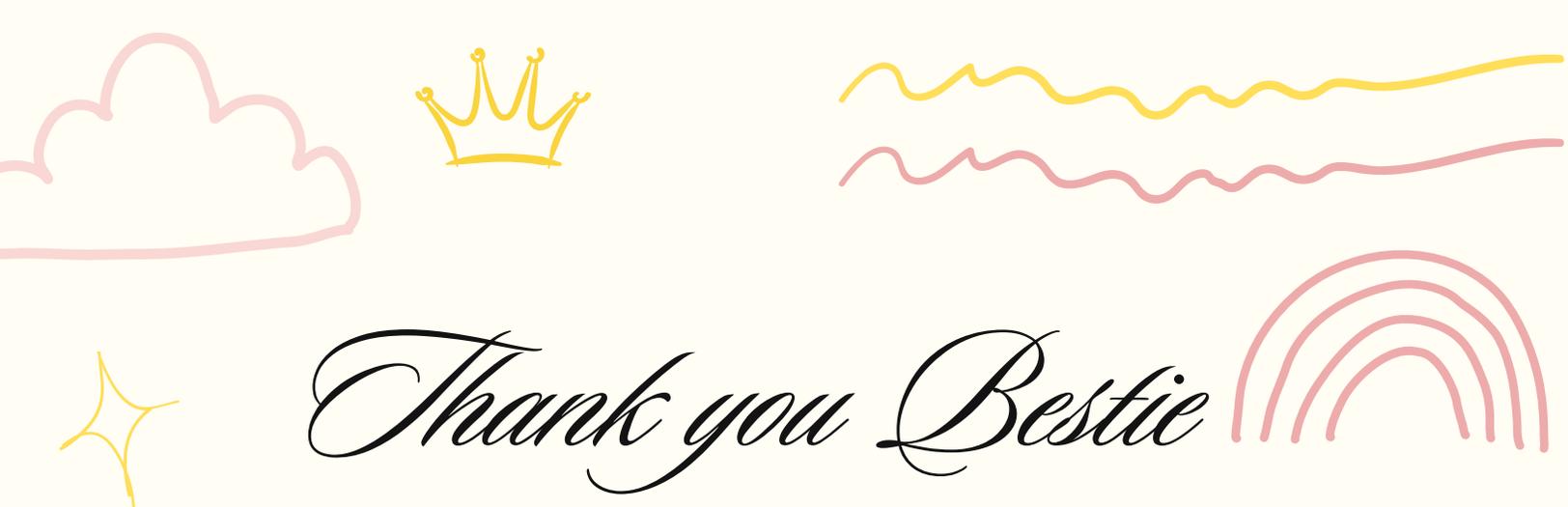
Father God thank you for creating me. Lord you said that I am beautifully and wonderfully made. Lord you made all the delicate inner parts of my body and knit me together in my mother's womb.

Father right now, I want to repent for thinking of myself less than what you've called me. My mind is constantly filled with negative thoughts and I am weighed down by the opinions of others.

Lord, I lack confidence and it is withholding me from being my true authentic self. God help me to see me the way you see me. Help me to guard my heart, thoughts, and emotions. Help me to submit every thought captive and lay them at your feet.

Heal any hurt that has caused my scars and wounds. I ask that you begin to renew my mind to think like you Lord. I also ask that you help me to discover and receive your love above all else Jesus.

In Jesus name I pray, Amen.



Thank you Bestie

FOR INVESTING IN YOUR AUTHENTIC SELF. YOU ARE LOVED AND THE VERY SPIRIT OF GOD LIVES WITHIN YOU. NEVER FORGET THAT YOU ARE DESTINED TO WIN BECAUSE HE GOT UP!



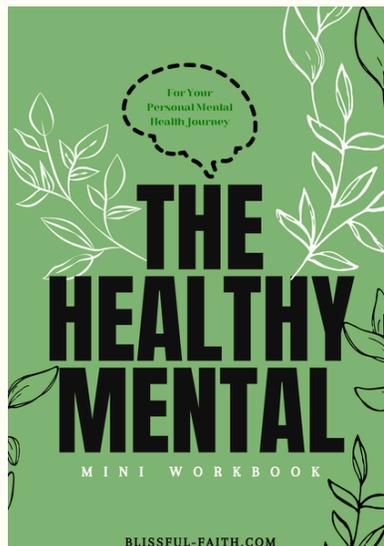
OUR MISSION IS TO ENCOURAGE YOU TO BE YOUR AUTHENTIC SELF AND WALK HAND IN HAND WITH YOUR BESTIE FOREVER, JESUS CHRIST



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