A MOMENT TO RETURN TO YOURSELF

Seen and valued by God

Protect your dignity. Let God’s truth shape your view.

MY WORTH
is rooted in God’s creation.

MY MISTAKES
do not define my identity.

MY DIGNITY
is not decided by approval.

GUARD YOUR SENSE OF WORTH. GROW IN TRUTH.

01 Question old labels

Past criticism is not the final truth about me. Begin with Scripture when shame or old labels return.

02 Limit harmful voices

Limit media and conversations that tear me down. I do not owe every voice continued access to me.

03 Choose trusted counsel

Seek trusted friends or mentors. Honest guidance helps me grow without attacking my dignity.

04 Keep worth intact

Own mistakes and make amends where needed. A failure is something to address, not a verdict on my value.

05 Notice faithful growth

Notice kindness, patience, and courage. Celebrate growth without making achievement a test of my worth.

06 Leave comparison behind

Another person’s success does not diminish me. Return to my God-given purpose and my next faithful step.

“I have loved you with an everlasting love”

JEREMIAH 31:3 · EXCERPT

“So God created mankind in his own image”

GENESIS 1:27 · EXCERPT

A SIMPLE PRAYER

Father, help me see myself through Your love. Quiet the voices of shame and comparison. Give me wisdom to receive honest guidance and set limits on what tears me down. Teach me to grow with humility while protecting the dignity You gave me. In Jesus’ name, Amen.

I can be open to growth without surrendering my dignity.