

Theme: Self-esteem

Day 1 Psalm 139:13-18

This is how God made you

¹³For you created my inmost being;
you knit me together in my mother's womb.
¹⁴I praise you because I am fearfully and wonderfully
made; your works are wonderful, I know that full well.
¹⁵My frame was not hidden from you
when I was made in the secret place,
when I was woven together in the depths of the earth.
¹⁶Your eyes saw my unformed body;
all the days ordained for me were written in your book
before one of them came to be.
¹⁷How precious to me are your thoughts, God!
How vast is the sum of them!
¹⁸Were I to count them,
they would outnumber the grains of sand—
when I awake, I am still with you.

Day 2 Isaiah 43:1-7

This is how God thinks and feels about you

¹But now, this is what the LORD says—
he who created you, Jacob,
he who formed you, Israel:
“Do not fear, for I have redeemed you;
I have summoned you by name; you are mine.
²When you pass through the waters,
I will be with you;
and when you pass through the rivers,
they will not sweep over you.
When you walk through the fire,
you will not be burned;
the flames will not set you ablaze.
³For I am the LORD your God,
the Holy One of Israel, your Savior;
I give Egypt for your ransom,
Cush and Seba in your stead.
⁴Since you are precious and honored in my sight,
and because I love you,
I will give people in exchange for you,
nations in exchange for your life.
⁵Do not be afraid, for I am with you;
I will bring your children from the east
and gather you from the west.
⁶I will say to the north, ‘Give them up!’
and to the south, ‘Do not hold them back.’
Bring my sons from afar
and my daughters from the ends of the earth—
⁷everyone who is called by my name,
whom I created for my glory,
whom I formed and made.”

Day 3 Jeremiah 17:5-8

This is how God makes you into a blossoming
tree

⁵This is what the LORD says:
“Cursed is the one who trusts in man,
who draws strength from mere flesh
and whose heart turns away from the LORD.
⁶That person will be like a bush in the wastelands;
they will not see prosperity when it comes.
They will dwell in the parched places of the desert,
in a salt land where no one lives.
⁷“But blessed is the one who trusts in the LORD,
whose confidence is in him.
⁸They will be like a tree planted by the water
that sends out its roots by the stream.
It does not fear when heat comes;
its leaves are always green.
It has no worries in a year of drought
and never fails to bear fruit.”

Day 4 Jeremiah 29:11-14

This is what God says about your future

¹¹For I know the plans I have for you,” declares the
LORD, “plans to prosper you and not to harm you, plans
to give you hope and a future. ¹²Then you will call on me
and come and pray to me, and I will listen to you. ¹³You
will seek me and find me when you seek me with all your
heart. ¹⁴I will be found by you,” declares the LORD, “and
will bring you back from captivity. I will gather you from
all the nations and places where I have banished you,”
declares the LORD, “and will bring you back to the place
from which I carried you into exile.”

Day 5 ^{BS} Colossians 3:10-17

This is how God changes you permanently
(cf. Colossians 3:23-24)

¹⁰and have put on the new self, which is being renewed in knowledge in the image of its Creator. ¹¹Here there is no Gentile or Jew, circumcised or uncircumcised, barbarian, Scythian, slave or free, but Christ is all, and is in all.

¹²Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. ¹³Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. ¹⁴And over all these virtues put on love, which binds them all together in perfect unity.

¹⁵Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. ¹⁶Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. ¹⁷And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

Day 6 Matthew 6:25-34

This is how you can stop worrying

²⁵“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? ²⁶Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?

²⁷Can any one of you by worrying add a single hour to your life?

²⁸“And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. ²⁹Yet I tell you that not even Solomon in all his splendor was dressed like one of these. ³⁰If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? ³¹So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’

³²For the pagans run after all these things, and your heavenly Father knows that you need them. ³³But seek first his kingdom and his righteousness, and all these things will be given to you as well. ³⁴Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Day 7 Psalm 103:1-14

This is all that God gives to you

¹Praise the LORD, my soul;
all my inmost being, praise his holy name.

²Praise the LORD, my soul, and forget not all his benefits—³who forgives all your sins
and heals all your diseases,

⁴who redeems your life from the pit
and crowns you with love and compassion,
⁵who satisfies your desires with good things
so that your youth is renewed like the eagle's.

⁶The LORD works righteousness
and justice for all the oppressed.

⁷He made known his ways to Moses,
his deeds to the people of Israel:

⁸The LORD is compassionate and gracious,
slow to anger, abounding in love.

⁹He will not always accuse,
nor will he harbor his anger forever;

¹⁰he does not treat us as our sins deserve
or repay us according to our iniquities.

¹¹For as high as the heavens are above the earth,
so great is his love for those who fear him;

¹²as far as the east is from the west,
so far has he removed our transgressions from us.

¹³As a father has compassion on his children,
so the LORD has compassion on those who fear him;

¹⁴for he knows how we are formed,
he remembers that we are dust.

Day 8 Psalm 37:1-11

Do this and God will give you the desires of
your heart

¹Do not fret because of those who are evil
or be envious of those who do wrong;

²for like the grass they will soon wither,
like green plants they will soon die away.

³Trust in the LORD and do good;
dwell in the land and enjoy safe pasture.

⁴Take delight in the LORD,
and he will give you the desires of your heart.

⁵Commit your way to the LORD;
trust in him and he will do this:

⁶He will make your righteous reward shine like the dawn,
your vindication like the noonday sun.

⁷Be still before the LORD and wait patiently for him;
do not fret when people succeed in their ways,
when they carry out their wicked schemes.

⁸Refrain from anger and turn from wrath;
do not fret—it leads only to evil.

⁹For those who are evil will be destroyed,
but those who hope in the LORD will inherit the land.

¹⁰A little while, and the wicked will be no more;
though you look for them, they will not be found.

¹¹But the meek will inherit the land
and enjoy peace and prosperity.

Day 9 Romans 12:3-8

Do not think of yourself more highly than you ought

³For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you. ⁴For just as each of us has one body with many members, and these members do not all have the same function, ⁵so in Christ we, though many, form one body, and each member belongs to all the others. ⁶We have different gifts, according to the grace given to each of us. If your gift is prophesying, then prophesy in accordance with your faith; ⁷if it is serving, then serve; if it is teaching, then teach; ⁸if it is to encourage, then give encouragement; if it is giving, then give generously; if it is to lead, do it diligently; if it is to show mercy, do it cheerfully.

Day 10 Romans 12:9-18

This is how you give others a healthy self esteem

⁹Love must be sincere. Hate what is evil; cling to what is good. ¹⁰Be devoted to one another in love. Honor one another above yourselves. ¹¹Never be lacking in zeal, but keep your spiritual fervor, serving the Lord. ¹²Be joyful in hope, patient in affliction, faithful in prayer. ¹³Share with the Lord's people who are in need. Practice hospitality. ¹⁴Bless those who persecute you; bless and do not curse. ¹⁵Rejoice with those who rejoice; mourn with those who mourn. ¹⁶Live in harmony with one another. Do not be proud, but be willing to associate with people of low position. Do not be conceited. ¹⁷Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everyone. ¹⁸If it is possible, as far as it depends on you, live at peace with everyone.