

PRAYER GUIDE 3

Praying Through Self-Worth

"I praise you because I am fearfully and wonderfully made." — Psalm 139:14

How to Use This Guide

This guide is for the moments when you struggle to believe you have value. Read slowly. Let each prayer be an honest conversation, not a performance.

Opening Prayer

Father, I struggle to see myself the way You see me. The opinions of others, my own failures, and the comparison trap all make it hard to believe I have real worth. I want to see myself through Your eyes today. Help me. Amen.

Praying Through Self-Worth

When you feel worthless:

God, the enemy tells me I am worthless. But You sent Your Son for me — and that alone tells me I have value. You do not give Your best for things that do not matter. Help me receive that truth today.

When you feel like a failure:

Lord, I have made mistakes. I have let people down, including myself. But Your Word says that You work all things together for good for those who love You (Romans 8:28). My failures are not the end of my story. Help me trust You with the chapters I cannot see yet.

When comparison steals your peace:

Jesus, I have been looking at everyone else's life and wondering why mine does not measure up. Forgive me for the time I have wasted comparing. Help me focus on the unique purpose You have placed in me, not the path You have given someone else.

A Prayer of Surrender

God, I surrender my need for approval. I surrender the scoreboard I have been keeping. I choose today to receive my worth from You — not from my achievements, my appearance, or anyone else's opinion. You are enough, and that makes me enough. Amen.

Closing Prayer

Lord, let me walk out of this time with You knowing that I am valued. Not because I earned it — but because You said so. Amen.

Reflection Question

Where have you been searching for worth outside of God? Write it honestly, then bring it to Him in a short prayer of surrender.

You are seen. You are known. You are loved.