

embrace YOU

For you created my inmost being;
you knit me together in my mother's womb.
Psalms 139:13

God's love for us is evident throughout scripture,
Even so, it is often difficult to love ourselves. What is some-
thing you regularly do to take care of yourself?

embrace YOU

"I have loved you with an everlasting love;
I have drawn you with unfailing kindness.
I will build you up again. Jeremiah 31: 3-4

When you read this scripture, what do you feel
God is communicating to you?

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For the Spirit God gave us does not make us timid, but gives us
power, love and self-discipline. 2 Timothy 1:7

Do you see carrying for your body as self-care?
What are ways you take time and care for your
body?

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Proverbs 31:25. She is clothed with strength and dignity,
and she laughs without fear of the future.

What personal message do you receive from
this scripture?