

# DAY 6

**“Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.” Psalm 139:23-24 NIV**

David, the writer of this Psalm, was very close to God. God knew everything about David—the good, the bad, and the ugly. And David knew that God loved him no matter what! That’s why David could go to God and be honest about the anxious or negative thoughts he was struggling with. He trusted that God would love and help him no matter what! What’s amazing is that God wants the same kind of relationship with everyone, including you! You can feel just as safe in your relationship with God because God made you, knows you, and wants what’s best for you.

**Have a conversation with God about any negative or anxious thoughts you might have about yourself. Trust God to help you through it because you know God loves you.**

# DAY 7

**“I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.” Psalm 139:14 NIV**

Memorizing Scripture helps us keep what’s true in our minds. When we find ourselves thinking negative thoughts about things like our bodies or appearances, we have the tools we need to fight them. We have the truth of God’s Word! So today, work to memorize this verse as a reminder of what’s really true about who you are and how God made you.

**Write it out on your mirror or put a sticky note on your mirror with the verse written on it. Every single time you look at yourself in the mirror this week, stop and say this verse out loud. Let it help you think true, good thoughts about who you are and how God made you!**

# DAILY DEVOTIONAL

FOR AN  
**everyday faith.**

TRENDING: BODY IMAGE / WEEK 1

MIDDLE SCHOOL

# DAY 1

**“Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.” Romans 12:2 NLT**

It can be easy to think about or even talk about ourselves in a negative way. We’re often quick to think we’re not good enough, pretty enough, tall enough, strong enough, skinny enough, athletic enough—the list could go on and on. The good news is that we don’t have to keep these thoughts on repeat in our minds. Instead, we can learn from what Paul says here and ask God to renew our minds. To change our way of thinking. To see ourselves in a new way. To see ourselves the way God sees us!

**Today, ask God to show you a new way to think about yourself. Pray that God would help you see yourself as someone made perfectly in God’s image!**

# DAY 2

**“I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don’t be troubled or afraid. John 14:27 NLT**

So many things can change from one day to the next in middle school. Your friends, your teachers, your home life—it’s all changing. And in the middle of all that, your body image is changing, too! But you know what’s always available to you? In the middle of all those changes, Jesus promises peace. Jesus gave the gift of peace—the kind of peace you can’t get anywhere else. It’s the only peace that will help you handle all of the changes you’re facing right now.

**Find an index card or a piece of paper and write the word “PEACE” in big letters. Put it in your pocket today, and in moments of uncertainty, pull out the card to be reminded of the peace that only Jesus can give.**

## DAY 3

**“For we are God’s masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.” Ephesians 2:10 NLT**

An artist’s masterpiece is their absolute best work of art. It’s the kind that often takes years to complete. Well, Paul says that we are God’s masterpieces! We are God’s best work! And not only that, but God has created us to be exactly how we’re meant to be. No mistakes, no mess-ups, no wrongs. Every little thing about who we are and how we’re made is designed on purpose with a purpose by God. And believing that’s true should change the way we see ourselves! Instead of picking apart what we don’t like about ourselves, we can begin to see ourselves as God’s amazing masterpiece!

**Take time this week to talk with an adult you trust about how you can begin to see yourself as God’s masterpiece!**

## DAY 4

**“And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.” Philippians 4:8 NLT**

Sometimes we get stuck thinking negative thoughts about ourselves: who we are, how we look, and what others might think about us. Sometimes it feels like these thoughts are on repeat in our heads! And when that happens, we can eventually start believing some pretty hurtful things about ourselves. What’s the best way to fight against this type of thinking? Paul gives us the secret in the verse: Fix your thoughts on things that are true, pure, and lovely. In other words, concentrate on the things of God! When we put our focus there, we’ll have more room for what’s good and less room for thoughts that aren’t.

**To start, write down a few things you think are good, lovely, or true about you!**

## DAY 5

**“Kind words are like honey—sweet to the soul and healthy for the body.” Proverbs 16:24 NLT**

*Written by Quintin, age 15, from Bowling Green, Indiana, USA*

Have you ever looked in the mirror and didn’t like what you saw? Maybe you felt like a “failure,” or that you were “weak.” I didn’t feel like I was strong enough because I was the youngest in my grade. I strived to make myself stronger by working out, but I kept tearing myself down because I was doing it for other people and not for myself. I kept repeating, “You aren’t good enough” to myself. At the same time, God was trying to get my attention to say, “You are more than enough!”

This verse says that kind words are sweet for the soul. They can make people feel better about themselves. But not just other people! Are we using kind words to ourselves too? One of the most important things to me is being kind to myself because, without it, I would not be able to cheer others up and continue to praise God. Being

kind to others starts with being kind to yourself first. Using kind words can change everything for us.

**Today, find a mirror or pull up the front-facing camera on your phone. As you look at yourself, practice being kind to yourself by encouraging yourself out loud. You might say, “I am enough,” or “I was made by God on purpose,” or “I am strong!”**