

## **I am loved just as I am.**

*(This prayer has space for you to pray for certain things: take your time, and don't be afraid to list everything you can think of.)*

Dearest Jesus, you call me by name and call me beloved: help me in moments of doubt to trust these words.

In this moment of doubt, I offer you thanks for all that is good in my life (pray for the good things)...

In this moment of doubt, I think of my achievements, remembering that I am capable (pray for your achievements)...

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(over)

In this moment of doubt, I lift up those who inspire me, so I may be inspired again (pray for all who inspire you, living or dead, real or fictional)...

Send your spirit to increase my trust that your love for me, and your desire that I live as fully as possible, is greater than any obstacle. Help me live true to your vision for me. I pray in the name of Jesus, who rose from death as a sign of your unmeasurable love. Amen.

**I am naturally creative,  
resourceful, and whole.**

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