

Wonderfully Made:
Embracing Biblical Self-Worth through Self-Care

Biblical Self-Worth

Genesis 1:27, 31
Psalms 139:13-18
Romans 5:8
Ephesians 2:10
Philippians 4:13
Luke 12:6-7
1 Peter 2:9-10
Romans 12:2
Philippians 4: 8-9
Romans 3:23-28

Biblical Self-Care

Mark 6
Luke 5:16
Genesis 2
Exodus 34:21
1 Corinthians 6:19-21
Genesis 2:18
Exodus 18:14,17, 22b-23
Ecclesiastes 3:1-13
Proverbs 4:23

**“I” statements based on the
word of God**

I am a child of God.

I am very good.

I am chosen.

I am forgiven and justified.

I am a royal priesthood.

I am holy.

I am an Heir to the Most High God.

I am wonderfully made.

I am God’s masterpiece.

I am His workmanship.

I am loved.

Biblical self care is an act of Biblical self-worth.

