



HOW DO YOU FEEL ABOUT YOURSELF?

MATTHEW 22:34-40

5-Day Bible Reading Plan and Devotional Guide

Based on the Theme: "How Do You Feel About Yourself?"

Day 1: You Are Fearfully and Wonderfully Made

Reading: Psalm 139:13-16

Devotional: Before you were born, God was already at work crafting you with intention and care. The psalmist declares that we are fearfully and wonderfully made -- not accidentally assembled, but purposefully designed. When the enemy whispers that you do not measure up, that you are too slow, too broken, or too far gone, return to this truth: God hovered over your formation the same way a proud owner hovers over a prized colt. Your worth is not measured by your accomplishments. It is rooted in the One who made you. Receive that today.

Reflection Question: What lies have you believed about yourself that contradict what God says about how He made you?

Practical Application: Write down three qualities God placed in you that you have been slow to acknowledge. Thank Him specifically for each one.

Day 2: No Condemnation for Those in Christ

Reading: Romans 8:1-4

Devotional: One of the enemy's most effective weapons is condemnation -- that relentless inner voice that says you are not holy enough, not disciplined enough, not worthy enough to stand before God or serve His purposes. Romans 8 cuts through that noise with a declaration of freedom: there is no condemnation for those who are in Christ Jesus. This is not a suggestion or a reward for perfect behavior. It is a covenant reality. When guilt and shame try to define you, anchor yourself in what the Spirit of life in Christ has already accomplished on your behalf.

Reflection Question: In what area of your life does condemnation speak the loudest, and how does Romans 8 speak directly to that area?

Practical Application: The next time a condemning thought rises, speak Romans 8:1 aloud. Practice declaring truth out loud rather than letting the thought go unchallenged in silence.

Day 3: Love God, Love Yourself, Love Others

Reading: Matthew 22:34-40

Devotional: Jesus answered a sophisticated legal question with breathtaking simplicity. Love God. Love your neighbor as yourself. Notice that loving yourself is not removed from the commandment -- it is built into it. You cannot give away what you do not possess. If you have not learned to extend grace, patience, and dignity to yourself, you will find it nearly impossible to consistently extend those same things to others. Loving yourself is not vanity. It is obedience. It is recognizing that the God who commanded you to love others also created you as someone worthy of that same love.

Reflection Question: How does the way you treat yourself currently reflect or contradict the love God has placed in you?

Practical Application: Identify one way you speak to yourself that you would never speak to a friend. Commit to replacing that pattern with language rooted in how God describes His people.

Day 4: God's Strength in Human Weakness

Reading: 2 Corinthians 12:9-10

Devotional: God does not wait until you have it all together before He uses you. He meets you in the middle of your weakness and declares that His grace is sufficient. The pastor described standing in a pulpit feeling unprepared, unworthy, and uncertain -- and then watching God show up anyway. That is not a failure of faith. That is faith in action. Weakness surrendered to God becomes the very platform through which His strength is displayed. Stop waiting until you feel ready. Stop waiting until you feel worthy. Step forward in dependence on the One whose power is perfected in your insufficiency.

Reflection Question: What has your sense of inadequacy kept you from attempting that God may have been calling you toward?

Practical Application: Name one step of obedience you have delayed because you did not feel capable. Take that step this week, praying before you do that God's strength would be made perfect in your weakness.

Day 5: You Are God's Masterpiece

Reading: Ephesians 2:8-10

Devotional: Salvation is not the finish line -- it is the starting point. Ephesians 2:10 declares that we are God's workmanship, His masterpiece, created in Christ Jesus for good works that He prepared in advance for us to walk in. Like a champion thoroughbred born on trembling legs, your current condition does not define your destiny. Your bloodline does. And your bloodline runs through the cross of Calvary. You may have failed. You may have been sidelined by shame, crushed by circumstance, or silenced by self-doubt. But God has not revised His plans for you. He is still hovering over you with confidence in what He placed inside you.

Reflection Question: If you genuinely believed you were God's masterpiece created for a specific purpose, what would you do differently starting tomorrow?

Practical Application: Pray and ask God to reveal one specific area where He has been preparing you for purpose. Write it down, date it, and return to it when doubt tries to convince you otherwise.