

A Body Image Prayer for My Daughter

Dear Heavenly Father:

I acknowledge that my daughter _____ is your daughter too. I know you love her and created her for a purpose.

Help me, Heavenly Father, to be a **good role model** for her. Help me to not obsess over beauty or over-focus on my appearance or her's. Give me eyes to see when my words or actions communicate wrong messages about value and where it is derived. **Show me how to show her that true value is found in you alone.** Help me to believe that for myself so that she can see that it's true. Most of all, **Lord, protect her.** Shield her eyes and ears from messages that are contrary to your Word. Help her to **root her identity in you alone** and not seek to find affirmation by meeting our culture's standard of beauty.

In Jesus' name I pray. Amen.

