

Father, only You can love me into the best version of myself. So, please ...

Help me to feel accepted where I have felt abandoned.
Help me to feel blessed where I have felt betrayed or bitter.
Help me to feel compassionate where I have felt critical.
Help me to feel confident where I have felt confused.
Help me to feel discernment where I have felt disappointed or disrespected.
Help me to feel delight where I have felt despair.
Help me to feel exceptional where I have felt excluded.
Help me to feel excited where I have felt empty.
Help me to feel free where I have felt fearful.
Help me to feel forgiving where I have felt furious and frustrated.
Help me to feel grateful where I have felt guilty.
Help me to feel hopeful where I have felt helpless.
Help me to feel healing where I have felt hurt or humiliated.
Help me to feel harmony where I have felt hostility.
Help me to feel inquisitive where I have felt indifferent.
Help me to feel interesting where I have felt inadequate or inferior.
Help me to feel joyful where I have felt judged or judgmental.
Help me to feel jubilant where I have felt jealous.
Help me to feel kind where I have felt cruel or cruelty.
Help me to feel loving where I have felt let down.
Help me to feel merciful where I have felt mistreated or mad.
Help me to feel nice where I have felt nasty.
Help me to feel open-minded where I have felt overwhelmed.
Help me to feel optimistic where I have felt oppressed.
Help me to feel peaceful where I have felt persecuted, pressured, or provoked.
Help me to feel purposed where I have felt perplexed.
Help me to feel quiet where I have felt quaking.
Help me to feel rested where I have felt rushed.
Help me to feel respectful where I have felt ruthless or resentful.
Help me to feel sure where I have felt scared or stressed.
Help me to feel sensitive where I have felt sneering.
Help me to feel thankful where I have felt tired.
Help me to feel trusting where I have felt threatened.
Help me to feel unmistakable where I have felt unfocused.
Help me to feel valued where I have been violated or victimized.
Help me to feel vulnerable where I have felt vicious.
Help me to feel worthy where I have felt worthless or weak.
Help me to feel worshipful where I have felt worried.
Help me to feel yielded where I have felt yearning.
Help me to feel zealous where I have felt zapped.

AMEN!