



in his image

Hey girl!

I'm so glad you got the In His Image devo. This is a seven-day devotional exploring the subject of our worth in Christ. Friend, you were made in the image of a loving and powerful God- He looked at this world and decided that you were needed here!

This devotional is in no way intended to be your only tool in a quiet time. Use this devotional as an added part of your daily time with the Lord. I challenge you to dig in deep to the scriptures and find for yourself what you are worth. I also pray that your desire to find worth in Christ would not end with this devotional. I am praying that this little book will excite you about finding your identity in Christ.

Praying for you, friend! I am so excited to see God work in your life!

Lots of Luv!  
Allie

# day one

## GENESIS 1

Gen 1:27

So God created mankind in his own image,  
in the image of God he created them;  
male and female he created them.

To understand our worth, we have to first understand our creator. Today, you read through the first chapter of Genesis; the creation account. This chapter is kind of like a first date, or the first time you meet a new friend- it's the first chapter of the Bible. At first, it's kind of like God is introducing himself; He does this by showing his great and mighty creativity and power. God the father, Jesus Christ the son, and the Holy Spirit are all present as the creation story unfolds. The chapter continues on as we get a front row experience to the creation of the world.

As each day passes on in the creation narrative, look for something- a small phrase “according to its kind”. You should be able to find this phrase (or a phrase that is similar to it, depending on your translation) for each thing that is created. Do me a favor, and put on your scientific hat for a second. This phrase “according to its kind” translates similarly to a species- the animal’s family in a way. God organized His creation in a very specific way, He created like kind creatures and organisms on the same day. God categorized His creation into the days; the stars and the moon went together, the trees and vegetation went together.

Except for humans.

Humans were created on a day all to themselves. God set us apart from the beginning. When day 6 came around, God said "Let us make man in our image, after our likeness". We were not created to be the same as the animals or as the plants, we were created to mirror the likeness of the God of the universe.

Take that in for a second, you were created to match the one who created it all. God made you in the image of Himself.

Friend, I don't know the personal struggles you are facing.

Maybe you struggle with insecurity. Maybe you struggle with self-hatred. Maybe you struggle with “fill in your blank”.

The God who breathed out the stars created you to be like him, you are worth SO much, you are made IN HIS IMAGE.

# pray & reflect

It's easy to get distracted while you're praying. This week, I encourage you to get in the habit of writing out your prayers to eliminate distractions.

# day two

Proverbs 3:8

"It will be healing to your flesh and refreshment to your bones"

## PROVERBS 3:1-8

I remember that day SO vividly. I woke up to a text from a girl who I used to know. This girl and I were part of the same friend group for a little bit; a friend group that eventually went to flames and left me broken. This text was a simple question that led to some back and forth messaging throughout the day. I was super open about the beauty that God had brought from the ashes left behind by that friend group. To make a long story short, the day ended with one final message from her calling me awful names and spreading untruths about me and my character. My heart was broken, yet again. There are days when those words still haunt me and hurt me. I say this to tell you- words are hurtful. I'm sure you can think of a story similar to this one that has left you hurt. Words leave scars.

In Proverbs, we are told that the Word, His Word, can be healing to our flesh and refreshment to our bones. The words of humans can be painful, but The Word of the Lord brings healing to our hurting flesh. The Word of God stands forever (1 Peter 1:25) and the words of humans are a whisper in comparison. The Word of God is our protection; in the armor of God (Ephesians 6), the Word of God is our helmet and shield. The Word of God is sharper than any two edged sword, it is alive and active. (Hebrews 4:12). The Word of God is so much more powerful than human words.

Today's devo is going to have you jump around your Bible a little bit. Look up each verse and see what HE calls you, use this as a tool to remind you of your worth in Him.

Psalm 139:14 \_\_\_\_\_

John 3:16 \_\_\_\_\_

1 John 3:2 \_\_\_\_\_

John 14:18 \_\_\_\_\_

2 Corinthians 5:17 \_\_\_\_\_

Romans 8:1-2 \_\_\_\_\_

Romans 8:39, John 10:29 \_\_\_\_\_

1 Peter 2:9 \_\_\_\_\_

Matthew 5:14 \_\_\_\_\_

Revelation 17:14 \_\_\_\_\_

pray & reflect

## PSALM 139

Psalm 139:14

“I praise you for I am  
fearfully and  
wonderfully made”

# day three

When you’re getting ready in the morning, what do you think about yourself? Do you think positive thoughts about what you like about yourself? For me, the answer to that question many times is “no”. I am not always positive about the body that the Lord has given me. Too often I find myself hating something about myself, whether it be my weight, or the acne that I face, or my crazy curls. Us girls too easily believe the lies that the world tells us; we tell ourselves that we are ugly, that we are fat, that we are not enough. When I think about these times that I have told myself these things, it hurts my heart! In the chapter we read today, it talks about how the Father formed every part of us while we were in our mother’s womb. He knew every stitch of our body, He created us to be exactly what we are! He knew from the beginning every mistake we would make, and even still- He decided that we were WORTH so much! We are fearfully and wonderfully made!

If you’ve been around a church for a while, you’ve probably heard that verse before. And if you’re like me, you probably dismissed it out of hand and didn’t really give a second thought to it. One of the things I like to do when I am studying the word is look up the definition of the words and dig deep. Personally, it is really cool to see where the same phrases are used in other scriptures as well. Let’s dig deep into the words “fearfully and wonderfully made”

FEARFULLY: This same verbiage is used in a familiar passage, one that we have already talked about this week. In Genesis 1:26-27, when it talks about humans bearing the image of God, the same wording is used!!! You were fearfully made, friend! You were made in the image of God, in his likeness-to be part of His family! You are fearfully made.

WONDERFULLY: Webster's Dictionary defines "wonderfully" as "in a way that inspires delight or admiration". You were made- WONDERFULLY. You were exquisitely designed in a way that delights our heavenly Father and creator.

You are wonderfully made.

Woah! I don't know about you, but that makes me feel pretty special. You were made in the image of God; He looks at you and He is delighted. Instead of speaking lies over your imperfections, speak truth over yourself. Instead of believing the lie that says that you are not enough, believe the truth that you are **FEARFULLY AND WONDERFULLY MADE.**

# pray & reflect

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# day four

MATTHEW 27:11-50

Take a second and think about the worst pain that you have ever experienced? I can think of a few times where I have been in horrible pain, but one that sticks out is the time that I was awfully sun-burned at a summer camp. You should know before I tell you this story that I am the most pale-skinned Florida girl you'll ever meet, whenever I go outside for an extended period of time I have to have like 100 SPF sunscreen to avoid being burned. I was in middle school when I went to this camp, and I forgot to put on sunscreen before being out in a boat for a couple of hours. I don't know if you've ever been to Florida, but let me just tell you- the middle of the day in the summer is HOT and the sun shines down hard! I got back to my cabin and realized that I was beet-red. Y'all, I was in so much pain. And then, the next day- I did it again! I forgot to put sunscreen on my face and when I got back to the cabin, I saw that blisters had started to form on my face and my shoulders. Literally, I could barely get a t-shirt on without crying out in pain! Girl, I was (and still am) a hot mess!

Today, we read one of the saddest passages in scripture. We read about Jesus' crucifixion and the atrocities that He had to go through for us! When I think about the pain that I faced on that summer day in middle school, I can't even begin to compare it to the pain that Jesus would have faced. Jesus did that for you; In His eyes, your eternal freedom is worth all of the pain He endured. Today's devo is NOT an easy one to read, today we are going to walk through the details of what would have happened on the cross.

Let's walk through what would have happened that day.

Jesus was rejected by his people, by humans that He made in His image. He was mocked and spit on, His clothes were stolen from Him, He was beat within an inch of His life. And after all of this, He walked to Golgotha, where He would give

His life to set us free. Crucifixion is most likely the most painful form of death that has ever been invented, and it's where we get the word "excruciating". Jesus would have been nailed to the cross through His hands and then again through His feet. His knees would have been at about a 45 degree angle, forcing his body weight onto his thighs. (For you fitness junkies, this would be a little bit like a wall sit) Soon after, His thighs would have cramped, shifting his body weight to His pectoral muscles. When His weight shifted, it would have made it increasingly harder to breathe. Within a couple of minutes, His shoulders, elbows, and wrists all would have dislocated. For Jesus to breathe, He would have had to push up on his feet (still pierced together with a nail) to take a breath. Through this whole ordeal, He would have been naked. He was being watched by all of Jerusalem, including His friends and His own mother. And, this went on for hours!

Jesus willingly went through the most vicious form of death... for you. He was beaten, nailed to a cross, tortured, and murdered for you! He went through this so that he could pursue a personal relationship with you. Your worth is defined by Jesus, and he showed you just how much you are worth when He was nailed to the cross on that day.

Take some time in prayer to thank Jesus for his ultimate sacrifice, think about how this changes the way that you live and how this can change the way that you view your worth.

pray & reflect

A hand-drawn illustration featuring a large, vibrant red rose on the left and a simple wooden cross on the right. A green vine with leaves is wrapped around the cross. A banner with the text "you were worth the cross" is draped across the cross, with the words "you were" on the left and "worth the cross" on the right. The banner has a slightly irregular, hand-painted appearance.



# day five

LUKE 12:6-7

**Don't be afraid; you are worth more than many sparrows.**

Have you ever seen a sparrow? Whether you realize it or not, you probably have; sparrows are some of the most common birds. In today's reading we read about what Jesus has to say about the sparrows. He assured his followers that they are worth much more than the common sparrow. In Biblical days, you could buy 5 sparrows for just two pennies.

Sparrows are not worth very much, and yet- our Heavenly Father cares for their every need. Our Lord, the Creator of the Universe, cares for these common birds and gives them every single thing that they need to survive. Jesus assures us here that we are worth more than many sparrows.

Friend, I'm going to ask you a straightforward question; are you finding your worth in something or someone other than Jesus? Are you looking to a boy to determine your worth? Are you looking for a friendship to determine your worth? Are you using material items to determine your worth? Are you looking for likes on a silly app? Let me assure you, whatever or whoever you are finding your worth in, other than Jesus, it is not going to be able to fulfill your needs or make you feel worthy. Jesus cares for these tiny, common, birds- He gives them what they need. What is holding you back from believing that in your own life?

Today's devo is going to be a time of prayer and reflection. Start this off by asking Jesus to reveal to you what you are placing your identity in. Pray and ask him to reveal to you what needs to change in your life. He is there, and he wants to embrace you. He has shown you how much he loves you, you are worth it to him! Use the space below as a place to write out your prayer. Write out what God is revealing to you about your worth.

pray & reflect

## Recognizing the worth of others.

PHILIPPIANS 2:1-11

EPHESIANS 4:32

# day six

Recognizing others as worthy of Christ's love (just as worthy as Christ has called me) is a challenging concept some days. The person that cuts you off on your way to school or work is equally worthy of Christ's love. The girl who bullied you is also made in the image of God. Christ died for you as much as He died for the guy who rejected you. We were all made fearfully and wonderfully.

Our nature as humans is very often times extremely "me focused" and selfish. VERY often. We want to think that we are in some way better than the person who stands next to us. Being kind to one another, as we read in Ephesians is not just about being polite, but also includes recognizing the worth of others in light of the gospel. Humility involves denying that desire to be the best, putting it aside and recognizing that your peers are just as worthy of the love of Christ as you are. In HUMILITY, recognize your neighbor as more important than yourself.

Romans 3:23 tells us that we have ALL sinned. There's an even playing field- there is no one person who is better or more worthy than another. You are not more worthy of His love than someone else. Someone else is not more worthy of His love than you are. As you discover your worth in Christ, I pray that you don't neglect the worth of others. You have been challenged (by Jesus) to love your neighbor as yourself.

Ready, set, GO!

Pray about this. Think through times you have neglected to recognize the worth of others and ask for forgiveness. Ask God to help you as you continue to share His love with any and all people that you encounter

pray & reflect

# day seven

EPHESIANS 2:10

## Created to do good works

Wow! We've made it a whole week together. We've walked through the truth that we are wonderfully made in the image of our loving Father. We are image-bearers and with that title comes the responsibility to realize that we are just as worthy of His love as our neighbor is. This is a bittersweet devo entry to write, I'm sad that this is coming to a close. I have had so much fun learning what Christ says about me and praying over you- the sweet lady who is reading these very words.

Today's devo is a challenge (based on scripture) to not let this devotional end on day 7. It's a challenge to take what you've learned and continually apply it to your everyday life.

We read today that you are Christ's masterpiece (some translations say workmanship), and friend- please don't forget that. You were made in His image. Please don't finish this devotional and forget your worth. Write it on your mirror, get a set of Worth Cards and tape them up around your room, grab a sharpie and write it on your hand, please don't forget the truth of how immensely LOVED you are.

How awesome is that truth? You are His masterpiece, His special piece of work.

But, it doesn't stop there- He calls you by your name and He gives you a mission. You are created in the Image of Christ with the purpose of doing good works in his name!

Yesterday, we talked about recognizing the worth of others - today is when we get to the realization that as Christ followers we have the responsibility to show them their worth, to share Christ's love with them and help them discover their worth just as we have done together this week.

Think about it... when was the last time that someone made an effort to make you feel like you were worth something. When was the last time that someone reminded you your title of image-bearer. Today, I want to leave you with this challenge- do not let another day go by without sharing the love of Jesus with someone, anyone. You were created in His image. You are created to do his work! So, today (and everyday) share the love of Jesus with those around you.

Take a minute and pray. Ask God to open your eyes to the people around you. Pray that your identity will stay in Him-in the things that He says you are.

pray & reflect

Cut out these verses as a reminder to yourself of your worth in Christ or give them away to share the love of Jesus to those you meet.

I praise you for I  
am FEARFULLY +  
WONDERFULLY made

made in  
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image

GENESIS 1:27

IF ANYONE IS IN  
CHRIST, HE IS A

new  
creation  
chosen race.  
royal priesthood.  
his people.



Letters 4 Luv is an organization committed to helping young women around the world grow in their relationship with Christ. With a heart for missions and a passion to serve the children in Uganda, Allie Blain founded Letters 4 Luv in 2016.

50% of every collection purchase goes towards sponsoring three amazing children in Uganda. To keep up with Letters 4 Luv, follow us on instagram [@letters4luv.](https://www.instagram.com/letters4luv)