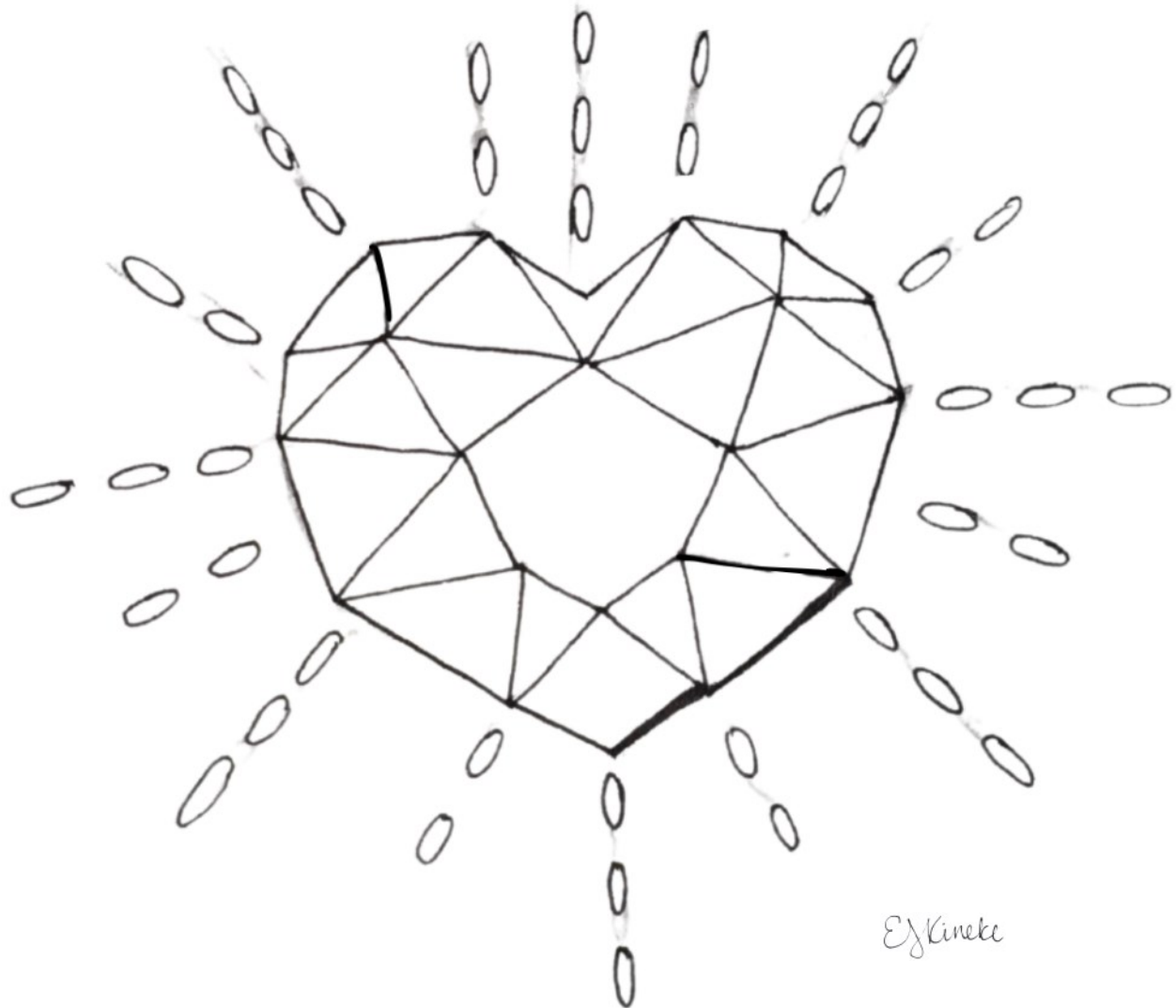


# Be Kind to Yourself



"For you created my inmost being" (Psalm 139:13)

**FOR TODAY:** Being kind to ourselves can feel harder than being kind to others. Today, try treating yourself like you'd treat a friend who's having a rough time. Maybe that means taking a few deep breaths when you make a mistake, speaking to yourself with gentler words, or just acknowledging that you're doing your best with what you have right now.

→ **Question:** What's one small way you could show kindness to yourself today?

**SACRED MOMENTS:** The psalmist reminds us that God knows us intimately and values every part of our being. Each of us is carefully crafted, worthy of gentleness and care. When we're kind to ourselves, we honor the sacred presence within. Today, let's treat ourselves with the same tenderness that the Divine shows to all creation.

→ **Practice:** Place your hand on your heart and whisper, "I am sacred ground."