

A Prayer for Spiritual and Physical Preparation

Heavenly Father,

Thank You for the reminder that true beauty is found in the spirit, where You see us as Your beloved children. Help us to care for the outward appearance You've given us while prioritizing the inward beauty of a heart fully devoted to You. Teach us to be our best, not by the world's standards, but by Your eternal truth.

Lord, as I begin my day, guide my heart and thoughts to reflect Your love in all I do. Let my morning routine become a time of communion with You, where every action serves as a reflection of Your Word.

Lord, transform my daily preparations into a sacred time of worship, drawing me closer to You. Strengthen me to face the challenges of the day with steadfast faith and to reflect Your love to all I encounter. Thank You for the gift of Your Word, which guides and sustains me.

*In Jesus' name,
Amen.*