

IT IS GOOD THAT YOU EXIST.

Do you relate to feeling overlooked or insecure? When or in what area of your life do you struggle with feeling second best?

What line or verse from Psalm 139:13-16 struck a chord with you and why?

Ask for the grace of a greater yes to your own existence. How can you say yes to your own goodness?

Which true thing would you like the Lord to reveal or deepen for you: It is good that you exist? Who you are is good? Your body is good? Your life is good?