

Examples of praying for your parts

****Lord, infuse my anxious parts with your presence. Please use my anxiety to draw me close to you. When I feel anxious help me pause and listen to the inner alarm and comfort the need or desire inside. May your Spirit remind these anxious parts of me that you are always with all of me.

****Help my inner tasker remember that if I have more work than what I can get done in a healthy amount of work hours a day, then I'm doing more than what God has called me to do.

****Instead of *only* praying to have more patience, I pray for the part of me that is experiencing the suffering of impatience.

I pray that part of me that feels eager might take its eyes off of what it wants, just for a moment, and look around and perceive God.

I pray that God would comfort the disappointments that are behind the impatient eagerness.

Eventually when that impatient, disappointed part of me is comforted by God, there's a readiness to shift my attachment and then I am able to pray, "Thy will be done in your timing," with a genuine sense and not a forced, "I know I should pray for His will to be done."

Ex. Of false guilt: Self-care being taught as selfishness.

An example of praying for a part of yourself would be to offer a prayer of intercession for the part of you that believes it's your responsibility to care for others at the expense of your own health and well being. So the prayer might go like this:

****Lord Jesus Christ, only Son of God, have mercy on this part of me that believes I'm always supposed to sacrifice myself for others. While you have called us to be selfless, I pray for this part of me to experience your selflessness and remember that even you retreated, to take care of your soul and to nurture your relationship with your Father in heaven. I pray for this part of me to learn a healthy self-sacrificing balance of self-care and caring for others. Reveal with spiritual sight, the 3rd option of holding both/and... both caring for others and caring for myself.

Perceive God in your painful memories.

Healthy Self-Love- Intentional Self talk:

How you talk to yourself matters.