



90 DEVOTIONS FOR
BEING AT HOME IN THE
BODY GOD GAVE YOU

Already Whole



ELLEN WILDMAN

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Our Daily Bread
Publishing.

Already Whole: 90 Devotions for Being at Home in the Body God Gave You
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Interior design by Michael J. Williams

ISBN: 978-1-64070-397-1

Library of Congress Cataloging-in-Publication Data Available

Printed in China

25 26 27 28 29 30 31 32 / 8 7 6 5 4 3 2 1

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Affirmations for the Journey

1. Reflecting God is an essential part of who I am. I am made in His image—His living, breathing handiwork.
2. Taking care of my body—physically, emotionally, and mentally—honors God and helps me to be more at home in the body God gave me.
3. When I look for God in others, I will naturally see beyond competition and comparison.
4. I am made in God's image, He designed my body, and He blessed it.
5. He said His creation was “very good” (Genesis 1:31). My body is good. Their body is good.
6. When I find myself struggling with the truth that my body is good, created in the perfect image of God, I hold on to God as a sustainer, a faithful presence that banishes shame.
7. This self-love journey isn't a quick fix, but a worthy pursuit of the wholeness God desires for me.
8. My worth is not determined by my weight. I am fearfully and wonderfully made, cherished by my Creator. My value is eternal, rooted in His love for me.
9. I am allowed to exist without apology and to show up just as I am.

10. The impossible ideals I have set for my body and myself will not bring me meaning. Instead, I choose to release those fruitless standards and look to God to define what a healthy and rewarding life means to me.

Hey Reader,

I'm so glad this book has made its way into your hands. As someone who has struggled with body image for most of my life, I know what it's like to have a complicated relationship with your body. I also know what it's like to find abundant freedom in fully accepting your body as created "very good" by God (Genesis 1:31). I wrote *Already Whole* because I want others to experience that same freedom, love, and care toward their body that I have found. It's my desire that the following devotions ease your inner critic, refresh your weary mind, and help you feel even just a little more at home in your body. I want you to know that your body is not a problem to be solved so you can finally enjoy life. Instead, it is a unique and intentional creation of Him, His living, breathing handiwork on display. God knew what body shape you would have, and He blessed it.

And just a heads up—this book is primarily written for those who call themselves Christians. If you aren't there yet, you can still find powerful truths within these pages, but you won't find the content as readily applicable. As you read this devotional, each day will end with an affirmation called "Embracing Wholeness." This is meant to serve as a daily encouragement and application, reminding you each and every day that you can embrace your inherent worth as God's creation here and now. This truth does not change. Repeat this affirmation to yourself, put it on a sticky note on your bathroom mirror, write it on an index card on your dashboard. Even if you don't believe every affirmation fully, there is power in repeating truth to yourself as you heal, grow, and change.

Your pathway to self-love will likely be one full of ups and downs,

as mine has been. When you find yourself struggling with the truth that your body is good, part of your beautiful being that is created in the perfect image of God, may you hold on to God as a sustainer, His faithful presence banishing shame, even body shame. As you embark on this journey to greater self-acceptance, take comfort in knowing that God is with you every step of the way. He has never left you, and He won't start now.

Your body matters!



Ellen Wildman

Connect with me on Instagram @ellen_wildman or on ellenwildman.com.

Already Whole

So God created human beings in his own image. In the image of God he created them; male and female he created them.

GENESIS 1:27

Does it seem like everyone around you is getting “work done”? Seemingly out of nowhere, Botox, plastic surgery, fillers, and more have become the norm. A friend got her forehead wrinkles removed, your neighbor got lip filler, and a gal at church is planning a tummy tuck. While there is nothing inherently wrong with this, it can make those of us who don’t want or can’t afford to do these procedures feel like we are missing out on something. But even before medspas, plastic surgery, or doctors’ offices, before we tried to find our worth in fixing ourselves, we were created in God’s image.

Imago Dei is a Latin phrase meaning “image of God.” As described in today’s Scripture, humanity is the *imago Dei*, created “in his own image” (Genesis 1:27). You reflect God in your very being as who you are right now. While we can look at our body and see flaws that need to be remedied, God looks at us and sees Himself reflected. Just as an artist meticulously paints a portrait of someone dear to them, reflecting that person’s appearance in their painting while also incorporating their personality through use of brushstroke and color, you were crafted by God as an image

•••
**God looks at us
and sees Himself
reflected.**

pointing back to Him. Your imago Dei status cannot be removed or destroyed—it's who you are, made in the image of God.

What freedom there is in knowing that you are made in God's image! Just as that artist bursts with pride over their finished portrait, imagine how much more God cares for you as one created to reflect His goodness and His love. If you've faced mental or physical illness, abuse, heartbreak, or another difficult situation, no matter how much you feel your life has been marred by trial, you still have the status of God's image bearer. Nothing you can face or do will take away this truth or make you less worthy of God's love and pride. You are created in His image, and that's a fact.¹ No work necessary.

EMBRACING WHOLENESS

I am already whole, loved, and worthy of love. I was created in the image of a holy, loving, and creative God.

Fearfully and Wonderfully Made

I praise you because I am fearfully and wonderfully made;
your works are wonderful; I know that full well.

PSALM 139:14 NIV

What difference does it make in your day-to-day life to know that you are created in the image of God? How does this affect you as you tackle that overwhelming pile of dishes, study for that intimidating test, or deal with some unexpected car trouble that sucks your savings account dry? How does this knowledge meet you in the underwhelmingly ordinary moments?

Our Scripture today explains that not only are you crafted in God's image, God created you "fearfully and wonderfully" (Psalm 139:14 NIV). Fear here doesn't mean God was afraid when He crafted you, or that He designed you to be afraid, but instead points to the holy process of your creation—one that deserves our reverence and awe. The word *fear* in the original Hebrew language would be better translated "awe" or "reverence." It demonstrates a sacred process, one filled with intention and care. And in moments where you feel lost, frustrated, or overwhelmed, it is immensely comforting to know that the Lord took care to create you just as you are and loves you for how you show up today. Stressors will come and go, but your status as one beloved by God will remain the same forever.

Whether your day feels ordinary or is filled with anxiety, whether

you feel confident in your skin as you navigate the world or face negative self-talk and heightened stress around others, you can always come back to the truth that when God created you, it was not by chance. You are a work of His hands, and therefore you are wonderful. You can walk through each day with the confidence of one created and treasured by the King of the universe. And, just maybe, this knowledge will help you walk a little lighter as you face the day. Knowing and accepting that you are made in the image of God will propel you through each moment with the relief and comfort of one who is treasured simply because you exist.

EMBRACING WHOLENESS

As one who is fearfully and wonderfully made, I can face each day and show up as I am. God is always with me.

An Imago Dei Worldview

See how very much our Father loves us, for he calls us his children, and that is what we are!

1 JOHN 3:1

Theologian Francis A. Schaeffer wrote in his book *Escape from Reason*: “People today are trying to hang on to the dignity of man, and they do not know how to, because they have lost the truth that man is made in the image of God.”² As we grasp more deeply what it means to be created in the image of God, we ought also to consider the community-wide impact of this message. For it was not simply you alone who was crafted with love and care in His image, but all of those around you.

As today’s verse explains, the God who created us imago Dei calls us all His children when we put our trust in Him: those we get along with easily and those who wear us down; those we admire and those we avoid; those we adore with our whole heart and those we find hard to love. Yes, we are all created in His image and accepted by His unending love when we receive His gift of salvation, flaws and all. So as you go through your day balancing grocery shopping, soccer games, Zoom meetings, and doctor’s appointments, encountering any number of people, how would viewing each person you meet through the lens of their image-bearer nature change you?

Seeing others through an imago Dei worldview reminds us of the inherent dignity and value of every human being. Regardless of someone else’s background, ethnicity, body size, social status, or

economic situation, they will always be worthy of respect (see also Galatians 3:28). And if they are a fellow believer, God calls them His son or daughter, loved intimately just like you. Even if you are having a bad day or are frustrated with a bureaucratic process, with waiting in line, or with one of life's many inconveniences, perhaps reminding yourself of another's inherent worth will help you to take a minute prior to reacting in a way you may regret. There is unity to be found in the community of imago Dei, and this awareness can promote empathy and compassion in our hurried hearts as we encounter others.

EMBRACING WHOLENESS

Just as I am created in the image of a loving God, so are those I encounter every day. Therefore, I can ask the Lord to increase my empathy and compassion for others.

Christian Self-Love

We love because he first loved us.

1 JOHN 4:19 NIV

You've likely heard the term *self-love* at some point in the last few years. Cultural self-love tells you that

- you are perfect just as you are;
- you can boost your confidence by comparing yourself to those around you that you perceive as failing;
- and that you should love yourself without ever changing.

But this narrative goes against what the Bible says. The truth is that

- you are made whole in Christ (1 Thessalonians 5:23);
- you can only truly be fulfilled when you seek the approval of God, not of people (Galatians 1:10);
- and you will sin and fail, but you are redeemed by the grace of the Lord (Romans 3:23–24).

The foundation of self-love from a Christian perspective lies in the truth that we are created in the image of God, and we are defined by His unending love and grace toward us. Christian self-love roots itself in God's love for you, His creation. His love is so great that when you love yourself, you delight God—He sees that you get a glimpse of

how He feels about you. God loves you so much, and He is honored when you love yourself, even as you grow and change throughout your life (see 1 John 4:19, 1 Timothy 4:12).

There may be things about yourself that you find hard to love, and that's okay. He understands. It's an act of care to look at yourself and acknowledge that you are far from perfect, but that none of your faults or failures separate you from God and His love for you. Embracing self-love in this way means extending the same love and grace to yourself that the Lord extends to you.

We can acknowledge that we are imperfect while knowing that we are loved by a perfect God. Self-love is not self-centeredness—putting your desires above others and thinking of yourself as better than everyone else (see Romans 12:3). Self-love is believing the truths of what God says about you and applying these truths to your life. It is possible to appreciate who you are even while fostering physical, spiritual, or mental growth. Christian self-love is not only possible; it presents the opportunity to connect more deeply to your Creator.

EMBRACING WHOLENESS

I accept who I am right now without judgment. I am immeasurably loved by God.

Anti-Diet Revolution

“Everything is permissible for me,” but not everything is beneficial. “Everything is permissible for me,” but I will not be mastered by anything.

1 CORINTHIANS 6:12 CSB

Fifty-six percent of women have tried to lose weight in the last year.³ And while the pursuit of weight loss isn't inherently bad, for most of us, the pursuit of a smaller body is loaded with additional shame, self-hatred, and struggle. Dieting is often synonymous with restriction and limitation. But God did not create you to hate yourself into a smaller frame. You are made in God's image. This means that He knew the exact body shape you would have, and He blessed it. The truth is, it is better to be in a larger body as you pursue wholeness in Christ than to shame and contain yourself into a more societally acceptable size.

Today's verse describes that “everything is permissible for me, but not everything is beneficial” (1 Corinthians 6:12 CSB). Sure, you can diet if you truly feel this is the best course of action for you. But it is rare for the pursuit of a smaller body to be a baggage-free endeavor. According to the *Journal of the Academy of Nutrition and Dietetics*, “Starvation and self-imposed dieting appear to result in eating binges once food is available and in psychological manifestations such as preoccupation with food and eating, increased emotional responsiveness and dysphoria, and distractibility.”⁴ Not only is dieting not beneficial, it can also easily become an obsession, impacting your mental and physical health.

What would it look like to trust God with your body? To bring your fears, your insecurities, and your feelings to Him, trusting that He created you as you are for a purpose? As the imago Dei, you can be free from the chains and the shame of diet culture. You can refuse to put yourself on an unnecessary diet, because you know that developing a positive relationship with your body is more about your mental health and your view of yourself than your physical body anyway. You can start your own revolution, refusing to be mastered by the lies of your insecurity and instead speak the truth of your beloved-ness over your life.

EMBRACING WHOLENESS

Losing weight and dieting will not soothe my pain or suddenly make me happier. Rooting my life in my relationship with God is the only thing that can set me free and bring me lasting peace.



GOD HEARS HER

Seek and she
will find





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“As one who is fearfully and wonderfully made, I am able to face each day and show up as I am.”

—ELLEN WILDMAN

Is it hard liking what you see in the mirror? It’s one thing to know you’re made in the image of God, but it’s another thing to believe it.

Over the next 90 days, Ellen Wildman will share powerful truths from God’s Word that contradict the lies you’ve been told. You’ll learn to be at home in your body and appreciate what it does for you and how it makes you unique. You can stop comparing yourself to others or seeing your body as an ongoing fix-it project, and instead see it as something handcrafted, worthy, and beautifully complex—just the way you are.



ELLEN WILDMAN holds a BA in Bible and ministry to women and an MA in biblical and theological studies. She seeks to create space for nuance, personality, and joy through her writing. Her first book, *Single and Not Sorry*, was an Amazon bestseller. Ellen lives in Nashville, Tennessee.

LG109

RELIGION / Christian Living / Women’s Interests


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COVER DESIGN BY PATTI BRINKS
COVER ILLUSTRATION BY RAWPIXEL



Our Daily Bread
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ISBN 978-1-64070-397-1



9 781640 703971