

LIES

TRUTHS

"I'm not good enough or pretty/attractive enough."	→	"I am fearfully and wonderfully made in HIS image"
"No matter what I do I fail"	→	"I can do all things through Christ who gives me strength"
"My past haunts me"	→	"There is therefore now no condemnation. I'm a new creature"
"I'm tired and weary from the battle"	→	"When I am weak, He makes me strong"
"I'm afraid I will end up like ____"	→	"He has not given me the spirit of fear, but of power, love and a sound mind"
"I'm always hurting and miserable"	→	"The joy of the Lord is my strength"
"I'm confused and anxious"	→	"God is not the author of confusion, but of peace. Be anxious for nothing"
"I constantly battle peer pressure"	→	"Blessed is the man that walketh not in the counsel of the ungodly"
"I feel defeated"	→	"I am an overcomer by the blood of the lamb and the word of my testimony"
"I hate the labels people have put on me"	→	"I am not defined by what people say about me but what God says about me"
"I feel burdened by circumstances in my life"	→	"Cast your cares on Him because He cares for you"
"I just can't"	→	"As a man thinketh in his heart so is he"
"I'm a product of the way I was raised"	→	"Therefore if any man be in Christ Jesus, he is a new creature: old things have passed away...all things are made new"
"I don't feel loved"	→	"Jesus loved me so much that He died for me"
"It's no big deal if I give in to lustful temptations"	→	"When lust is conceived it brings forth sin, and sin when it is finished brings forth death"
"I struggle with low self-esteem"	→	"I am fearfully and wonderfully made."
"I have a fear of failure"	→	"Fear thou not for I am with thee, be not dismayed for I am thy God. I will help thee. "

I'M A
KEEPER