

YOUR THINKING  
**SHAPES**  
YOUR LIFE

LIE: *"I am not enough"*

**TRUTH**

"God's Spirit lives in me, in Christ I am all  
he intended me to be."  
*Ephesians 1:19-20*

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*Ephesians 1:19-20*

LIE: *"I won't have enough."*

**TRUTH**

"God provides, I am generous."  
*2 Corinthians 9:11, Philippians 4:19*

LIE: *"I won't have enough."*

**TRUTH**

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**TRUTH**

"God provides, I am generous."  
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LIE: *"I am a failure."*

**TRUTH**

"I can do all things through Christ who  
strengthens me."  
*Philippians 4:13*

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"I can do all things through Christ who  
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*Philippians 4:13*

LIE: *"I am ugly."*

**TRUTH**

"I am fearfully and wonderfully made."  
*Psalms 139:14*

LIE: *"I am ugly."*

**TRUTH**

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*Psalms 139:14*

LIE: *"I am ugly."*

**TRUTH**

"I am fearfully and wonderfully made."  
*Psalms 139:14*

LIE: *"I am unwanted."*

**TRUTH**

"I am a child of God, bought at a price."  
*2 Corinthians 6:20, Galatians 4:6-7*

LIE: *"I am unwanted."*

**TRUTH**

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LIE: *"I am unwanted."*

**TRUTH**

"I am a child of God, bought at a price."  
*2 Corinthians 6:20, Galatians 4:6-7*

LIE: "I am a victim."

*Romans 8:31*

"If God is for us who can be against us."

**TRUTH**

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*Romans 8:31*

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**TRUTH**

LIE: "I am not safe."

*Psalms 31:14-15*

My times are in God's hands, I will trust Him.

**TRUTH**

LIE: "I am not safe."

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**TRUTH**

LIE: "Food will make it better."

*Matthew 4:4*

I do not live on bread alone, God makes it better.

**TRUTH**

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**TRUTH**

LIE: "Sexual immorality is my only release."

*1 Corinthians 6:19, 10:13*

My body is God's house and there is a way out, I will seek him.

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*Psalms 22:28, Proverbs 19:21*

God is in control, and I will rest in him.

LIE: "I have control and through anger I will control."

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