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✦ **HEALING FROM TOXIC FAITH** ✦

NAME _____

You deserve to be happy every day

THINGS TO LEAVE

- Negative self-talk
- Laziness toward God
- Toxic positivity
- _____
- _____
- _____

THINGS TO REMEMBER

- I am worthy
- I am not too late to start
- I am not alone God is with me
- _____
- _____
- _____

MY PRIORITIES

- Not comparing with others
- Sowing More into me
- Put in work for my Relationship with God
- _____
- _____
- _____
- _____
- _____



NOTE TO ME:

Reminder to Self: _____




Today I want to change the way

☐☐☐☐☐☐☐☐☐☐

✦

*But only with God I can do it!

PRAYER JOURNAL



Date: _____

What did I pray for Today?

Today's affirmation

- _____
- _____
- _____

3 Good things today

- _____
- _____
- _____

How Did God Answer my Prayer?

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Bible Study Worksheet

DATE: _____

SCRIPTURE OF THE DAY: _____

NOTES

Reflections

LET GO

DATE: _____ NAME: _____

THINGS TO LET GO

WHAT'S KEEPING YOU THERE

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• SCRIPTURE OF THE WEEK
