

# IDENTIFY THE TRUTH OF WHO YOU ARE

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The world—and the enemy—love to distort the truth about who we are. But God's Word cuts through the noise. This sheet lays it out plain and simple: the lie the world (or your own mind) might tell you... and the truth God speaks over you. Use it as a reminder when you start forgetting who you are and whose you are.

## WHAT GOD SAYS

**You are enough in Christ**  
*2 Corinthians 12:9*

**You are deeply loved**  
*Jeremiah 31:3*

**You are a new creation**  
*2 Corinthians 5:17*

**God is always with you**  
*Hebrews 13:5*

**You are victorious**  
*Romans 8:37*

## WHAT GETS TWISTED

**You're not enough, you'll never measure up**

**You're unlovable, no one really cares**

**You'll never change, you're stuck like this**

**You're all alone, no one sees you**

**You're a failure, you mess everything up**

You are forgiven and redeemed  
*Psalms 103:12*

Your past is who you are, you're too far gone

You have purpose  
*Ephesians 2:10*

You're just existing, you don't really matter

You are being healed  
*Psalms 147:3*

You're too broken to be fixed

You are precious to God  
*Isaiah 43:4*

You're worthless, no one will miss you

You are free in Christ  
*John 8:36*

You'll always be stuck in this cycle

the  
bible  
is our  
compass

Now let's get honest with yourself and with God. Write out and identify the specific lies you have been believing and then replace each one with the truth from God's Word. This isn't about perfection-it's about renewing your mind and claiming your real identity in Christ.

LIES I'VE BELIEVED	GOD'S TRUTH	SCRIPTURE
I overthink everything, I will never have peace.	<p>example</p> <p>God gives me the peace that goes beyond understanding. I don't have to figure everything out.</p>	<p>Philippians 4:7 "And the peace that surpasses all understanding, will guard your hearts and your minds in Christ Jesus."</p>