

## Truth 1

Your mindset is everything.

Scripture: Proverbs 23:7 – 'For as he thinks in his heart, so is he.'

Reflection: Your thoughts are powerful. What you believe about yourself determines how you show up in the world. Renew your mind daily with God's truth.

## Truth 2

Saying 'no' is often the most powerful 'yes' to yourself.

Scripture: Matthew 5:37 – 'Let your Yes be Yes and your No, No.'

Reflection: Saying no protects your peace and keeps your priorities aligned with God's will.

## Truth 3

You teach people how to treat you by what you allow.

Scripture: Galatians 1:10 – 'Am I now trying to win the approval of human beings, or of God?'

Reflection: Setting boundaries is not mean—it's necessary. Boundaries are love in action.

## Truth 4

One daily habit can quietly build—or break—your future.

Scripture: Luke 16:10 – 'Whoever can be trusted with very little can also be trusted with much.'

Reflection: Small choices shape big outcomes. Start with one consistent habit today.

## Truth 5

God's timing is perfect. Delays are not denials.

Scripture: Ecclesiastes 3:1 – 'There is a time for everything, and a season for every activity under the heavens.'

Reflection: Waiting is not wasting. God is working in the unseen.

## Truth 6

The Holy Spirit is your greatest guide.

Scripture: John 14:26 – 'But the Advocate, the Holy Spirit... will teach you all things.'

Reflection: Stop asking everyone else. Tune in to the Holy Spirit. He's your helper.

## Truth 7

You can be whole without being married.

Scripture: Colossians 2:10 – 'In Christ you have been brought to fullness.'

Reflection: Marriage isn't your identity—Christ is. You are already complete in Him.

## Truth 8

Stop hiding your story. Your pain has purpose.

Scripture: Romans 8:28 – 'And we know that in all things God works for the good...'

Reflection: God will use what hurt you to help someone else heal.

## Truth 9

Not everyone deserves access to your inner circle.

Scripture: Mark 3:14 – 'He appointed twelve... that they might be with him.'

Reflection: Jesus had boundaries. Choose your circle with wisdom.

## Truth 10

You don't need everyone to understand you—just the ones God sends.

Scripture: John 15:18 – 'If the world hates you, keep in mind that it hated me first.'

Reflection: You're not called to be understood—you're called to be faithful.

## Truth 11

Don't let fear talk you out of faith.

Scripture: 2 Timothy 1:7 – 'For God gave us a spirit not of fear but of power and love and self-control.'

Reflection: Fear is a liar. Trust what God says, not what fear whispers.

## Truth 12

God's grace is more powerful than your biggest mistake.

Scripture: 2 Corinthians 12:9 – 'My grace is sufficient for you, for my power is made perfect in weakness.'

Reflection: You can't out-sin God's grace. Run to Him, not from Him.

## Truth 13

Healing isn't linear—and that's okay.

Scripture: Psalm 147:3 – 'He heals the brokenhearted and binds up their wounds.'

Reflection: Give yourself grace while God mends what's broken.

## Truth 14

You are not behind. You are being prepared.

Scripture: Isaiah 60:22 – 'When the time is right, I, the Lord, will make it happen.'

Reflection: God isn't late. He's strategic. Trust His pace.

## Truth 15

Forgiveness is not for them—it's freedom for you.

Scripture: Ephesians 4:32 – 'Be kind and compassionate... forgiving each other...'

Reflection: Letting go is not forgetting—it's freeing your heart to heal.

## Truth 16

It's okay to outgrow people.

Scripture: Proverbs 13:20 – 'Walk with the wise and become wise...'

Reflection: Growth requires new space and stronger standards.

## Truth 17

Your daily devotional time fuels your spiritual authority.

Scripture: Joshua 1:8 – 'Keep this Book of the Law always on your lips...'

Reflection: You can't walk in power if you're not rooted in the Word.

## Truth 18

You can rebuild after brokenness—and be even better.

Scripture: Isaiah 61:3 – '...to bestow on them a crown of beauty instead of ashes.'

Reflection: God doesn't just restore—He upgrades.

## Truth 19

Who you listen to shapes who you become.

Scripture: 1 Corinthians 15:33 – 'Do not be misled: Bad company corrupts good character.'

Reflection: Protect your ears and your heart. Choose wise counsel.

## Truth 20

You are never too late or too old for God's purpose.

Scripture: Jeremiah 29:11 – 'For I know the plans I have for you... plans to prosper you...'

Reflection: God's timeline doesn't expire. If you're still breathing, you're still called.

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### **About Cherie Rickard:**

Cherie Rickard is a bestselling author, speaker, podcast host, and faith-based transformation coach. She helps women rebuild after adversity and find strength through grace, purpose, and faith. Her devotionals and coaching programs are designed to ignite healing, confidence, and a bold new chapter.