

Who Told You That?

Lie	Truth	God's Word
I am not enough.	I am created by God Himself, He doesn't make junk!	I am fearfully & wonderfully made. Ps. 139:14
I am too broken to be used by God.	God's power works in my weakness.	My grace is sufficient for you. 2 Corinthians 12:9
I have to earn God's love.	There is nothing I can do to make God love me more & there is nothing I can do to make Him love me less.	While we were still sinners, Christ died for us. Rom 5:8
I am too weak to overcome.	Christ gives me strength to overcome. He is my strength and my fortress.	I can do all things through Christ who strengthens me. Phil 4:13
No one notices me. I don't matter.	God sees and values me intimately.	Even the hairs on your head are numbered. Matt 10:30
My past defines me.	My past is in the past. It does not define me but God will use it for His glory.	Behold, I am doing a new thing. Isaiah 43:18-19
I have to please everyone.	My approval comes from God; I live my life for an audience of One.	Am I now trying to win the approval of man or God? Gal 1:10
I am alone.	God is always with me. There is not a day that goes by where He is not by my side.	The Lord will never leave you or forsake you. Deut 31:6
I am powerless against fear.	God's Spirit gives me courage, love, discipline, and self-control.	God gave us a spirit not of fear, but of power, love and a sound mind. 2 Tim 1:7
I am not capable of leadership.	God will equip me to lead and influence those around me.	I will be with your mouth. Exodus 4:10-12
I must carry this burden alone.	I can and I will bring every burden and care to God. In Him I will find rest.	Come to me, all who labor and are heavy laden. Matt 11:28
My voice doesn't matter.	My story, my voice, my life matters, and God will use it to help those around me.	Perhaps you have been created for such a time as this. Esther 4:14

Instructions: - Circle the lies you've believed. - Underline the verse(s) that speak truth to your heart.
Speak the life affirmation out loud daily as a declaration of God's truth.
May His Word be rooted deeply within us.