

## What You Hear...

**Social media says...**  
No matter what you do, you are not enough.

**You past relationship says...**No one will ever love you.

**That video says...**  
Change this about yourself. Do that.

**That angry voice says...**You'll never amount to anything.

**Your inner voice says...**  
You're worthless.

**Science says...**  
You're a highly evolved animal that came out of nothing.

## What God's Truth Says...

For it is by grace you have been saved, through faith —and this is not from yourselves, it is the gift of God— not by works, Ephesians 2:8-9

Nothing will be able to separate us from the love of God that is in Christ Jesus. Romans 8:38-39

apart from me you can do nothing. John 15:5

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

You were bought for a price. 1 Corinthians 6:19-20

I am fearfully and wonderfully made; Psalm 139:13-16

**The bathroom scale says...**You'll never be thin enough.

**The mirror says...**  
You'll never look good enough.

**Your circumstances say...**You have no hope.

**Your mind says...**  
You'll never be free of the anxiety.

**Your heart says...**  
You've been abandoned. No one wants you.

**Your inner doubt says...**You're not special.

**Your past says...**  
What you've done is unforgivable.

**Satan's Lies Bite!**

for man looks at the outward appearance, but the Lord looks at the heart. 1 Samuel 16:7

the unfading beauty of a gentle and quiet spirit, which is of great worth in God's sight. 1 Peter 3:3-5

For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future. Jeremiah 29:11

the Lord blesses his people with peace. Psalm 29:11

"I will never leave you nor forsake you." Hebrews 13:5

So God created mankind in his own image. Genesis 1:26-27

the blood of Jesus Christ His Son cleanses us from all sin. 1 John 1:7-10

**Jesus Saves**



