

LIE

No one picks me.

I am not good/smart/pretty/talented enough.

I have no value.

I will never amount to anything.

No one cares about me.

I am not worthy enough to _____ .

I am ugly.

I cannot outlive my past.

I will never be able to overcome _____ .

God could never love me.

I am a failure.

Heaven is not real.

TRUTH

I am Chosen.

I am Enough.

I am a child of God.

I have hope for the future.

I am loved.

I am worthy.

I am made in God's image.

I am a new creation in Christ.

I can do all things through Christ.

I am loved.

I am being perfected every day.

God is preparing me a place in heaven.

REFERENCE

John 15:16

2 Cor. 12:9-10

1 John 3:1

Jer. 29:11

John 3:16

Matthew 6:26

Gen. 1:27

2 Cor. 5:17

Phil. 4:13

Romans 5:8

Phil. 1:6

John 14:1-4