

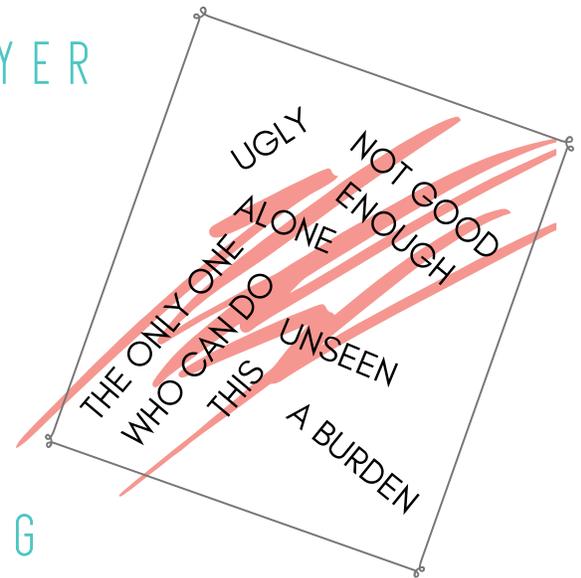
Introduction:

Each one of us have spent our lives listening to lies about ourselves. The more we have listened to these lies, the more they have become like truth in our minds. Sometimes these lies are negative and self-loathing (i.e. 'I'm ugly, worthless, not good enough, etc.'). Other times we don't even realize that it is a lie (i.e. 'I'm the only one who can do this, my pain isn't that big of a deal, etc.'). The enemy does whatever he can to make us continue to believe these lies about ourselves. What might happen though if we began to truly, deep down in our hearts and souls, believe the truth God speaks about us in His Word?

1 **Connect** THROUGH PRAYER

Prayer Prompt:

- Grab a 3X5 or 4X6 card or a journal, pen & colors of your choice.
- Start to write a list of the lies you have believed about yourself. Ask God to send the Holy Spirit to bring them to your mind.
- Then take colors and trace or doodle around these words as you ask God to come and reveal His truth about these lies.



2 **Question** YOUR THINKING

Off the top of your head can you think of any Bible verses that may combat the lies you have written down? Search for them and write those down either on the back of your card or on another page.

Once you have done that, now using either the list of Bible verses supplied or by searching either in the concordance of your Bible or via the internet, find verses about what God says about you. Then write them all down.

3 Create WITH CONFIDENCE



"I believe what you say of me."



Suggested Supplies:

- Your favorite journaling supplies such as: watercolor, gelato, napkins, acrylic paints, stamps, stickers, etc.
- Sharpie or Micron pen



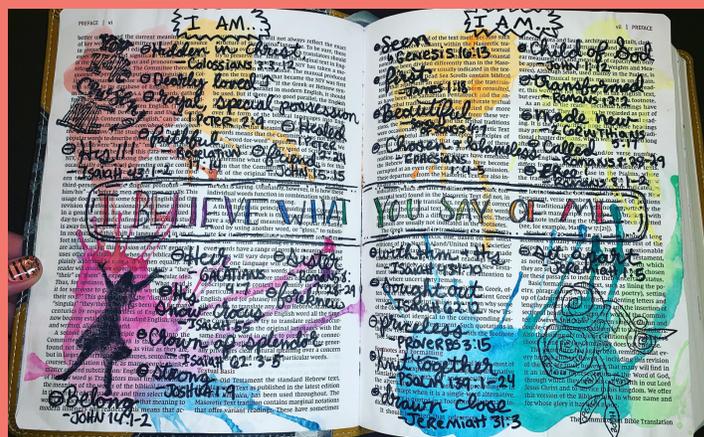
PRACTICE SPACE

Suggested Steps:

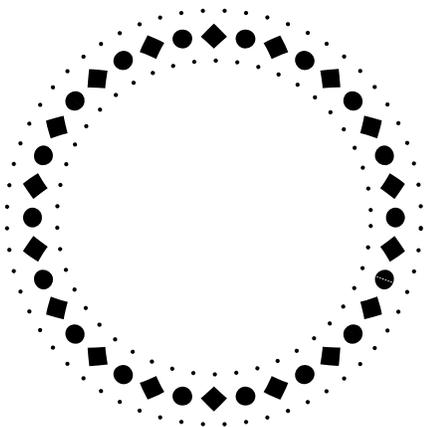
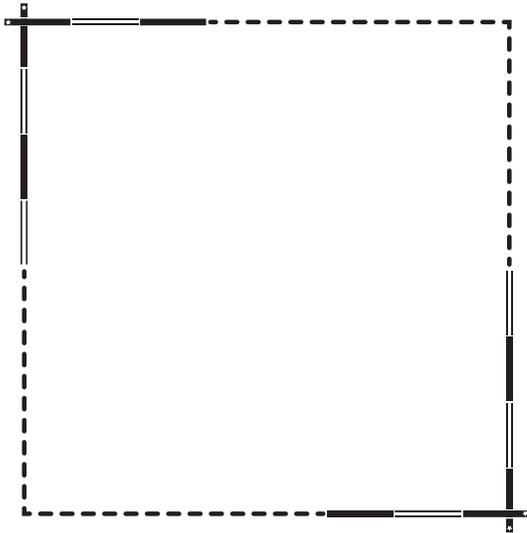
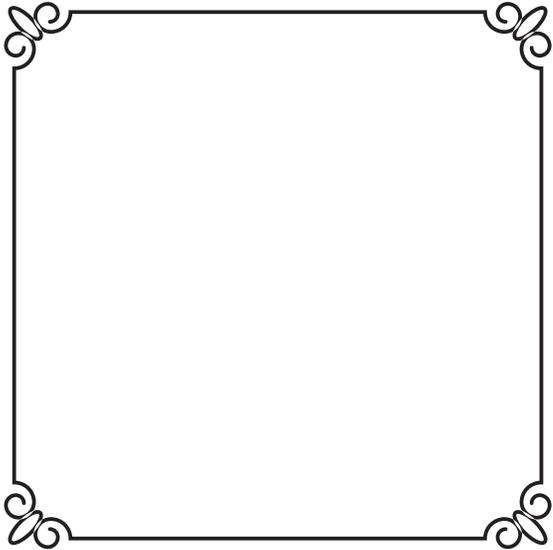
- After you have written your lies out and then spent a significant amount of time searching for truth in God's Word, pick a two-page spread in the front of your Bible to create on.
- Whatever technique you decide to use--paint, napkins, etc--write the things God says about you, including where to find the verse.
- Create in freedom and let the words God says about you root deep in your heart!

Inspired Page

Inspired by an experience creative coach, Jamie Knopf, had when she heard "You Say" by Lauren Daigle for the first time, this page will be a great resource for you to refer to when you need to be reminded of who God says you are and what you mean to Him.



Traceables | Lettering | Decoration



A B C D E F G
H I J K L M N
O P Q R S T U
V W X Y Z