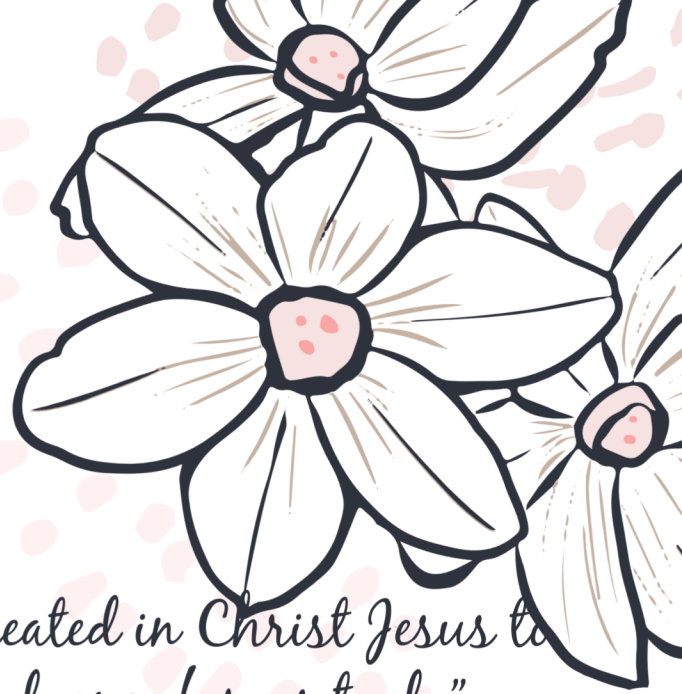


Replacing Lies with Truth



Lie: I am a bad mom.

Truth: "For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do" (Ephesians 2:10).

Lie: I am invisible.

Truth: "If I go up to the heavens, you are there; if I make my bed in the depths, you are there" (Psalm 139:8).

Lie: I am not good enough, and I will not accomplish anything worthwhile.

Truth: "Many are the plans in a person's heart, but it is the Lord's purpose that prevails" (Proverbs 19:21).

Lie: I am weak and useless.

Truth: "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light" (Matthew 11:28-30).