

THE LIE FEAR TELLS YOU

*"I am damaged beyond repair. No one
could ever truly love me."*

THE TRUTH GOD DECLARES

**"You are God's masterpiece,
created anew in Christ Jesus to do
the good things He planned for
you long ago."**

Ephesians 2:10

BREAKTHROUGH | FEAR VS TRUTH

THE LIE FEAR TELLS YOU

"It was my fault. I should have done something to stop it."

THE TRUTH GOD DECLARES

"The Lord is a refuge for the oppressed, a stronghold in times of trouble."

Psalm 9:9

BREAKTHROUGH | FEAR VS TRUTH

THE LIE FEAR TELLS YOU

"God let this happen to me. He does not care about my pain."

THE TRUTH GOD DECLARES

"The Lord is close to the brokenhearted and saves those who are crushed in spirit. He has kept count of every tear."

Psalm 34:18

BREAKTHROUGH | FEAR VS TRUTH

THE LIE FEAR TELLS YOU

*"I will never feel safe in my own body
again."*

THE TRUTH GOD DECLARES

**"Do you not know that your body
is a temple of the Holy Spirit? You
were bought at a price. God's
Spirit dwells in you."**

1 Corinthians 6:19-20

BREAKTHROUGH | FEAR VS TRUTH

THE LIE FEAR TELLS YOU

*"If people knew the real me, they would
leave."*

THE TRUTH GOD DECLARES

**"Nothing can separate you from
the love of God. Not your past, not
your pain, not the darkest thing
you carry."**

Romans 8:38-39

BREAKTHROUGH | FEAR VS TRUTH

THE LIE FEAR TELLS YOU

"I am too broken to be used by God."

THE TRUTH GOD DECLARES

**"My grace is sufficient for you, for
my power is made perfect in
weakness. Your cracks are where
His light shines through."**

2 Corinthians 12:9

BREAKTHROUGH | FEAR VS TRUTH

THE LIE FEAR TELLS YOU

*"I will never be able to trust anyone
again."*

THE TRUTH GOD DECLARES

**"The Lord himself goes before you
and will be with you. He will never
leave you nor forsake you."**

Deuteronomy 31:8

BREAKTHROUGH | FEAR VS TRUTH

THE LIE FEAR TELLS YOU

"My future has been stolen. There is nothing good left for me."

THE TRUTH GOD DECLARES

"I will repay you for the years the locusts have eaten. You will have plenty to eat until you are full."

Joel 2:25-26

THE LIE FEAR TELLS YOU

*"I do not deserve to heal. Other people
had it worse."*

THE TRUTH GOD DECLARES

**"He heals ALL the brokenhearted
and binds up their wounds. There
is no ranking in His healing
room."**

Psalm 147:3

BREAKTHROUGH | FEAR VS TRUTH

THE LIE FEAR TELLS YOU

*"I am alone in this. Nobody truly
understands."*

THE TRUTH GOD DECLARES

**"He was despised and rejected, a
man of suffering familiar with
pain. Jesus walks with you because
He knows suffering."**

Isaiah 53:3

BREAKTHROUGH | FEAR VS TRUTH

THE LIE FEAR TELLS YOU

*"I will pass this trauma onto my
children."*

THE TRUTH GOD DECLARES

**"He has sent me to bind up the
brokenhearted, to proclaim
freedom for the captives. The cycle
ends here."**

Isaiah 61:1

BREAKTHROUGH | FEAR VS TRUTH

THE LIE FEAR TELLS YOU

*"Forgiveness means what happened
was okay."*

THE TRUTH GOD DECLARES

**"It is for freedom that Christ has
set us free. Forgiveness is not
approval. It is your liberation."**

Galatians 5:1

BREAKTHROUGH | FEAR VS TRUTH

THE LIE FEAR TELLS YOU

"I am defined by what was done to me."

THE TRUTH GOD DECLARES

"If anyone is in Christ, the new creation has come. The old has gone, the new is here. You are redefined by grace."

2 Corinthians 5:17

BREAKTHROUGH | FEAR VS TRUTH

THE LIE FEAR TELLS YOU

"God is punishing me. I must have done something to deserve this."

THE TRUTH GOD DECLARES

"The Lord is gracious and compassionate, slow to anger and rich in love. This was never your punishment."

Psalm 145:8

THE LIE FEAR TELLS YOU

*"I will never experience true joy or
peace again."*

THE TRUTH GOD DECLARES

**"Weeping may stay for the night,
but rejoicing comes in the
morning. Your season of
mourning has an expiration date."**

Psalm 30:5

BREAKTHROUGH | FEAR VS TRUTH