

THE LIE FEAR TELLS YOU

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

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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**

THE LIE FEAR TELLS YOU

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

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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."*

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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."*

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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**

THE LIE FEAR TELLS YOU

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

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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**

THE LIE FEAR TELLS YOU

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

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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."*

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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."*

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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."*

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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."*

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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."*

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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."*

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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."*

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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."*

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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."*

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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**