THE LIE I OFTEN THINK	TRUTH GOD SAYS	SCRIPTURE
I'm not good enough.	I'm already loved and chosen.	Ephesians 1:4-5
I always mess things up	God's grace is bigger than my mistakes.	Romans 8:1
I'll never change.	God is making me new.	2 Corinthians 5:17
I'm too broken.	Nothing separates me from God's love.	Romans 8:38-39
I have to fix myself first.	God meets me as I am.	Luke 5:31-32
I'm always anxious.	God gives peace that guards my mind.	Philippians 4:7
I don't know what I'm doing.	God's will is good—and He'll show me over time.	Romans 12:2