



GOOD NEWS FOR  
**EVERYONE**

## **SPEAK TRUTH TO MYSELF**

Pick one statement to declare to yourself as a prayer at the beginning of each day this week. Pick the one area that you need the greatest encouragement in your life right now. May God's truth breathe new life and strength into you as you go about your week.

**Even though I may feel left out or unwanted, I am holding fast to your promise that I am loved and lovable – today, tomorrow and forever.**

*And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love. No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord. - Romans 8:38-39*

**Even though I may feel overwhelmed or unprepared, I know I have been given the strength to face today.**

*God arms me with strength, and he makes my way perfect. - Psalm 18:32 (NLT)*

*Even though I still may feel shame or regret, today I trust in what Jesus already has done, not what I can do, to know that I am forgiven. I am writing to you who are God's children because your sins have been forgiven through Jesus. - 1 John 2:12*

**Even though I feel at times I cannot recover from what I've been through, today I declare that I am not broken - I am complete.**

*So you also are complete through your union with Christ, who is the head over every ruler and authority. - Colossians 2:10*

**Even though sometimes I feel so distant from others and even from you God, today I choose to hold fast to your promise that I never stand alone.**

*This is my command—be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go. - Joshua 1:9*