



When shame and
doubt get loud

Remember who you are

IN JESUS

- I am accepted
- I am loved
- I am victorious
- I am chosen
- I am forgiven
- I belong
- I am valuable
- I am welcome
- I am inseparable
- I am secure

I do not have to strive to become what Jesus
has already made me. I can breathe deeply, rest
in His grace, and remember that I am loved,
forgiven, free, secure, and His.



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