

I AM NOT ALONE IN MY
STRUGGLES; GOD IS WITH ME,
AND HE UNDERSTANDS MY PAIN



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ORANGE COUNTY, CA

I TRUST IN GOD'S UNFAILING
LOVE, EVEN IN THE MIDST OF
DARKNESS AND DESPAIR



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I HOLD ON TO THE HOPE THAT IS
FOUND IN CHRIST, KNOWING THAT
HIS JOY CAN BE MY STRENGTH



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I REPLACE NEGATIVE THOUGHTS
WITH THE TRUTH OF GOD'S WORD,
KNOWING THAT HIS PROMISES BRING
LIFE AND HEALING TO MY SOUL.



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I AM NOT DEFINED BY MY
CIRCUMSTANCES OR EMOTIONS; MY
IDENTITY IS ROOTED IN CHRIST, AND
I AM HIS BELOVED CHILD.



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I DECLARE THAT MY MIND IS RENEWED
BY THE POWER OF THE HOLY SPIRIT,
AND I AM TRANSFORMED BY THE
TRUTH OF GOD'S WORD



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I RESIST THE LIES OF THE ENEMY,
KNOWING THAT I HAVE AUTHORITY
IN CHRIST TO OVERCOME DARKNESS
AND DESPAIR



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I TAKE CARE OF MY PHYSICAL,
EMOTIONAL, AND SPIRITUAL WELL-
BEING, SEEKING REST, NOURISHMENT,
AND TIME IN GOD'S PRESENCE.



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I CHOOSE TO WORSHIP AND PRAISE
GOD EVEN IN THE MIDST OF MY
DEPRESSION, FOR HE IS WORTHY OF
ALL HONOR AND ADORATION.



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I RESIST THE LIES OF THE ENEMY, FOR
GOD'S TRUTH SETS ME FREE



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