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WAYS TO OVERCOME

limiting beliefs

RECOGNIZE IT

Make space and time for God to speak. Pause. Take inventory.

Pray: "God show me the lies I'm believing?"

REVEAL IT

Take responsibility. Name and own your lie {don't sugar coat it - be raw and real}.

Pray: "Forgive me, Lord, for believing Satan's lies x, y, z. I was wrong."

REPLACE IT

Look to the Bible; replace the lies with truth.

I am fearfully + wonderfully made

I am an overcomer

I am worthy

I am not alone

I am more precious than rubies

I can + I will

Pray: "Lord, I believe I am who you say I am."



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RESTORE IT

Renew your mind; bring it back to a state of health.

Make a change. Decide to see yourself the way God sees you.

Pray: "Lord, create in me a clean heart and renew a right spirit within me."

REPEAT IT

Replay 1-4 often and always. This is not a one-and-done scenario. You are in a battle, fighting for your freedom.

Pray: "Lord, help me to serve you continuously."

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encouragement?

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