

Speak It Aloud: Replacing Shame with God's Truth

Shame speaks lies. God speaks truth. Today, we replace shame's words with what God says about us.

 **Proverbs 18:21 (NKJV)**

"Death and life are in the power of the tongue, And those who love it will eat its fruit."

 **Speak It Aloud:**

- ***I am not invisible.*** → *I am seen, because God says so. (Genesis 16:13)*
- ***I am not useless.*** → *I have a purpose, because God says so. (Jeremiah 29:11)*
- ***I am not weak.*** → *I am strong in the Lord, because God says so. (Ephesians 6:10)*
- ***I am not broken beyond repair.*** → *I am being restored, because God says so. (Joel 2:25)*
- ***I am not rejected.*** → *I am accepted in Christ, because God says so. (Ephesians 1:6)*
- ***I am not stupid.*** → *I have the mind of Christ, because God says so. (1 Corinthians 2:16)*
- ***I am not a failure.*** → *I am more than a conqueror, because God says so. (Romans 8:37)*
- ***I am not cursed.*** → *I am blessed and highly favored, because God says so. (Luke 1:28)*
- ***I am not alone.*** → *God is with me, because He says so. (Deuteronomy 31:6)*
- ***I am not unloved.*** → *I am deeply loved by God, because God says so. (Romans 8:38-39)*
- ***I am not a mistake.*** → *I am fearfully and wonderfully made, because God says so. (Psalm 139:14)*
- ***I am not dirty or ruined.*** → *I am made new, because God says so. (2 Corinthians 5:17)*
- ***I am not worthless.*** → *I am God's masterpiece, because God says so. (Ephesians 2:10)*
- ***I am not forgotten.*** → *God calls me His daughter, because He says so. (2 Corinthians 6:18)*
- ***I am not alone in this world.*** → *God is my Father, because He says so. (Psalm 68:5)*
- ***I am not abandoned.*** → *God will never leave me, because He says so. (Deuteronomy 31:6)*
- ***I am not hopeless.*** → *God has a future for me, because He says so. (Jeremiah 29:11)*
- ***I am not useless.*** → *I have a purpose, because God says so. (Ephesians 1:11)*

 **Action Step:**

- Choose **one** statement that feels closest to how shame has spoken to you.
- Write it down. **Say it aloud every day this week.**
- Let it replace the lies that shame has spoken over your life.

 **Romans 12:2 (NKJV)**

"And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God."

Shame no longer has the final word. God's truth does. And His truth sets you free.

Always let God's truth be the loudest voice in your life. **You are loved, seen, chosen, and restored.**