



Finding Your Hope For Today

What big lies do you believe about yourself? List them:

Choose one verse to memorize this week. Each time a lie creeps into your mind, repeat your memory verse. Repeat this verse until the feelings and thoughts from the lie release you.

List two additional positive ways you will choose to fight the lies.

1. _____
2. _____

Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything is excellent or praiseworthy--think about such things. Philippians 4:8

What is holding you back from fully embracing God's immense love for you today?

I'd love to hear your feedback on this exercise. Did you commit to it

for a week? Was it helpful? Would you like to see more exercises like this in the future? Email me and tell me your thoughts, I love hearing from you. melindatodd@melindatodd.com

Thank you for allowing me to be part of your faith journey.

Remember, we're not aiming for perfect, we're aiming for better!

Blessings,

Mel

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