



1. WHAT DO I BELIEVE IN MY HEART?

- What do I believe about myself?
- Where did that belief come from?

2. WHAT HAS THAT BELIEF BUILT?

- What patterns do I see in my life?
- What am I tolerating?

3. WHAT LIE HAVE I AGREED WITH?

- What lie shaped my identity?
- How has it shown up in my life?

4. WHAT IS THE TRUTH?

- What does God say about me?
- What new belief do I choose today?

5. IDENTITY DECLARATION

- I am _____
- I will _____

6. ACTION

- One thing I will release:
- One boundary I will set:
- One step toward healing belief this week:

Who Do I Think I am Prayer

Dear Lord,

You said in Your Word that as I think in my heart, so am I.
Show me every lie that I have been believing about myself that did not come from You.
Expose every lie I have agreed with...
the lie that I am not enough,
the lie that I am too much,
the lie that I have to settle, shrink, or suffer to survive.

God, reveal the beliefs that were born out of my pain.
The ones I built my life around without even realizing it.
The ones that taught me to hide, to tiptoe, to people-please, to accept less than Your best.

Heal the places in me that learned the wrong lesson from what I went through.
Heal the part of me that thought abuse meant I was unworthy.
Heal the part of me that believed chaos was normal.
Heal the part of me that still expects to be hurt, overlooked, or disappointed.

Break every cycle that has been built from those beliefs.
Every repeated pattern.
Every familiar pain.
Every agreement I made with fear, insecurity, and survival.

God, renew my mind at the root. Not just what I say, but what I believe. Teach my heart the truth of who I am.
That I am worthy.
That I am seen.
That I am loved.

Give me the courage to reject **every** lie; even and *especially* the lies that feel so familiar.
Even the ones I built my life around. Even the ones that shaped my identity.

And as You heal me, God, help me to rebuild my life from truth.
Let my thoughts align with You.
Let my words reflect You.
Let my choices reveal that I know who I am.

I declare today...
I am not what happened to me.
I am not what they said about me.
I am who You say I am.

And from this day forward,
I will no longer build from pain.
I will build from truth.
I will build from You.

Show me how good my life can get when my heart believes what You said! Amen.