

Truth 1: I am loved.

*But God demonstrates his own love for us in this:
While we were still sinners, Christ died for us.*
Romans 5:8

Truth 2: I am valuable.

*For you created my inmost being; you knit me together in
my mother's womb. I praise you because I am fearfully and
wonderfully made; your works are wonderful,
I know that full well.*
Psalm 139:13–14

Truth 3: I have a special purpose.

*For we are God's handiwork, created in Christ Jesus to do
good works, which God prepared in advance for us to do.*
Ephesians 2:10

Truth 4: I am not alone. God will always be with me.

*So do not fear, for I am with you; do not be dismayed, for
I am your God. I will strengthen you and help you; I will
uphold you with my righteous right hand.*
Isaiah 41:10
