



Show these statements and Scriptures to your students to help them write in a truth to fight any trash they might believe about themselves—or help them to find a Truth statement they know they need to write down and keep!

1. Trash-thoughts: **I'm not good enough; I'm not lovable; I'm not accepted by anyone.**
 - Truth: **I am God's child.**
 - Verse reference: Ephesians 1:5
 - Truth: **When I choose to follow Jesus, I am part of His family!**
 - Verse reference: John 1:12
 - Truth: **God knew me and chose me before He even made the world!**
 - Verse reference: Ephesians 1:4
 - Truth: **Jesus loves me and calls me His friend!**
 - Verse reference: John 15:14-15
 - Truth: **What people think about me doesn't matter. What God thinks about me does.**
 - Verse reference: 1 Samuel 16:7

2. Trash-thoughts: **I'm bad; God won't forgive all the stuff I do; God only loves me when I'm good.**
 - Truth: **When I choose to follow Jesus, God forgives every bad thing I've ever done.**
 - Verse reference: Ephesians 1:7
 - Truth: **God will never leave me or reject me.**
 - Verse reference: Hebrews 13:5
 - Truth: **God always loves me, and nothing can change that!**
 - Verse reference: Romans 8:38-39

3. Trash-thoughts: **I will always mess up my life; I'm not good at anything; I'm a loser.**
 - Truth: **When God asks me to do something, I can do it with Jesus' power!**
 - Verse reference: Philippians 4:13
 - Truth: **When I ask for His help, God gives me the wisdom to solve all of my problems.**
 - Verse reference: James 1:5
 - Truth: **I'm good at exactly the right things to do all God has planned for me.**
 - Verse reference: Romans 12:6
 - Truth: **When I choose to follow Jesus and His ways, I am a leader, not a loser.**
 - Verse reference: Deuteronomy 28:13

4. Trash-thoughts: **I'm stupid; I'm worthless because people don't like me; I'm ugly.**
 - Truth: **When I choose to follow Jesus, I have the mind of Christ, and He is *not* stupid.**
 - Verse reference: 1 Corinthians 2:16
 - Truth: **I live for God's approval, not to please everyone around me.**
 - Galatians 1:10
 - Truth: **I am worth so much, God sent His own Son to die on a cross for my sins.**
 - Verse reference: Romans 5:8
 - Truth: **I am well made and wonderfully made by God.**
 - Verse reference: Psalm 139:14