

The background of the entire page is filled with scattered confetti in shades of blue, yellow, and pink. The main title is centered in a large, bold, dark blue font.

TAKE BACK THE TRUTH

*Using God's Word to Mend
our Hearts & Minds*

Digital Download
&
Study Guide

THE

Courageous & Kind

PROJECT



TAKE BACK THE TRUTH

Leaning into God's Mighty Power

Hey, y'all!

It is time for us to take back the truth! Mental health is at the forefront of many conversations and everyone seems to be searching for the best wellness plan on the market. At The Courageous & Kind Project, we're committed to asking the Lord to help us establish His rhythms and ways for wellness. As Christians, we have access to THE best treatment plan from THE ultimate Physician and Counselor - God the Father, God the Son, and the Holy Spirit!

Many of us are guilty of trading God's truth about ourselves for a lie of doubt and angst from the devil. It's not anything we necessarily do on purpose, but it's something that can happen to us if we're not intentional with our thoughts and internal dialogue. When we let fear and worry take over our hearts and minds, we trade the truth for a lie. We give up the gift of peace, comfort, and truth from the Holy Spirit in exchange for panic and anxiety from the world. *We misplace our worship. We begin to believe lies.*

"They exchanged the truth about God for a lie, and worshiped and served created things rather than the Creator—who is forever praised. Amen." Romans 1:25

We can stop the take over now! The best way to fight the fear and worry is with Scripture, God's holy and infallible Word. It has the power to change our hearts and minds (2 Timothy 3:16). The Bible says the Lord will guard our hearts and minds with perfect peace when we trust Him (Isaiah 26:3). The way to trust the Lord is to know the Lord - to believe that He is our Hope and Saving Grace in this life. Then we have the power through Jesus Christ to exchange the lies and hurts of this world for His peace and hope.

"And the peace of God, which surpasses all under understanding, will guard your hearts and your minds in Christ Jesus." Philippians 4:7

Let's make a statement to **Take Back the Truth!** Take time to read the Truth (God's Word) about your life in Christ and do the exercise on page 6 of replacing your lie for God's Truth. It is a powerful practice that can transform your mind and thought life when done over and over again. Ask God to help you change and make a transformation in you!

xoxo
Jes & The C&K Team

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TAKE BACK THE TRUTH

Biblical Truth for our hearts

Our Purpose & Plan

"For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things He planned for us long ago."
Ephesians 2:10

The Word of God

"All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work."
2 Timothy 3:16-17

Jesus Christ our Savior

"In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. Through Him all things were made; without Him nothing was made that has been made. In Him was life, and that life was the light of all mankind. The light shines in the darkness, and the darkness has not overcome it."
John 1:1-4

Who We Are in Christ

"But to all who believed Him and accepted Him, He gave the right to become children of God."
John 1:12

God is with Us

"Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; He will never leave you nor forsake you."
Deuteronomy 31:6



TAKE BACK THE TRUTH

God's Word Gives Life

God is for Us

"What, then, shall we say in response to these things? If God is for us, who can be against us?"

Romans 8:31

God Gives Us Strength

"For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline."

2 Timothy 1:7

The Power of the Holy Spirit

"The Spirit of God, who raised Jesus from the dead, lives in you. And just as God raised Christ Jesus from the dead, He will give life to your mortal bodies by this same Spirit living within you."

Romans 8:11

Freedom & Truth for Us

"So Jesus said to the people who had believed Him, "If you abide in my word, you are truly my disciples, and you will know the truth, and the truth will set you free."

John 8:31-32

The Hope of Heaven

"For God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life. For God did not send His Son into the world to condemn the world, but to save the world through Him."

John 3:16-17

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TAKE BACK THE TRUTH

God's Word Gives Hope

Seek the Kingdom of God

"Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need."

Matthew 6:33

All for Good

"And we know that in all things God works for the good of those who love Him, who have been called according to his purpose."

Romans 8:28

Gift of Peace

"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

John 14:27

God is at Work Within Us

"I am certain that God, who began the good work within you, will continue His work until it is finally finished on the day when Christ Jesus returns."

Philippians 1:6

God Transforms our Worry

"Be anxious for nothing, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."

Philippians 4:6-7

TAKE BACK THE TRUTH

Believing God's Truth First

We are often guilty of trading God's truth about ourselves for a lie of doubt from the devil. Sounds harsh, doesn't it?! It's true! Satan is the great deceiver (2 Corinthians 11:3) and his game is to steer you away from the incredible purpose and plan that God has for you (Jeremiah 29:11-13)!

What truth are you trading for a lie? Write down the lie, the insecurity, or doubt that you are dealing with in the column titled "The Lie". Then take a moment to replace it with a confident truth in "The Truth" column. Next look up a Bible verse that either confronts the lie or confirms the truth.

You can do this by searching key words in Bible verses. Try using the search feature at BibleStudyTools.com, BibleGateway.com, or in the [YouVersion Bible App](#) on your phone. You can use the topical Concordance in the back of your Bible or even "google" Bible Verses on a specific topic.

This exercise helps us stand firm together in God's truth. Take time to pray and ask God to help you believe His truth over your lie. Whenever you are ready, share this with a trusted friend. Celebrating God's truth with another Christian is special and can help encourage you along in your journey.

THE LIE	THE TRUTH	GOD'S WORD
<i>I'm so fat.</i>	<i>I just had a baby a few months ago and it takes time for my body to heal and adjust to postpartum.</i>	<i>I'm fearfully and wonderfully made. Psalm 139: 13-16 God is doing a new thing within me as a Mama. Isaiah 43:19</i>



TAKE BACK THE TRUTH

Living Out God's Word

Writing and reciting Scripture can be one of the most powerful tools for our well-being and mental health. Use the space below to write out some of your favorite Bible verses.

GOD'S WORD = YOUR TRUTH

Promise of Peace

"You will keep in perfect peace those whose minds are steadfast, because they trust in you, Lord."
Isaiah 26:3