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"O Lord my God,
I called to you for help
and you healed me."
Ps. 30:2

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Dear Lord,
When I feel alone and like no one else
understands what I'm going through,
please reassure me with your presence.
Knowing You're there,
understanding how I feel,
gives me the comfort I need.
In Jesus' name,
Amen.

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Why am I
afraid
to allow myself
to feel?

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Imagine

Imagine not turning to behaviors when
emotions surface, but feeling those
emotions and dealing with them
in a healthy way instead.

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This Is Freedom

Believing the truth
instead of lies.

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One Step At A Time

Take one step at a time
Until this journey's done,
When the fighting's over
And the battle has been won.

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Alternative Activity

Do a word puzzle
of some kind
or color a picture.

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