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"The Lord is close
to the brokenhearted
and saves those
who are crushed in spirit."
Ps. 34:18

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Dear Lord,
Please help me remember there is nothing
I cannot say to you about the struggles I face.
I thank You that You already know my heart
and are not untouched
by what I face each day.
In Jesus' name,
Amen.

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What are some verses or quotes
that touch my heart
in a positive way
and motivate me to
fight against what's holding me?

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Always Remember

God's healing touch
has no limits.

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You Can Break Free

You can break free of this,
Be stronger than before,
Be so much healthier,
Have peace and so much more.

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In This Moment

I will remember
how far I've come.

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