

6 Ways to Defeat *Lies* and Live in *Freedom*

Gift Yourself Grace

Psalm 62:5-6

Reject Blame & Shame

Eph. 4:31-32

Invest in Soul Care

Isaiah 41:10

Get a Battle Armor Fitting

Eph. 6:13-14

Build a Support System

Eph. 4:12

Trade Control for Trust

Psalm 18:30