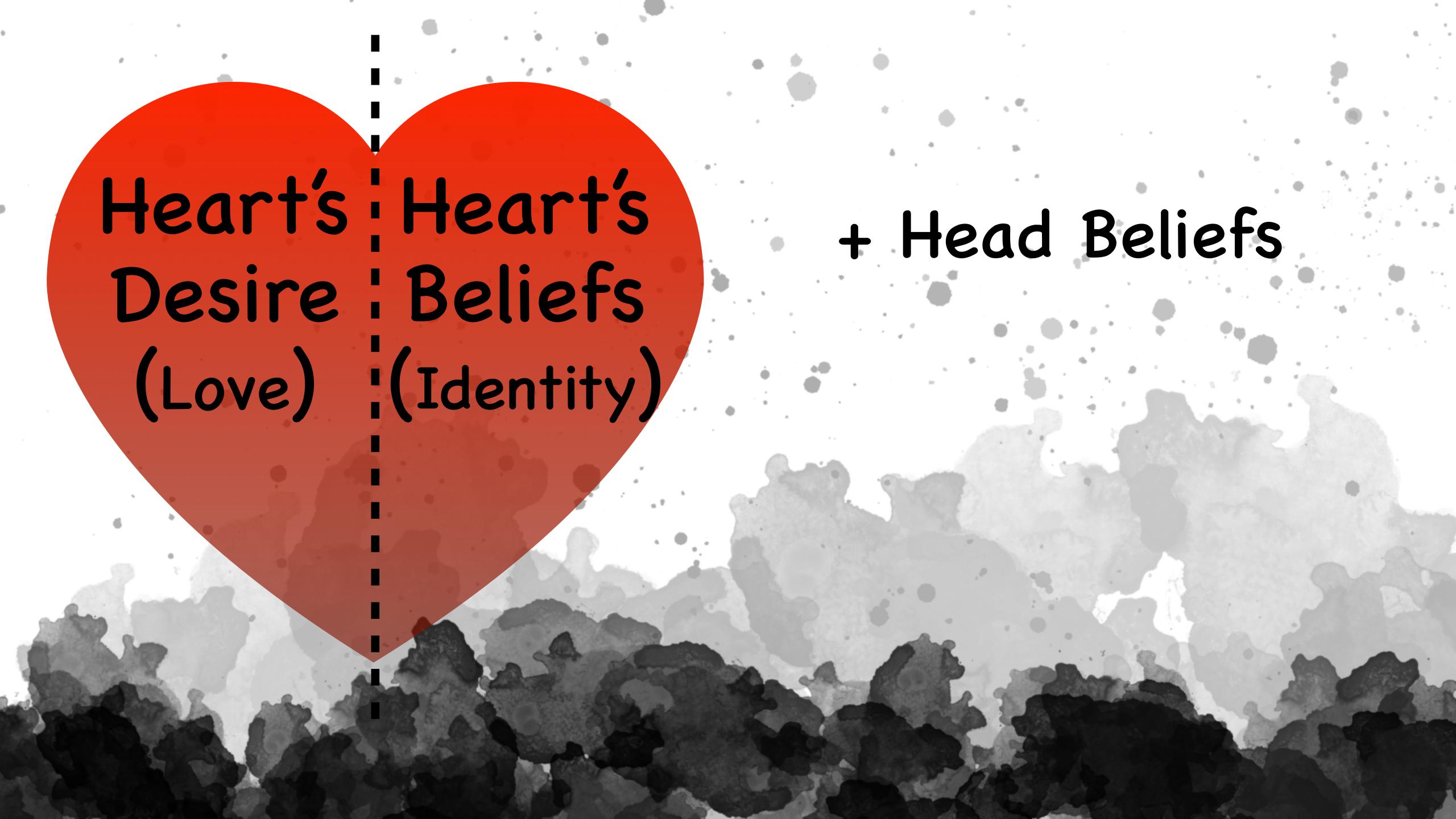
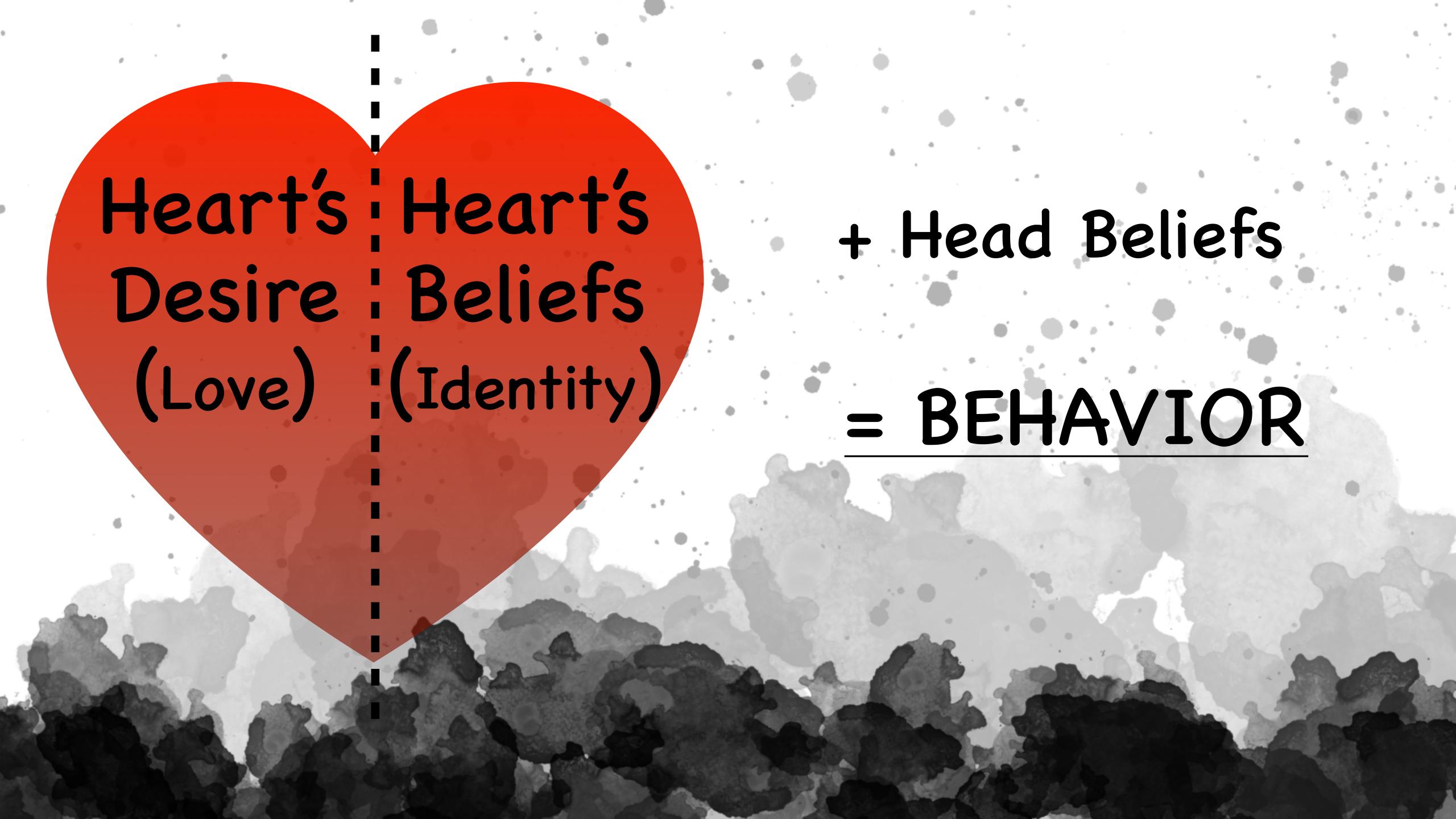
## 

Shelter - 10 Mar 19







Lies feel like they say: lam

Weak/Powerless

In Danger/Vulnerable Guilty

Alone/Abandoned

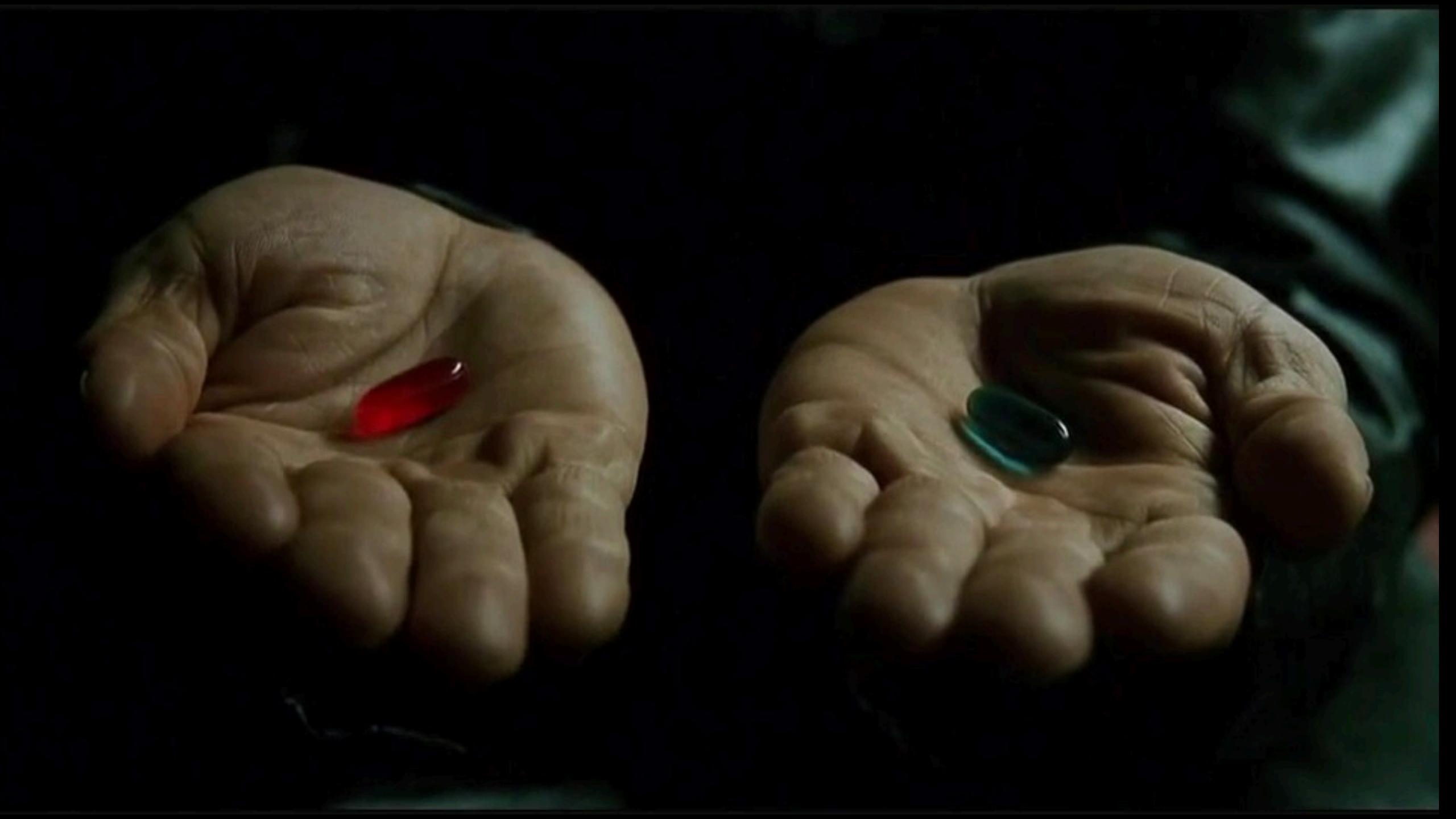
Shameful

Dirty/Tainted

Worthless

Not Worthy Of

Hopeless



Focus on your feelings, pain

Listen to what they say about you

Give them to God

Wait on His truth to fill you at the point of the pain

Jesus, I choose to open my heart to you and give to you my feeling that says I am \_\_\_\_\_, please fill me with the truth that you want me to have in its place.