

NEVER SAY HARSH WORDS.  
IT ONLY TAKES A  
FEW WORDS TO HURT  
AND A MILLION TO  
MAKE THEM FORGIVE.  
@MJBABBICK #SPEAKHEALINGWORDS

# LIMITING BELIEFS

*Above all else, guard your affections. For they influence everything else in your life (Proverbs 4:23).*

## ONE TRUE SENTENCE CHANGES EVERYTHING

Ephesians 3:20, “Now to him who is able to do immeasurably more than all we can ask or imagine, according to HIS power that is at work within us.”

2 Corinthians 12:9, “My grace is sufficient for you, for My strength is made perfect [mature] in weakness.”

2 Corinthians 12:9b, “Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me.”

2 Corinthians 9:8, “God is able to make all grace abound toward you, that you, always having all sufficiency in all things, may have abundance for every good work.”

LIMITING BELIEFS SHAPE EVERYTHING **YOU DO.**

## ONE TRUE SENTENCE

**Recognize one limiting belief in your life, right now.**

Write it down:

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**Reframe and re-author it by writing one true sentence, right now.**

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