





## isolation

worry

control

DEPRESSION

fear managing self obsession

## **ASK YOURSELF:**

"WHAT AM I BELIEVING?"

"WHAT'S THE TRUTH?" (ABOUT ME & ABOUT GOD)

"HOW AM I TRYING TO GET MY NEEDS MET?"

"HOW IS 'IT' WORKING OUT FOR ME?"

"WHAT BROKEN CISTERN AM I TURINNG TO?"

"WHAT GOT ME IN THIS DITCH?"

"HOW IS THE ENEMY DISTRACTING ME?

"WHAT'S KEEPING ME FROM ABIDING AND TRUSTING?"

"WHO DO I NEED TO LET IN?"

HIGH VIEW OF SELF LOW VIEW OF GOD



HIGH VIEW OF GOD CORRECT VIEW OF SELF

YOL nest **FREEDOM**