

Fear and Wonder

You are fearfully and wonderfully made. So stop being so fearful and express some wonder at how incredible God made you.

For more of what is true go to Psalm 139:14.
For more "True-isms" go to TrueCampaign.org



Comparison

When I compare myself with others, I engage in a game that has no winners. God, help me remember that what matters most is that you love me, just as I am.

For more of what is true go to Romans 12:2.
For more "True-isms" go to TrueCampaign.org



I Choose to Believe

I won't dwell on my failures and imperfections; I choose to believe that God has a plan for my life—He wants me as His living creation, not a slave to self-destruction.

For more of what is true go to Jeremiah 29:11.
For more "True-isms" go to TrueCampaign.org



I Am Loved

Even if I never lose the weight, flatten my tummy, or get curves in the "right" place, I am still forgiven and free. And loved like crazy.

For more of what is true go to Isaiah 54:10.
For more "True-isms" go to TrueCampaign.org



Thank You

Thank you Father for my eyes that see, my ears that hear, my legs that dance, my arms that hug and my heart that beats for you!

For more of what is true go to I Chronicles 16:34.
For more "True-isms" go to TrueCampaign.org



Acceptance

Body Acceptance is a commitment to treat my body with respect, even when there are things I don't like about it. God, please help me to work *with* my body instead of *against* it, for Your glory.

For more of what is true go to Ephesians 3:20.
For more "True-isms" go to TrueCampaign.org



Criticism

Children who are constantly criticized become sad, angry and miserable. How is your body any different?

For more of what is true go to Philippians 4:8.
For more "True-isms" go to TrueCampaign.org



Numbers

I'm accepted by the One who matters most, regardless of the number on the scale or the size of my clothes.

For more of what is true go to I Samuel 16:7.
For more "True-isms" go to TrueCampaign.org



...So since we find ourselves fashioned into all these excellently formed and marvelously functioning parts in Christ's body, let's just go ahead and be what we were made to be, without enviously or pridefully comparing ourselves with each other, or trying to be something we aren't.

Romans 12:5-6 (MSG)

I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.

Psalm 139:14 (NIV)

Though the mountains be shaken and the hills be removed, yet my unfailing love for you will not be shaken nor my covenant of peace be removed, says the LORD, who has compassion on you.

Isaiah 54:10 (NIV)

For I know the plans I have for you, declares the LORD, plans to prosper you and not to harm you, plans to give you hope and a future.

Jeremiah 29:11 (NIV)

God can do anything, you know - far more than you could ever imagine or guess or request in your wildest dreams! He does it not by pushing us around but by working within us, his Spirit deeply and gently within us.

Ephesians 3:20 (MSG)

Give thanks to the LORD, for he is good; his love endures forever.

1 Chronicles 16:34 (NIV)

But God told Samuel, Looks aren't everything.... God judges persons differently than humans do. Men and women look at the face; God looks into the heart.

1 Samuel 16:7 (MSG)

...Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable— if anything is excellent or praiseworthy— think about such things.

Philippians 4:8 (NIV)