



GUILT SAYS vs GRACE SAYS

Stop. You need to think about what you've done.

I will keep going, breathe and try again.

You're always going to feel bad about this.

God forgives me, and I do too.

You're never going to be enough.

I am already more than enough.

You're a bad mom.

Good moms know we don't always get it right.

Look at all of your mistakes.

Look at how much I love my kids.

You're just going to mess up again.

I'm going to keep doing my best.

It's your fault your kids are like this.

My kids need Jesus just as much as I do.

You made the wrong choice.

I'm not defined by my best or worst choices.

