



## **Ain't Nothing Wrong with You**

by Crystal Knapp

- What messages ("seeds") did Taylor grow up hearing, and how did they shape the way she saw herself?
- Why did Taylor get upset when she was first told she didn't need to file for disability?
- What moment helped Taylor finally realize, "Ain't nothing wrong with me"?

### Bonus Questions:

- What "seeds" did you grow up hearing about work, worth, or success?
- How have they affected your choices?
- What old way of thinking might God be asking you to let go of so you can step into something new?

### Reach UP to God:

#### Read **2 Corinthians 5:17**.

Take a moment to ask God to show you any lies you've believed about yourself. Pray for courage to replace those lies with His truth and to take one step today toward the life He's calling you to live.

#### Prayer:

"God, help me see myself the way You see me. Uproot any false seeds planted in my heart and replace them with Your truth. Teach me to trust You as I walk in a new way. Amen."