

# RECALIBRATE



## What You Wear

### Throw it off

Guilt/shame

Rejection

Mistakes/failures

Anger

Bitterness

The lies we believe

People-pleasing

Anxiety

Worry

Fear

### Put it on

Who God says you are

God's unconditional love

God's mercy and goodness

Righteousness

Forgiveness

The truth in God's Word

Surrender to God alone

The peace of God

Prayer

Faith