

✨ 5. God's truth must replace internal lies.

Many students carry thoughts formed by:

- trauma
- rejection
- fear
- comparison
- past failures
- cultural pressure

These thoughts create false identities.

Biblical coaching helps them replace those lies with:

- Scripture
- God's promises
- Christ-centered identity
- Kingdom truth

When their thoughts align with God's Word, their identity aligns with God's design.

5. Reflection Questions

- What thought has been shaping your identity?
- Does this thought align with God's Word?
- What truth does God want you to embrace instead?

✨ 6. Identity is not discovered — it is aligned.

Students don't "find themselves."

They **align** with who God already says they are.

This verse teaches that identity is not something the world gives — it's something the heart believes.

6. Coaching Prompt

"Share the thought you are releasing and the truth you are embracing.

This is where renewing your mind begins."

Below: Write all the thoughts you are releasing and the truth you are embracing.

Reread it.

How do you feel now? Why has this helped you ?

