

DAMAGE REPAIR IS NOT “ONE SIZE FITS ALL”

Here are my few ways to go through your past and stop giving your past control:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____

you gotta write these out for your memories sake



I WAS DAMAGED

I am so done with this victim mentality. I still gotta ask, HOW do I get over it?

PRESSING TOWARD THE MARK

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We understand,
We've been
there too!



I still hear those
voices and see
those events in
my head!

Philippians 3:13c

Chapel at Vintage
 Sunday Morning
 Everett 9am
 Lakewood 11am
CHAPEL.today