



Speak life.

your words matter

HHxMH collection

In a world full of noise, it's
easy to forget the power that
words carry—especially the
ones we speak to ourselves
and others.

This booklet is a gentle
reminder that
your **words** matter,
your **presence** has purpose,
and your beautiful
story is still unfolding one
chapter at a time.

This booklet is filled with
truths about God and you,
reminders that you are loved,
needed, chosen, and never
alone.

Powerful words to
encourage and
fill your heart on
the hard days and
lift your spirit
on the ordinary ones.

Whether you read them all at
once or one at a time,
let them **speak life** over you
and your circumstances.

God's words are
powerful, kind, steady,
loving, and full of **grace.**

And yours can be too,
when they reflect and
echo His.

Let these words remind you
of who God is and who you
are because of Him.

Because what you speak—
especially to yourself—
matters.

Our prayer is that as you flip
through these pages, you
feel seen, known, held and
loved by the God who
never stops speaking
life over you.

You matter.
You are not alone.
And your words—spoken and
unspoken—can bring **life** and
**light into all the dark
places.**

Love, Erin & Jill

you are
loved
beyond
measure.

You are **deeply loved**—
by the One who knew you
before you were born, who
calls you by name, and who
will never leave your side.

His love isn't earned;
it's **eternal, unshakable,**
and **fully yours.**

**God loves you and He won't
change His mind.**

God is crazy
about **you.**

God's thoughts about you
outnumber the grains of
sand on every seashore.

You're always on His mind.

He's crazy about you—
because He made you and set
His love upon you.

You're **His masterpiece**, His **joy**,
and **His constant delight**.

Even on your worst days,
His love never changes.

God's plans
for your life
are **good**.

You only see a small part of the infinite work God is doing in your life. His plans are full of **purpose** and **promise**. He's weaving every detail together for **your good**—even the ones that hurt and don't make sense right now.

God's not finished.

He's still writing your story!

“And we know that in all things
God works for the good of
those who love him...”

Romans 8:28

your
story
matters.

God is the Author of your amazing story! He's in **every detail** and He's using **every chapter**, even the ones you'd rather skip.

Your story matters—
not just the victories,
but the valleys too.
Even when you can't see the full picture, you can **trust** the **Faithful Author** to complete the good work He started.

you are
protected.

You are protected!

Right now, in this very moment,
God's hand is over your life.

His **power** and **provision**
covers and guards you
at all times.

When life feels uncertain, when
storms rage, you can **stand**
firm knowing that God's
protection surrounds you.

He is a **refuge** where
your heart is safe. You are
protected - completely,
continually, and perfectly -
because you belong to Him.

you are
brave and
courageous.

Bravery isn't about never feeling afraid – it's about choosing to move forward even when fear tries to stop you. God's presence gives you the **courage** to take the next step, to **trust** Him in the unknown, and to believe that His **strength** is made perfect even when you feel weak.

You are **brave** and **courageous** because God is with you.
You are **stronger** than you think because the One who **fights for you** has already overcome the world.

God is your
**strength and
shield.**

God is your **strength** and shield.

He defends you in battles you don't even know about, standing **guard** over your heart, your mind, and your future. He shields you with His **favor**, surrounds you with angels, and fights for you when you're weary. He holds you together when you can't hold on any longer. He will always **protect** you and **provide** for you.

“The LORD will fight for you;
you need only to be still.”

Exodus 14:14

speak the
 truth so the
lies lose their
 power.

Lies try to keep you trapped in fear, insecurity, and defeat. But every time you speak the truth of **God's Word** over your heart and life, the power of those lies begins to break.

Truth exposes lies.

Truth silences fear.

Truth sets you free.

You have the authority to reject the lies and replace them with the **unshakable truth** of who God says you are.
Speak the truth boldly!

you're
never
alone.

No matter where you are, no
matter what you face,
you never walk alone.

God is closer than your breath,
present in every high and low.

Even when you can't feel Him,
He's **holding you**, walking **beside**
you, and **fighting for you.**

He is **faithful, unshaken** and His
presence **never leaves you.**

“The LORD Himself goes before
you and will be with you; He will
never leave you nor forsake you.

Do not be afraid;
do not be discouraged.”

Deuteronomy 31:8

God is
with you.

God is with you in the **stillness**
and the **storm**, in the **questions**
and the **breakthroughs**.

His presence is your anchor,
His love is your covering.

Wherever you go, He goes too—
faithful and **constant**.

"So do not fear, for I am with you;
do not be dismayed, for I am your
God. I will strengthen you and help
you; I will uphold you with my
righteous right hand."

Isaiah 41:10

you are an
overcomer.

You are an overcomer!

With **God's strength**, you can
face every challenge and
setback, climb every mountain,
and walk through deep valleys –
and come out **stronger** and
more **courageous**.

Nothing is impossible when
He's with you. Even when the
road feels long and hard,
He equips you for every step.

Even when you feel weak, His
grace and **power** will carry you
through. He is with You and for
you – You can do more than
you think you can!

God will
make a way.

God will make a way where
there seems to be no way.
He's the God of **breakthrough**,
turning what feels impossible
into His **perfect plan**.

Trust in His timing;
He's **always at work** behind
the scenes, making paths
where there's only obstacles.

you can do
hard things.

God **equips you** for
every challenge.

He **supplies** all of your needs.
His **strength** is made perfect
in your **weakness**, and He's
right there, giving you **courage**
when you need it most.

"But he said to me,
'My grace is sufficient for you,
for my power is made perfect in
weakness.' Therefore I will boast
all the more gladly about my
weaknesses, so that Christ's
power may rest on me."

2 Corinthians 12:9

your life has
purpose.

Your life has been crafted by God,
designed for a unique plan
only you can fulfill.

Even on the days you feel unsure,
know that He is using
every moment to shape you
into the person He created
you to be.

you are a
**difference
maker.**

God has chosen you to
impact the world around you
in ways **only you can**.

Your **life**, your **words**,
and your **love** carry a
ripple effect far beyond
what you can see.

Your actions, big or small,
reflect His love and
have the power to bring
change and **hope**
wherever you go.

you are
chosen and
never
forgotten.

Before the foundations of the world, God **saw you, loved you,** and **chose you.** You are not overlooked, unwanted, or forgotten. Jesus **handpicked** you for His **family,** His **purposes,** and His **glory.** You're not here by chance; you're a vital part of His **divine plan.**

"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."

Ephesians 2:10

you are
forgiven
and **free.**

You are no longer bound by
guilt, shame, or the weight of
your past. Through Jesus, you
are fully **forgiven** and **set free**
to live in the abundance of

His **love** and **grace**.

God's **forgiveness** is complete,
final, and eternal.

You are not defined by your
faults or failures; you are
defined by His **mercy**.

Walk boldly in the **freedom**

He purchased for you -
chains broken, heart **restored**,
future **secure**.

you matter.

**You matter more
than you know.**

To the God who created you,
your life holds
immeasurable value.

You're **seen, known,**
and deeply **loved.**

Your presence has purpose.

**nothing
is wasted.**

God redeems every moment and mistake, weaving even the **hardest seasons** into a **story of hope**. Every tear, every prayer, every hidden hurt matters to Him. What feels like a delay or detour might actually be **preparation** for your destiny.

Trust that He is working all things together for your good –
**even when you can't
see it or feel it.**

In His hands, nothing
is ever wasted.

you are
not stuck.

Even when it feels like life is standing still, **God is moving.**
He's not finished with your story.

When you feel stuck, like nothing will ever change, He's strengthening your faith, refining you, and preparing you for the good work He has planned for you to walk into. **He's got you!**

You are **not forgotten,**
not overlooked, and **not stuck.**
The same God who parted the sea and moved mountains is working in your life – right now.

you won't
always **feel**
this way.

**Feelings are real,
but they aren't forever.**

God sees your heart,
holds your tears, and walks
with you through every valley.
The heaviness and weariness
won't last forever.

Healing is coming.

Joy is being restored.

Keep walking with Him,
even if it's hard. **Keep Going!**
He will bring you through this...
one step at a time.

“Weeping may endure for a
night, but joy comes in the
morning.”

Psalm 30:5

this world
needs you.

This world needs you—
your unique **gifts and talents**,
your **heart**, your **love**, and the
specific purpose God has
placed in you.

You are an answer to someone's
prayer, a **light** in the darkness of
despair. You are a **blessing** to the
broken and **hope** for the hurting.
Don't underestimate the difference
you can make by **simply being**
who God created you to be.

**life is better
because of
you.**

Whether you believe it or not,

YOU ARE AMAZING!

Your life is a gift to this world.

God made you **on purpose**

for a purpose designed
specifically for you.

Your life matters to God and it
matters to other people.

Your words can speak **life and
love** to people who need it the

most. Your story can make room
for others to feel **seen and known.**

Life is better because of your life.

The story God is writing about
you is **beautiful!**

This booklet is a part of the
**Hunter's Hope - Mental Health
Collection**

Our prayer is that you will know the
truths shared in this booklet and the

God who loves you
more than you can imagine.

We hope you are encouraged to
share your own story...

One that can make a
difference today for someone who is
fighting for their tomorrow!

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www.huntershope.org