

TRASH, TRUTH, TREASURE

| Category | Definition | Response | Key Questions |
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| Hurtful TRASH | Unkind, untrue statements or actions that can hurt us if we give them power. | Thoroughly REJECT | <ul style="list-style-type: none"> • What words or actions in this situation were unkind? • What was untrue? • What do you want to do to protect your heart from those things? |
| Helpful TRUTH | Kind, fully true and objective perspectives that can help us grow. | Thoughtfully RESPOND | <ul style="list-style-type: none"> • Why do you think this person might have been unkind? How could we pray for them? • Is there a true thing that you could learn from in this situation? • What help do you need in this situation and how could you get it? |
| Heartful TREASURE | Heart-filling truths that encourage us and restore our joy. | Thankfully REJOICE | <ul style="list-style-type: none"> • What do you love about how God made you? • What true thought encourages you right now? • What are you grateful for in this situation? • What might Jesus (or someone who loves you very much) say to you now? |