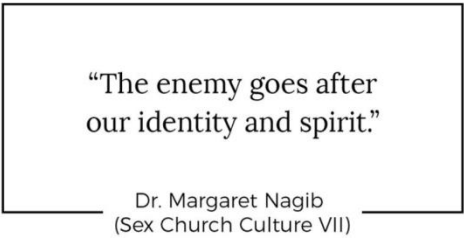
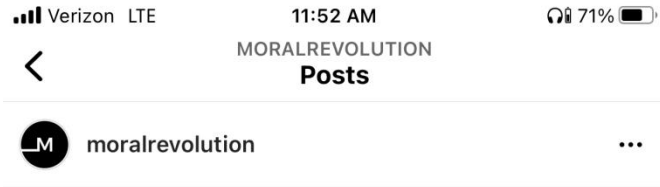


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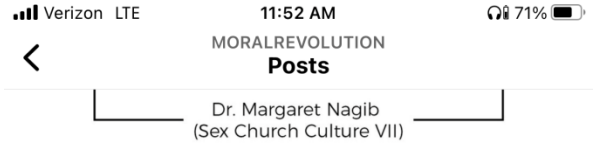


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moralrevolution The voice of fear can intimidate us in the midst of our healing journeys. Often times, it feels like the voice of pain and shame from our past is louder than the voice of truth.

God is so much more compassionate with us in the midst of our pain than we even recognize- we may feel like the trauma we've faced identifies us, but God speaks a higher word.

Where the enemy has come to steal, kill, and destroy, God has come to bring LIFE and LIFE ABUNDANTLY! John 10:10

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September 5

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SEX MYTH MONDAY

"I feel like these bad habits will never go away."

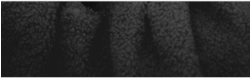
MORAL REVOLUTION



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moralrevolution Creating and maintaining new healthy habits take time. ¹⁰⁰

On average, it takes 18 to 254 days to form a new habit and 66 days for others to form new behaviors.



MORAL REVOLUTION



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moralrevolution Creating and maintaining new healthy habits take time. ¹⁰⁰

On average, it takes 18 to 254 days to form a new habit and 66 days for others to form new behaviors.

When we are trying to change our habits whether its negative self-talk, porn addiction, or unhealthy behaviors we needed to be remind that God's grace is sufficient for us to overcome our negative habits!

Some of us are too hard on ourselves where we forget to recognize the achievements we made to get better on building healthier habits and lifestyles.

Journal your habits and celebrate the little things of your growth and successes today!

#sexmythmonday #newhabits #youaregrowing #offwitholdinwiththenew #godsgraceisenough #moralrevolution

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August 30

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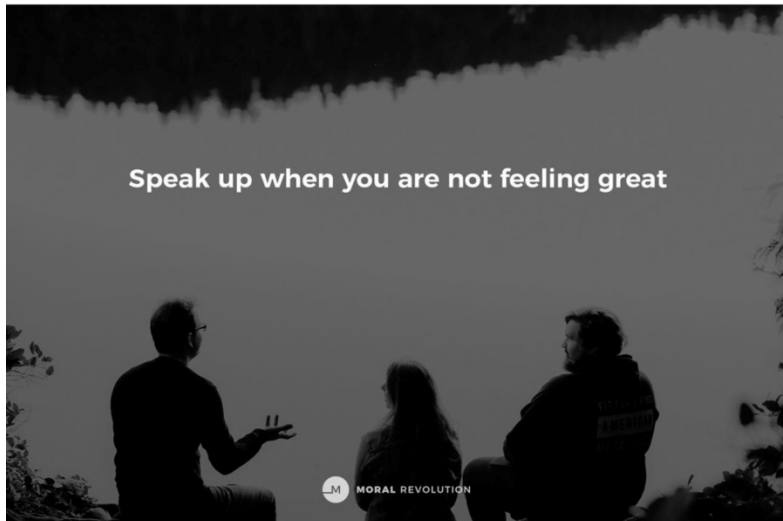




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moralrevolution For many, speaking up and being vulnerable with others is hard, but when we are going through rough patches in life it's crucial that we reach out to others to help us process and help build trust with those we are reaching out to. ❤️

It is important that we do not isolate ourselves but INVITE others into our life's journey.

How has reaching out to others helped you to overcome life's obstacles?

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Facing hard seasons can be challenging especially when we feel we cannot take on today. Whether we are going

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moralrevolution Trusting God also comes in the form of taking care of our hearts and bodies. ❤️

Facing hard seasons can be challenging especially when we feel we cannot take on today. Whether we are going through a breakup, family issues, or career hang-ups, taking small choices to take care of ourselves is vital to push through hard seasons.

Build small daily habits that allow your soul to truly rest—that could look like simply putting the phone up and going on a walk.

Small habits go a long way to help shift our perspective and strengthen our perseverance to fight the good fight of faith!

What are some practical things that have helped you when going through hard seasons? Let us know in the comments! 🙌

#practicingselfcare #smallhabits #trustinggod #trustingtheprocess #feedyoursoul #feedyourspirit #moralrevolution

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moralrevolution @watchmewittle 🙌🙌🙌🙌 ❤️

September 28