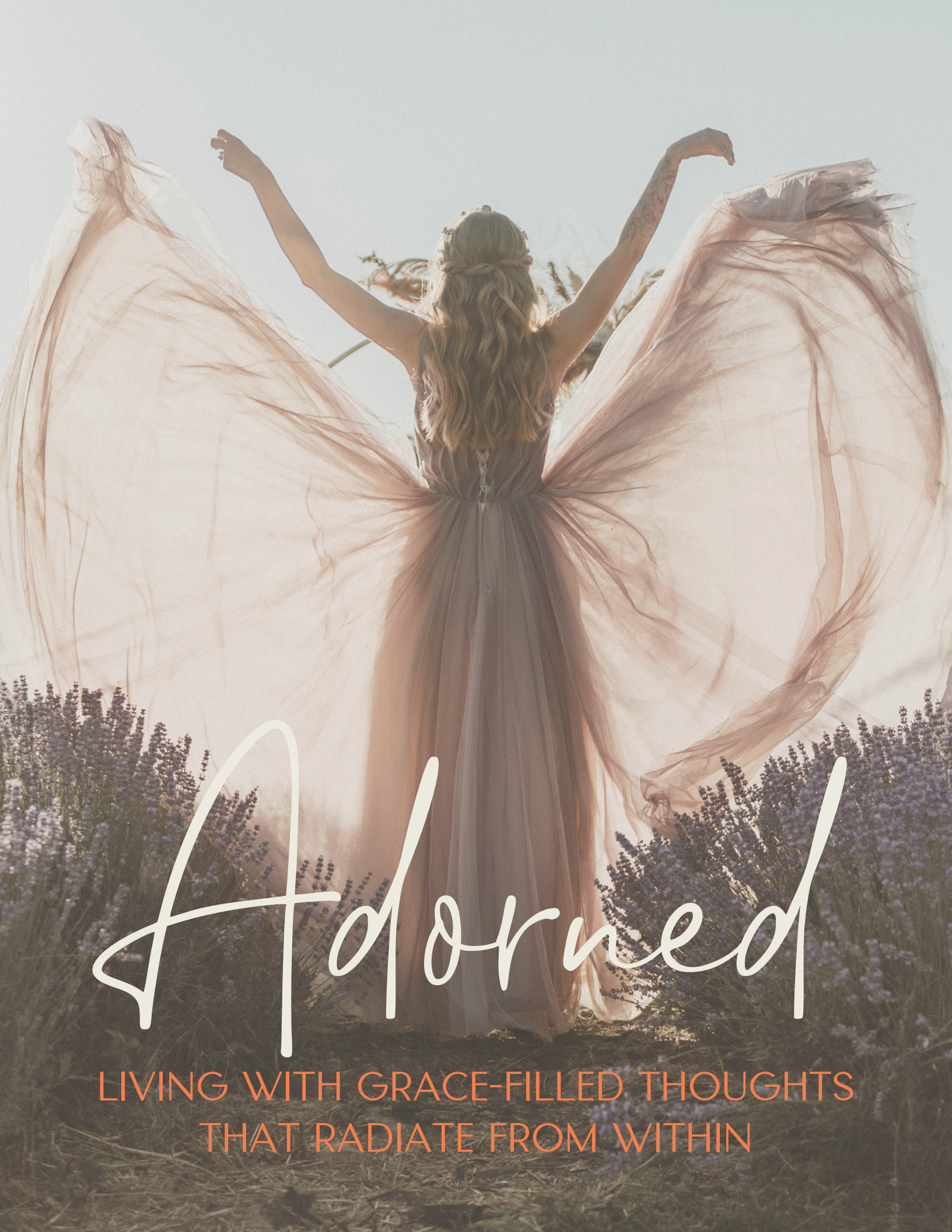




# Adorned

LIVING WITH GRACE-FILLED THOUGHTS  
THAT RADIATE FROM WITHIN

# Dear Victorious Beauty,

You were never meant to live covered in shame, insecurity, or heaviness.

You were always meant to be adorned—crowned with compassion, clothed in wisdom, radiant in truth.

You are not just surviving—you are shining.

Every grace-filled thought is rewiring your inner world.

Every kind word you speak brings healing to someone who needed hope.

Every time you choose softness over striving, gentleness over judgment, you reflect the heart of heaven.

Let this piece remind you:

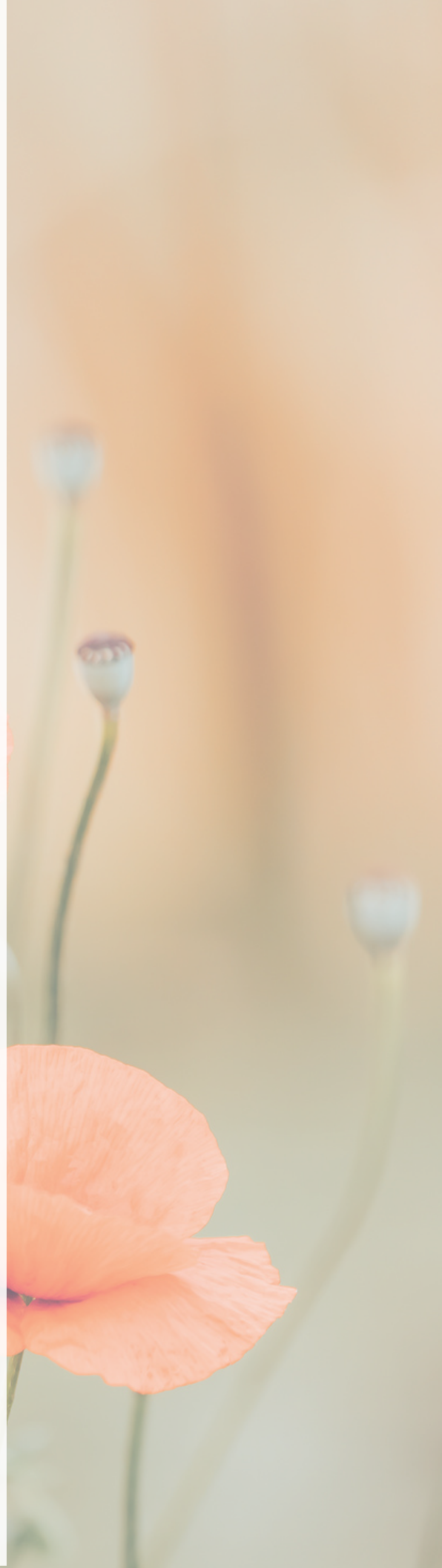
You are not dressing up for the world.

You are dressing in what God **already sees in you.**

You are adorned. You are victorious.

And you are beautiful—inside and out.

*With love and light,*  
THE THREADS THAT HEAL FAMILY



# Adorned

## LIVING WITH GRACE-FILLED THOUGHTS THAT RADIATE FROM WITHIN

Grace is more than a concept—it's a covering, a crown, and a daily decision.

The Bible calls wisdom and instruction a garland and crown (Proverbs 1:9), and tells us our words should be full of grace (Colossians 4:6).

What we think, speak, and believe matters. Because grace changes **how we carry ourselves.**

When you live adorned, it shows.

In your voice.

In your countenance.

In the atmosphere you bring with you.

This guide is here to help you adorn your inner world—so your outer world shifts with it.



# 5 SCRIPTURES ON GRACE-FILLED THOUGHTS

01

PROVERBS 1:9

"They are a garland to grace your head and a chain to adorn your neck."

Let God's wisdom be what dresses your spirit.

---

COLOSSIANS 4:6

"Let your conversation be always full of grace, seasoned with salt."

Speak with purpose, softness, and heavenly seasoning.

02

---

03

PROVERBS 16:24

"Gracious words are a honeycomb, sweet to the soul and healing to the bones."

Let God's wisdom be what dresses your spirit.

---

1 PETER 3:4

"The unfading beauty of a gentle and quiet spirit... is of great worth in God's sight."

Your gentleness is your beauty. Let it shine.

04

---

05

EPHESIANS 4:29

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up."

Use your words to build, not break.



## 5 DECLARATIONS TO SPEAK OVER YOUR MIND

I declare that wisdom and grace adorn me daily.

I decree that my thoughts and words carry healing and beauty.

I declare that my gentleness is power wrapped in peace.

I decree that my inner grace defines my outer radiance.

I declare that I reflect heaven with every thought I choose.

## 5 PRACTICAL WAYS TO WALK IT OUT

**Grace-Morning Prayer** - Before you check your phone, ask God to fill your thoughts with grace.

**Gentle Self-Talk** - When you feel behind or overwhelmed, speak to yourself with kindness.

**Write 3 Grace Statements Daily** - Remind yourself who you are through God's eyes.

**Pause + Reflect Before Responding** - Give grace room to lead your conversations.

**Wear It Boldly** - Let your "Adorned" piece remind you that grace is your beauty—and your strength.

# Dear Radiant One,

There is something holy about a woman who carries herself with grace. Not because life has been easy, but because she's chosen to think higher, speak softer, and love deeper—starting with herself.

You are that woman.

This world constantly tells you to hustle, harden, and hold your tongue. But heaven invites you to be adorned—with grace, wisdom, and truth that flows from within. You are not here to blend in or perform. You are here to reflect glory.

This isn't about perfection—it's about peace.

It's not about appearance—it's about alignment.

And when your thoughts are filled with grace, your life becomes a mirror of heaven.

Let this guide remind you of the beauty you already carry.

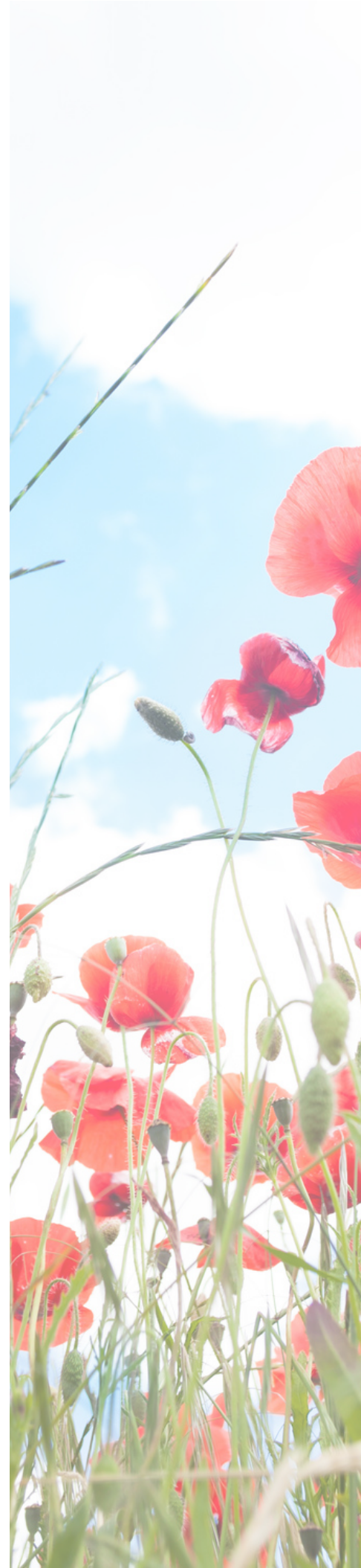
You are crowned with compassion.

You are wrapped in wisdom.

You are adorned with victorious beauty.

## With love and light,

THE THREADS THAT HEAL FAMILY





# REFLECTION JOURNAL PAGE

One thought I want to replace with grace today:

A moment where I chose gentleness over reaction:

A scripture or declaration I want to carry this week:

What I'm learning about the beauty God sees in me:

# Threads THAT HEAL



WE CREATE WEARABLE DECLARATIONS FOR WOMEN WHO  
BELIEVE HEALING IS POSSIBLE—AND PERSONAL.

WEAR THE WORD. LIVE THE HEALING.

EVERY DESIGN TELLS A STORY. EVERY THREAD CARRIES TRUTH.



[Tag me on Instagram @hollipeel](#)



[Listen To Adorned Playlist](#)

Download Resources or Shop Other Threads That Heal Merch

[https://threadsthatheal.com/pages/resource\\_vault](https://threadsthatheal.com/pages/resource_vault)