

<b>What I Feel or Think about Myself</b>	<b>What is True about Me According to the Scriptures</b>	<b>Scripture</b>
I am unworthy/ unacceptable.	I am accepted/ worthy.	Rom 15:7, Ps 139
I am alone.	I am never alone.	Heb 13:5b, Rom 8:38-39
I feel like a failure/ inadequate.	I am adequate.	2 Cor 3:5-6, Phil 4:13
I have no confidence.	I have all the boldness/ confidence I need.	Prov 3:26, 14:26, 28:1, Heb 10:19, Eph 3:12
I feel responsible for my life.	God is responsible/ faithful to me.	Phil 1:6, 2:13, 2 Thes 3:3, Ps 138:8
I am confused/ think I am going crazy.	I have the mind of Christ.	1 Cor 2:16, 2 Tim 1:7
I am depressed/ hopeless.	I have all the hope I need.	Rom 15:13, Ps 16:11, 27:13, 31:24
I am not good enough/ imperfect.	I am perfect in Christ.	Heb 10:14, Col 2:13
There is nothing special about me.	I have been chosen/ set apart by God.	Ps 139, 1 Cor 1:30, 6:11, Eph 1:4, Heb 10:10 & 14
I don't have enough.	I have no lack.	Phil 4:19
I am a fearful/ anxious person.	I am free from fear.	Ps 34:4, 2 Tim 1:7, 1 Pet 5, 1 Jn 4:18
I lack faith.	I have all the faith I need.	Rom 12:3
I am a weak person.	I am strong in Christ.	Dan 11:32, Ps 37:34, Phil 4
I am defeated.	I am victorious.	Rom 8:37, 2 Cor 2:14, 1 Jn 5:4
I am not very smart.	I have God's wisdom.	Prov 2:5-7, 1 Cor 1:30
I am in bondage.	I am free in Christ.	Ps 32:7, 2 Cor 3:17, Jn 8
I am miserable.	I have God's comfort.	Jn 15:6, 16:7, 2 Cor 1:3-4
I have no one to take care of me.	I am protected/ safe.	Ps 32:7
I am unloved.	I am very loved.	Jn 15:9, Rom 8:38-39, Eph 2, 5:1, 1 Jn 3:2
I am unwanted/ I don't belong to anyone.	I have been adopted by God. I am his child.	Rom 8:16-17, Gal 4:5, Eph 1, 1 Jn 3:2
I feel guilty.	I am totally forgiven/ redeemed.	Ps 103:12, Eph 1:7, Col 1:14-20, Heb 10:7
I am a sinner.	I have been declared holy, righteous, and justified. I am a saint.	Rom 3:24, 1 Cor 1:30, 6:11, 2 Cor 5:21
I have no strength.	I have God's power. I am indwelt with the holy spirit.	Acts 1:8, Eph 1:19, 3:16, Rom 8:9-11
I can't reach God.	I have direct access to God as a believer-priest.	Eph 2:6, 1 Pet 2:5 & 9
I feel condemned.	I am not condemned/ I am blameless in JC.	Jn 3:18, Rom 8:1
There is no direction/ plan.	I have been created for good works/ God knows my way.	Ps 37:23, 138:8, Jn 10:10, Eph 2:10
I feel like nothing will ever change.	I've been given a brand new life.	2 Cor 5:17
I am afraid of Satan.	I have authority over Satan.	Col 1:13, 1 Jn 4:4, Rev 12
Sin overpowers me.	I am dead to sin.	Rom 6:11

