



My Feelings Vs. God's Truth

What I Feel (or Think)

1. I am unworthy/unacceptable.
2. I am alone.
3. I feel like a failure/inadequate.
4. I have no confidence.
5. I feel responsible for my life.
6. I am confused/think I am going crazy.
7. I am depressed/hopeless.
8. I am not good enough/imperfect.
9. There is nothing special about me.
10. I don't have enough.
11. I am a fearful/anxious person.
12. I lack faith.
13. I am a weak person.
14. I am defeated.
15. I am not very smart.
16. I am in bondage.
17. I am miserable.
18. I have no one to take care of me.

The Truth about Me Based on God's Word

1. I am accepted. Rom 15:7; Psa 139
2. I am never alone. Heb 13:5b; Rom 8:38-39
3. I am adequate. 2 Cor 3:5-6; Phil 4:13
4. I have all the boldness/confidence I need.
Prov 3:26; 14:26; 28:1; Heb 10:19; Eph. 3:12
5. God is responsible/faithful to me. Phil 1:6;
2:13; 2 Thess. 3:3; Psa 138:8
6. I have the mind of Christ. 1 Cor 2:16; 2 Tim 1:7
7. I have all the hope I need. Rom 15:13;
Psa 16:11; 27:13; 31:24
8. I am perfect in Christ. Heb 10:14; Col 2:13
9. I have been chosen/set apart by God.
Psa 139; 1 Cor 1:30; 6:11; Eph 1:4;
Heb 10:10, 14
10. I have no lack. Phil 4:19
11. I am free from fear. Psa 34:4; 2 Tim. 1:7;
1 Pet 5:7; 1 John 4:18
12. I have all the faith I need. Rom 12:3
13. I am strong in Christ. Dan 11:32; Psa 37:34;
Phil 4:13
14. I am victorious. Rom 8:37; 2 Cor 2:14;
1 John 5:4
15. I have God's wisdom. Prov 2:6-7; 1 Cor 1:30
16. I am free in Christ. Psa 32:7; 2 Cor 3:17;
John 8:36
17. I have God's comfort. John 15:6; 16:7;
2 Cor 1:3-4
18. I am protected/safe. Psa 32:7

What I Feel (or Think)

19. I am unloved.
20. I am unwanted/I don't belong to anyone.
21. I feel guilty.
22. I am a sinner.
23. I have no strength.
24. I can't reach God.
25. I feel condemned.
26. There is no direction/plan.
27. I feel like nothing will ever change.
28. I am afraid of Satan.
29. Sin overpowers me.
30. I live under standards of performance.
31. I have no spiritual inheritance.
32. I am afraid of death.
33. I feel lost/apart from God.
34. I have no abilities God could use.

The Truth about Me Based on God's Word

19. I am very loved. Jn. 15:9; Rom 8:38-39; Eph 1:5; 1 John 14:10-11
20. God has adopted me. I am His child. Rom 8:16-17; Gal 4:5; Eph 1:5; 1 John 3:2
21. God forgave all of my sins. Psa 103:12; Eph 1:7; Col 1:14,20; Heb 10:7
22. 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
23. I have God's power. The Holy Spirit empowers me. Acts 1:8; Eph 1:19; 3:16; Rom 8:9-11
24. I have direct access to God as a son. Eph 2:6; 1 Pet 2:5,9
25. God will not condemn me. John 3:18; Rom 8:1
26. God created me for good works and knows all of my ways. Psa 37:23; 138:8; John 10:10; Eph 2:10
27. Christ's life is my new life. 2 Cor 5:17
28. I have authority over Satan. Col 1:13; 1 John 4:4; Rev 12:11
29. I am dead to sin. Rom 6:11
30. I am dead to the law. Rom 6:14; 7:4-6; 9:30-10:4
- 31a. I am an heir. Rom 8:16-17; Eph 1:11, 14 18; Gal 4:7
- b. I was crucified and buried with Christ. Rom. 6:4-8; Gal. 2:20; Col 2:12; 3:3
- c. I was raised to new life in Christ. Rom 6:4; Eph 1:20; 2:6; Col 2:12; 3:1-3
32. I have been made alive with Christ. Eph 2:5; Col 2:15; 2 Cor 5:8
33. I am assured of heaven. 1 John 5:11-15; John 10:27-30; 2 Cor 5:8
34. I have spiritual gifts for His service. 1 Cor 12