

♥ What Is True about Me According to the Scripture ♥

	What I Feel or Think About Myself	What is True About Me According to the Scriptures	Scripture
1	I am unworthy/unacceptable.	I am accepted/worthy.	Romans 15:7; Psalm 139
2	I am alone.	I am never alone.	Hebrews 13:5b; Romans 8:38,39
3	I feel like a failure/inadequate.	I am adequate.	2 Cor 3:5,6; Phil 4:13
4	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
5	I feel responsible for my life.	God is responsible/faithful to me.	Phil 1:6, 2:13; 2 Thess. 3:3; Psalm 138:8
6	I am confused/think I am going crazy.	I have the mind of Christ.	1 Cor 2:16; 2 Tim 1:7
7	I am depressed/hopeless.	I have all the hope I need.	Romans 15:13; Psalm 16:11, Psalm 27:13, Psalm 31:24
8	I am not good enough.	I am perfect in Christ.	Heb 10:14; 2 Cor 5:21
9	There is nothing special about me.	I have been chosen/set apart by God.	Psalm 139; 1 Cor 1:30, 6:11; Eph 1:4; Heb 10:10, 14
10	I don't have enough.	I have no lack.	Phil 4:19
11	I am a fearful/anxious person.	I am free from fear.	Psalm 34:4; 2 Tim 1:7; 1 Pet 5:7; 1 John 4:18
12	I lack faith.	I have all the faith I need.	Romans 12:3
13	I am a weak person.	I am strong in Christ.	Dan 11:32; Psalm 27:4; Phil 4:13
14	I am defeated.	I am victorious.	2 Cor 2:14; 1 John 5:4
15	I am not very smart.	I have God's wisdom.	Prov 2:6,7; 1 Cor 1:30
16	I am in bondage.	I am free in Christ.	Psalm 32:7; 1 Cor 3:17; John 8:36
17	I am miserable.	I have God's comfort.	Matt 11:28; 2 Cor 1:3,4
18	I have no one to take care of me.	I am protected/safe.	Psalm 32:7
19	I am unloved.	I am lavishly loved.	John 15:9; Romans 8:38,39; Eph 2:4, 5:1; 1 John 3:1
20	I am unwanted/don't belong to anyone.	I have been adopted by God. I am His child.	Romans 8:16,17; Gal 4:5; Eph 1:5; 1 John 3:2
21	I feel guilty.	I am totally forgiven/redeemed.	Psalm 103:12; Eph 1:7; Col 1:14
22	I am a sinner.	I have been declared holy, righteous, and justified.	Romans 3:24; 1 Cor 1:30, 6:11; 2 Cor 5:21
23	I have no strength.	I have God's power. I am indwelt with the Holy Spirit.	Acts 1:8; Eph 1:19, 3:16; Romans 8:9-11
24	I can't reach God.	I have direct access to God as a believer.	Eph 2:6; 1 Peter 2:5
25	There is no direction/plan.	I have been created for good works/ God knows my way.	Psalm 37:23, 138:8; John 10:10; Eph 2:10