

LIES VS. TRUTH

THOUGHT TOPIC	LIE	TRUTH
Control	I can't trust anyone. Even God. I have to do everything myself	Ephesians 6:10 "Be strong in the Lord and in His mighty power."
Relationship (spouse)	This marriage is never going to get better. I probably would be happier with someone else. Maybe I should walk away.	Romans 8:28 "And we know that in all things God works for the good of those who love him, who have been called according to his purpose."
Perfection	If this isn't perfect I'm a failure.	Romans 8:37 "No, despite all these things, overwhelming victory is ours through Christ, who loved us."
Identity	My past defines me.	Galatians 2:20 "My old self has been crucified with Christ. It is no longer I who live, but Christ who lives in me. So I live in this earthly body by trusting in the Son of God who loved me and gave himself for me."
Shame	I can't forgive myself.	Romans 8:1 "So now there is no condemnation for those who belong to Christ Jesus"
Discontentment	If only I had that thing, then I would be happy or successful.	2 Peter 1:3 By his divine power, God has given us everything we need for living a godly life
Insecurity	I'm not enough. I'm too weak.	2 Cor. 12:9 "My grace is all you need. My power works best in weakness.
Lust	I want that. I crave that. I deserve that.	1 Cor 6:19 "My body is the temple of the Holy Spirit, who lives in me and was given to me by God. I do not belong to myself, for God bought me with a high price. I must honor God with my body."
Entitlement	Whatever makes me happy. It's all about what I want.	John 3:30 "He must become greater. I must become less."

LIES VS. TRUTH (CONT.)

THOUGHT TOPIC	LIE	TRUTH
Pride	At least I'm better than them.	Joshua 1:9 "Have I not commanded you? Be strong and courageous. Do not be afraid. Do not be discouraged. I will be with you wherever you go."
Defeat	I can't do this.	Romans 8:28 "And we know that in all things God works for the good of those who love him, who have been called according to his purpose."
Discouragement	Things will never work out for me.	Proverbs 3:5-6 "Trust in the Lord with all your heart and lean not on your own understanding. In all your ways acknowledge him and He will make your paths
Loneliness	I will always be alone.	Deut. 31:9 "The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged."
Bitterness	They are the worst. This is awful.	Phil 4:8 Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.
Rejection	I am unlovable.	1 John 3:1 "See how very much our Father loves us, for he calls us his children, and that is what we are!"
Doubt	I will never be healed.	Isaiah 53: 5 "He was pierced for our rebellion, crushed for our sins. He was beaten so we could be whole. He was whipped so we could be healed