

What I Feel or Think about Myself	What Is True About Me In Christ	Truth According To Scripture
I am unworthy/unacceptable.	Christ has made me worthy and acceptable.	Romans 15:7; Psalm 139
I am alone.	Christ lives in me. I am never alone.	Hebrews 13:5b; Romans 8:38-39
I feel like a failure/inadequate.	Christ has guaranteed my success and makes me adequate.	2 Corinthians 3:5-6; Philippians 4:13
I have no confidence.	My confidence and boldness is in Christ.	Proverbs 3:26, 14:26, 28:1; Hebrews 10:19; Ephesians 3:12
I feel responsible for my life.	God is responsible /faithful to me.	Philippians 1:6, 2:13; 2 Thessalonians 3:3; Psalm 138:8
I am confused/think I am going crazy.	The Holy Spirit gives me the mind of Christ.	1 Corinthians 2:16; 2 Timothy 1:7; Ephesians 1:17
I am depressed/hopeless.	In Christ, I have all the joy and hope I need.	Romans 5:5, 15:13; Psalm 27:13, 31:24; Hebrews 6:19
I am not good enough/imperfect.	Christ has made me perfect/righteous.	Hebrews 10:14; Colossians 2:10; Ephesians 2:10
There is nothing special about me.	God chose me and set me apart.	Psalm 139; 1 Corinthians 1:30; 2 Thessalonians 2:13
I don't have enough.	With Christ I lack nothing.	Philippians 4:19; 1 Corinthians 3:21-23
I am a fearful/anxious person.	God has made me fearless.	Psalm 34:4; 2 Timothy 1:7; 1 Peter 5:7; 1 John 4:18
I lack faith.	God has given me all the faith I need.	Romans 10:17, 12:3; Hebrews 12:2
I am a weak person.	Christ is my strength.	Daniel 11:32; Isaiah 58:11; Philippians 4:13
I am defeated.	Christ makes me victorious.	Romans 8:37; 2 Corinthians 2:14; 1 John 5:4
I am not very smart.	God gives me His wisdom.	Proverbs 2:6-7; 1 Corinthians 1:30; Ephesians 1:17
I am in bondage.	Christ has set me free.	Psalm 32:7; 2 Corinthians 3:17, John 8:36
I am miserable.	God comforts me.	John 16:7; 2 Corinthians 1:3-4
I have no one to take care of me.	God protects and cares for me.	Psalm 32:7, 91; 2 Peter 5:7
I am unloved/unlovable.	God deeply loves me.	John 15:9; Romans 8:38-39; Ephesians 2:4, 5:1-2
I am unwanted/I don't belong to anyone.	God has adopted me and made me His child.	Romans 8:16-17; Galatians 4:5; Ephesians 1:5; 1 John 3:1-2
I feel guilty.	God has forgiven me and declared me not guilty.	Psalm 103:12; Ephesians 1:7; Colossians 1:14, 20, 2:13; Hebrews 10:10
I am a sinner.	God has made me a saint, righteous and holy.	Romans 3:24; 1 Corinthians 1:30, 6:11; 2 Corinthians 5:21
I have no strength.	The Holy Spirit infuses me with Christ's life and power.	Acts 1:8; Ephesians 1:19, 3:16; Romans 8:9-11
I can't reach God.	God has made me a believer-priest with direct access to Him.	Ephesians 2:6; 1 Peter 2:5, 9; Hebrews 10:19-20
I feel condemned.	God never condemns me when I fail.	John 3:18; Romans 8:1; Colossians 1:22
There is no direction/plan.	God has a plan and directs my life.	Psalm 37:23, 138:8; Ephesians 2:10; Jeremiah 29:11
I feel like nothing will ever change.	God has given me a brand new life and is conforming me to Christ.	2 Corinthians 5:17; Ephesians 4:22-24
I am afraid of Satan.	Christ has given me authority over Satan.	Colossians 1:13; 1 John 4:4; Revelation 12:11
Sin overpowers me.	I'm dead to sin and alive to God.	Romans 6:6, 11, 17-18