



**WHEN I'm having a really bad day and am tempted to feel that God is not good • God is good. •**

“Give thanks to the Lord, for

he is good.” Psalm 136:1

**WHEN I feel far from God and am tempted to feel that He doesn't love me**

• **God loves me and wants me to have His best.** • “I am sure that neither death nor life, angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.” Romans 8:38-39

**WHEN I feel ugly or fat**

• **God created me a masterpiece.** • “I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well.” Psalm 139:14

**WHEN I feel rejected • God accepts me through Christ.**

• “He chose us in him before the foundation of the world. . . . In love he predestined us for adoption through Jesus Christ, according to the purpose of his will, to the praise of his glorious grace, with which he has blessed us in the Beloved.” Ephesians 1:4-6

**WHEN I feel I need more “things” and am consumed by my desires • God is enough.**

• “The Lord is my shepherd; I shall not want.” Psalm 23:1 • “Be content with what you have, for he has said, ‘I will never leave you nor forsake you.’” Hebrews 13:5

**WHEN I feel anxious about my circumstances • God can be trusted.**

• “Commit your way to the Lord; trust in him, and he will act.” Psalm 37:5

**WHEN I feel like something has happened to me that will ruin my life forever • God doesn't make any mistakes.**

• “As for God, his way is perfect.” Psalm 18:30  
• “The Lord will fulfill his purpose for me; your steadfast love, O Lord, endures forever.” Psalm 138:8

**WHEN I feel like I can't handle a problem I'm facing • God's grace is enough for me.** • “He said to me, ‘My grace is sufficient for you, for my power is made perfect in weakness.’ Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me.” 2 Corinthians 12:9

## TRUTHS that SET ME FREE

**WHEN I feel like my sin is too great to be forgiven • The blood of Christ is sufficient to cover all my sin.**

• “If we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin.” 1 John 1:7

**WHEN I feel like I'll never be able to overcome a sinful habit • The cross of Christ is sufficient to conquer my sinful flesh.**

• “Our old self was crucified with him in order that the body of sin might be brought to nothing, so that we would no longer be enslaved to sin. For one who has died has been set free from sin.” Romans 6:6-7

**WHEN I feel like my potential is limited by my past • My past does not have to control my future.**

• “Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.” 2 Corinthians 5:17

**WHEN I feel like I don't know where to turn for help and advice • God's Word is sufficient to lead me, teach me, and heal me.**

• “The law of the Lord is perfect, reviving the soul; the testimony of the Lord is sure, making wise the simple.” Psalm 19:7 • “He sent out his word and healed them, and delivered them from their destruction.” Psalm 107:20 • “Your word is a lamp to my feet and a light to my path.” Psalm 119:105

**WHEN I feel like God is asking me to do something that's impossible** • Through the power of His Holy Spirit, God will enable me to do anything He commands me to do. • "He who calls you is faithful; he will surely do it." 1 Thessalonians 5:24 • "I can do all things through him who strengthens me." Philippians 4:13

**WHEN I want to blame others for my responses** • I am responsible before God for my behavior, responses, and choices. • "The son shall not suffer for the iniquity of the father, nor the father suffer for the iniquity of the son. The righteousness of the righteous shall be upon himself, and the wickedness of the wicked shall be upon himself." Ezekiel 18:20

**WHEN I feel that my choices today don't really matter** • My choices today will affect my future. • "Do not be deceived: God is not mocked, for whatever one sows, that will he also reap. For the one who sows to his own flesh will from the flesh reap corruption, but the one who sows to the Spirit will from the Spirit reap eternal life." Galatians 6:7-8

**WHEN I feel that submitting to an authority will steal my freedom** • The greatest freedom I can experience is found by submitting to God-ordained authority. • "Remind them to be submissive to rulers and authorities, to be obedient." Titus 3:1



**WHEN I feel like giving up on the church** • I need the church. • "There are many parts, yet one body. The eye cannot

say to the hand, I have no need of you, nor again the head to the feet, I have no need of you . . . that there may be no division in the body, but that the members may have the same care for one another." 1 Corinthians 12:20-21, 25 • "Not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near." Hebrews 10:25

**WHEN I feel that a career is more rewarding and valuable than marriage and motherhood** • In the will of God, there is no higher, holier calling than to be a wife and mother. • "Train the young women to love their husbands and children, to be self-controlled, pure, working at home, kind, and submissive to their own husbands, that the word of God may not be reviled." Titus 2:4-5

**WHEN I am tempted to sacrifice holiness for immediate fulfillment** • Personal holiness is more important than immediate happiness. • "[Christ] gave

himself for us to redeem us from all lawlessness and to purify for himself a people for his own possession who are zealous for good works." Titus 2:14



**WHEN I become consumed with wanting God to fix my life** • God is more concerned about changing me and glorifying Himself than about solving my problems. • "He chose us in him before the foundation of the world, that we should be holy and blameless before him . . . according to the purpose of his will, to the praise of his glorious grace." Ephesians 1:4-6 • "May the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ." 1 Thessalonians 5:23

**WHEN I don't understand a difficult situation I'm facing** • It is impossible to be godly without suffering. • "After you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you." 1 Peter 5:10

**WHEN I want things to go my way** • It's not about me; it's about Him. • "For from him and through him and to him are all things. To him be glory forever. Amen." Romans 11:36

