

CORRECT THINKING CAN HELP US FEEL BETTER & GIVE US HOPE

For all the negative messages we hear or feel about ourselves, the BIBLE has something positive to say...and can change our THINKING

- You say, "It's just impossible...I just can't solve it" **GOD says, "ALL THINGS ARE POSSIBLE"** (Luke 18:27)
- You say, "I'm just too tired...I can't go on" **GOD says, "I WILL GIVE YOU REST"** (Matthew 11:28-30)
- You say, "Nobody really cares about me or loves me..." **GOD says "I LOVE YOU"** (John 3:16 & John 13:34)
- You say, "I can't go on...it's just too hard..." **GOD says, "MY GRACE IS SUFFICIENT..."** (II Corinthians 12:9 & Psalm 91:15)
- You say, "I can't figure things out...this problem is too big..." **GOD says, "I WILL DIRECT YOUR STEPS"** (Proverbs 3:5-6)
- You say, "I can't do it..." **GOD says, "YOU CAN DO ALL THINGS THROUGH ME..."** (Phillippians 4:13)
- You say, "I'm not able...I just don't have the ability..." **GOD says, "I AM ABLE"** (II Corinthians 9:8)
- You say, "It's not worth it...the cost is too great" **GOD says, "IT WILL BE WORTH IT"** (Romans 8:28)
- You say, "I can't forgive myself..." **GOD says, I FORGIVE YOU"** (I John 1:9 & Romans 8:1)
- You say, "I can't manage...my resources are so limited" **GOD says, "I can supply all your needs"** (Phillippians 4:19)
- You say, "I'm afraid...I'm overwhelmed with anxiety and fear" **GOD says, "I HAVE NOT GIVEN YOU A SPIRIT OF FEAR"** (II Timothy 1:7)
- You say, "I'm always worried and frustrated..." **GOD says, "CAST ALL YOUR CARES ON ME"** (I Peter 5:7)
- You say, "I'm not smart enough...I feel so inadequate..." **GOD says, "I WILL GIVE YOU WISDOM"** (I Corinthians 1:30)
- You say, "I feel alone...no one else really understands this burden of mine" **GOD says, "I WILL NEVER LEAVE YOU OR FORSAKE YOU"** (Hebrews 13:5)