

Truth	Truth about me in Christ	Errors in my Thinking	
		Negative Flesh	Positive Flesh
1. Rom 15:7; Eph 1:6; Psa 139:13-18	I am accepted and worthy.	I am unworthy, unacceptable, or unlovable.	I'm really pretty good, at least, not all that bad.
2. II Cor 3:5-6	I have been made adequate.	I am a failure or inadequate.	I have a lot of potentials that I must develop.
3. Ps 34:4; II Tim 1:7; I Pet 5:7; I John 4:1,8	I do not have a spirit of fear.	I am a fearful, anxious person.	I'm a person who can just "buck-up" and take it.
4. Dan 11:32; Phil 4:19	I am strong in Christ.	I am a weak person.	I always have been a strong "in control" person.
5. Prov 2:6-7; I Cor 1:30, Jam 1:5	I am given God's wisdom and discernment.	I am not very smart.	God gave me a mind and common sense. He expects me to use it.
6. II Cor 3:7; John 8:36	I am free from guilt; my debt is paid.	I feel all bound up and weighed down.	As long as I do my best, I don't need to feel guilty.
7. John 15:9; Rom 8:35-39; Eph 2:4, 5:2; I John 4:10-11	I am very loved; the cross proves it.	I am unloved.	Of course, I am loved; look at all I do for people or this organization.
8. Rom 8:16,17; Gal 4:4,5; Eph 1:5; I John 3:2	I am adopted by God. I am a member of His family.	I am unwanted.	Something is wrong with others when they don't like me.
9. Ps 103:12; Eph 1:7; Col 1:14, 20	I am forgiven by God.	I feel guilty.	Isn't religion about sinning and being forgiven? We need to "get over it."
10. Rom 15:13; Psa 16:11, 27:13, 31:24	Christ is my hope.	I am depressed and hopeless.	Life is what you make it.
11. Rom 15:13; I Cor. 1:30, 6:11; Heb 10:10,14	I have been chosen and set apart by God.	There is nothing special about me.	There is something unique about me, and everyone else, and I deserve respect.
12. Heb 10:14; Eph 1:6	I am perfect in Christ.	I can never be good enough.	If I strive to apply myself, work hard, and get educated, I can succeed.
13. Rom 8:37; II Cor 2:14; I John 5:4	I have victory.	I am defeated.	As soon as I get..., then I will be successful.
14. Rom 8:9,11; Acts 1:8; Eph 3:16-20	I am indwelt by the power of the Spirit.	I am weak and have no strength.	I am strong and can persuade others to my way. I am usually right.
15. Rom 8:1; John 3:18,36	I am chosen to be blameless.	I feel condemned.	Everyone makes mistakes. I'll try harder.
16. Heb 13:5; Rom 8:38-39; John 17:20-23	I am never alone.	I am so lonely.	I stay busy so I won't get lonely.
17. Psa 32:7-11; 27:1-6	I am protected and safe.	I am not secure. Nobody is safe anywhere these days.	People need to use their heads and do what they can.
18. Eph 2:6; I Pet 2:5,9; Heb 10:19-23	I have access to God.	I cannot reach God.	God helps those who help themselves. If I do my part, He will do the rest.
19. Col 1:13; Eph 2:6; I Pet 2:5, 9; I John 4:4	I have authority over Satan.	I am afraid of Satan.	Satan is just figurative or a metaphor.
20. Prov 3:26; 14:26; Heb 10:19-23; Eph 3:12	I have confidence in Christ Jesus.	I have no confidence.	I am confident in my abilities, and I am learning to build more self-confidence.

