


## Recognize and Reset

Yet in all [that life throws at us] we are more than conquerors through Him who loved us. Romans 8:37 NJV

**Instructions:** Before you start, pray and ask Holy Spirit to illuminate the truth that eradicates lies and the need for fleshly strategies. God is the author and perfecter of your faith. Because you were united with Christ in death and resurrection, you can confidently approach God. You are safe in God’s presence.

*For the Spirit searches all things, even the depths of God. 1 Corinthians 2:10*

	<p>What external circumstances, pressures, or people seem to be contributing to your current emotional and mental state? Briefly note them here.</p>
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Faith is the decision to believe what God says regardless of others, circumstances, feelings, the past, or the present. It is impossible for God to lie.

<b>Feeling or Faith</b>	<p>List the feelings that are wrangling in your soul.</p>
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We look not at the things which are seen, but at the things which are not seen; for the things which are seen are temporal, but the things which are not seen are eternal. 2 Corinthians 4:18

<b>Lies or Truth</b>	<p>What do those feelings communicate to you about yourself? For example, “I am not good enough.” “Or not loved.”</p>
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“The LORD your God is in your midst, a victorious warrior. He will exult over you with joy, He will be quiet in His love, He will rejoice over you with shouts of joy. Zephaniah 3:17

<b>Lies have Roots.</b>	<p>What person, message, statements, or event from your past has caused you to feel and think this way about yourself, life, or God? Whose hurtful lying voice is echoing in your thoughts?</p>
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