

## 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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For the mind set on the flesh is death, but the mind set on the Spirit is life and peace. Romans 8:6

<b>How are you trying to cope?</b>	<p>What flesh patterns, behavioral habits, or survival strategies are you tempted to rely on?</p>          <p>Father God does not want you to cope or rely on anything or anyone other than Him. You are complete in Christ, not other's opinions, words, actions, or circumstances. He empowers you by His Holy Spirit to set your mind on the truth to overcome lies and temptation.</p>
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Jesus said, "You will know the truth, and the truth will make you free." John 8:32

<b>New Creation in Christ</b>	<p>How did the finished work of Christ define your identity? Write relevant confessions of faith and truth about yourself. For example, "God loves me because I am His child." "I am not on my own. God is for me."</p>          
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Therefore, let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need. Hebrews 4:16

**A Time to Uproot and a Time to Plant:** In the presence of God is the fullness of joy, healing, renewal, and new hope. Sharing your sorrows, frustrations, and fears with the Father invites Holy Spirit to reframe your thoughts and transform your beliefs, restore your emotions, and establishes you in His peace by the power of the Holy Spirit. Take some time and tell your Father how you feel, why you feel that way, and the lies you believed. Then confess the truth to Him as an act of faith that releases the grace of God to will and work in you. Ask Him to exchange lies and feelings for His truth and peace. "I believed therefore I spoke," we also believe, therefore we also speak. (2 Cor 4:13)

*Sample prayer: "Father God, I come confidently into your presence because the blood of Your Son made me a son too. Thank you that you care for me. Open my heart to hear and receive from You. They hurt me. I feel misunderstood and like I do not belong. When the overdue bill came, I felt all alone and like no one cared. It feels like things will never change.*

*I know You said that your mercies are new every morning and that we are going from glory to glory. Holy Spirit, I trust You to be the source of my patience in the waiting. Thank you that I belong to You. Your love for me is steadfast regardless of people or circumstances. Jesus dwelt among us and understood pain. You understand me and know my heart. You are for me. Thank You that Jesus is my hope, and I have a promising future. By faith, I entrust myself into your keeping and ask you to lead me into your peace. Amen*

**Walk by Faith**

- 1<sup>st</sup> Hear the truth
- 2<sup>nd</sup> Believe the truth
- 3<sup>rd</sup> Confess/act on truth
- 4<sup>th</sup> Feelings catch up with truth



**Upside Down Faith** (Unbelief)

- 4<sup>th</sup> Want changed feelings as proof
- 3<sup>rd</sup> before I will confess/act on truth,
- 2<sup>nd</sup> and then I will believe
- 1<sup>st</sup> what I heard.