Shinobu Thomas

Non-profit 302

HW Assignment 3 Pg 58

| Lie | Truth | Declaration |
| --- | --- | --- |
| #1 Waking up feeling hopeless | 1. Psalms 43:5 Why my soul are you downcast? Why so disturbed within me? Hope in God.2. Jeremiah 29:11 For I know the plans I have for you,” says the LORD. “They are plans for good and not for disaster, to give you a future and a hope.”Isaiah 54:4 Do not fear, for you will not be ashamed; Neither be disgraced for you will not be put to shame. For you will forget the shame of your youth…Ephesians 1:18 Jeremiah 29:11 Psalms 33:18 Psalms 130:5 Romans 8:24 Romans 5:5 Isaiah 54:2 | I declare…“I will not allow despair to rule in my heart for God is my hope.”“God is the help and health of my countenance. I declare that I will not fear for He is life and strength to me.”“God knows the plans for my life and that they are good plans to prosper me and give me a future.” |
| #2 Feeling like a failure (a mess up) | 1. 2 Corinthians 2:14 But thanks be to God who always makes us to triumph in Christ Jesus, and uses us to spread the aroma of the knowledge of him everywhere.2. Proverbs 24:16 The righteous may fall seven times but still gets up…3. Psalms 37:2-24 The steps of a good man are ordered by the Lord: and he delighteth in his way. Though he fall, he shall not be utterly cast down: for the Lord upholds him with his hand.4. Proverbs 3:5-6 Trust God with all your heart; don’t try to figure everything out on your own. Listen for His voice everywhere you go and in everything you do and He will keep you on track.5. Psalms 119:9 How can a young man stay pure? By reading your word and following its rules.6. James 1:5 If anyone lacks wisdom, ask God for it for he gives it abundantly and does not rebuke you…7. Psalms 138:8 The LORD will perfect that which concerns me; Your mercy O Lord endures forever… | I declare…“I am triumphant in all things because it is God who causes me to have the victory through Christ Jesus.”“I will not fail because God has favored me with the wisdom of His word to help me make right decisions.”“Though I may fall down, I will get back up until I have accomplished that which I set out to do because God is holding my hand.”“I don’t have to know everything, I just have to know God who gives me wisdom.”“God will perfect me in the areas that I need to mature in because He is a merciful and gracious God who will never forsake me.” |
| #3 Always having a foreboding feeling that something bad is going to happen | 1. God has not given us the spirit of fear, but of power and love, and of a sound mind.2. John 16:33 In the world, you will have tribulation: but be happy; I have overcome the world… | I declare…“My life is in good hands, the hands of God.“No matter what I am going through, I will stay calm and not fear because Jesus has overcome the world through His death on the cross.” |
| #4 I am unwanted  | 1. Jeremiah 1:4-5 Before I formed you in the womb, I knew you…2. Genesis 16:13-14 So she gave this name to the one who spoke to her, “You are the God who sees me…”3. John 15:16 You did not choose me, but I chose You and appointed you that you may bear fruit…4. Proverbs 13:10 Her price is far above rubies6. John 3:16 | I declare…“When I was in my sin, not thinking about God, Jesus died for me because He wanted me.”“God sees me.”“Jesus loves me.”“I am valued by God.” |
| #5 God does not love me unconditionally | 1. 1 John 4:10 In this is love, not that we loved God but that He loved us and sent His Son…2. I John 4:19 We love because He first loved us3. Titus 3:4-5 He saved us not on the basis of deeds which we have done in righteousness, but according to His mercy [love], by the washing of regeneration and renewing by the Holy Spirit.4. 1 John 4:16 And so we know and rely on the love God has for us.5. Isaiah 54 Though the mountains be shaken and the hills removed, yet my unfailing love for you will not be removed… | I declare… “I cannot earn salvation, but it is given to me freely.”“Jesus reached out to me when I was out in the world still sinning. I didn’t choose Him. He chose me!”“Nothing can separate me from God’s love.”“I am fully loved and accepted by God” “Jesus loves me.” |