

Exercise 1 pg.20

1. At one point in my life I felt I can't change, even if I try I'll always be stuck. Once I started reading God's Word it dramatically changed my way of thinking.
2. I can never get out of debt. No matter what I do, I'll always struggle financially. God revealed to me that no that isn't true, to trust God and He would help me to get out of debt.
3. No one really loves me. And if they knew the real me they definitely not want to be in my life. God loves me. I've come to realize that is all I need, He can fix the rest.
4. I'm not good at relationships. When we start to grow closer, I always do something to mess things up. I've learned that I'm a new creation, my past life is gone. I'm reading God's Word and not just staying home.
5. People in my family struggle with their weight. I'll never like my body. I'm not concerned with the body I'm concerned if they have a relationship with the Lord.
6. I can't get close to God. I'm sure it's my fault. There must be something about me that keeps me from experiencing God like others do. I believe I can get close to God, I have a relationship with Him.
7. When I look at what others post on social media, I feel like my life sucks. No I don't follow social media.

Exercise 2 pg. 38

1. The lie that has been holding me hostage was fear.
2. The mistrust that keeps me from taking a step of faith was that my dad would tell me that I was only a girl.
3. The wrong thought pattern that robs me of living a life of freedom and joy was that I was good for nothing.