RENEWING THE MIND ABOUT MYSELF

RECOGNIZING WRONG THINKING & IMPLEMENTING CORRECT THINKING

"…BE TRANSFORMED BY THE RENEWING OF YOUR MIND. THEN YOU WILL BE ABLE TO TEST AND APPROVE WHAT GOD'S WILL IS—HIS GOOD, PLEASING AND PERFECT WILL." ROMANS 12:2

DISTORTED THINKING ABOUT SELF	**CORRECT THINKING ABOUT SELF**
_____ I AM BAD	_____ ROMANS 3:23; ISA 53:6. I HAVE SINNED I JOHN 1:9. IF I CONFESS MY SINS HE IS FAITHFUL AND JUST AND WILL FORGIVE MY SINS…
_____ I AM UNLOVABLE. I AM WORTHLESS	_____ JOHN 3:16 FOR GOD SO LOVED (YOUR NAME) THAT HE GAVE HIS ONLY SON… PSALM 139:1-18. HE VALUES ME.
_____ MY SINS ARE TOO GREAT	_____ NO CONDEMNATION TO ANYONE WHO RECEIVES CHRIST AS THEIR SAVIOR. ROMANS 8:1. JOHN 3:17,18
_____ I DON'T DESERVE LOVE	_____ OUR SALVATION IS BY GRACE. IT IS A GIFT. EPHESIANS 2:8-9. HIS LOVE IS NOT DEPENDENT ON OUR DESERVING. JEREMIAH 31:3.
_____ IF I SHOW MY FEELINGS PEOPLE WILL REJECT ME.	_____ SOME PEOPLE MIGHT. RELATIONSHIP IS BUILT ON BEING VULNERABLE—TAKING OFF OUR MASK
_____ IF I HAVE NEEDS IT WILL RUIN RELATIONSHIPS	_____ TRUE RELATIONSHIP IS BUILT ON MUTUAL SUPPORT. PROVERBS 17:17 (NIV)
_____ MY NEED FOR OTHERS IS NOT OK. I SHOULD BE ABLE TO MAKE IT ON MY OWN.	_____ GOD CREATED US FOR CONNECTION WITH HIMSELF AND OTHERS. I CORINTHIANS 12:21, 26, 27
_____ I MUST MEET CERTAIN STANDARDS TO FEEL GOOD ABOUT MYSELF.	_____ I AM TOTALLY ACCEPTED BY GOD 2 CORINTHIANS 5:17
_____ I CAN'T HELP THE WAY I AM.	_____ I HAVE CHOICE. CHANGE IS AVAILABLE THRU GOD'S SPIRIT. ROMANS 12:1,2.

Check off those statements you believe about yourself. Work from left to right. When you discover the lies, go to God and renounce them. Seek out the truth on the right side and assimilate the truth into your life. Use Scripture wherever possible.

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