

GOD LONGS TO *help* ME

LIE:

Nothing seems to be changing. God must be ignoring my cries for help.

TRUTH:

“I waited patiently for the Lord; he inclined to me and heard my cry. He drew me up from the pit of destruction, out of the miry bog, and set my feet upon a rock, making my steps secure.”

Psalm 10:1-2 ESV

I WILL REMEMBER:

God longs to help me, and He leans in close to listen to me.

LIE:

I'm not sure God notices me or cares about me. It feels like my prayers don't even matter.

TRUTH:

“Are not two sparrows sold for a penny? And not one of them will fall to the ground apart from your Father. But even the hairs of your head are all numbered. Fear not, therefore, you are of more value than many sparrows.”

Matthew 10:29-31 ESV

I WILL REMEMBER:

God longs to help me, and He cares about me deeply.

LIE:

God is probably sick and tired of me and all my weaknesses.

TRUTH:

“Do you not know? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. He gives strength to the weary and increases the power of the weak.”

Isaiah 40:28-29 ESV

I WILL REMEMBER:

God longs to help me, and His strength is the answer for all my weaknesses.

GOD LONGS TO *transform* ME

LIE:

God can't possibly change someone like me.

TRUTH:

"For those God foreknew he also predestined to be conformed to the image of his Son, that he might be the firstborn among many brothers and sisters."

Romans 8:29 ESV

I WILL REMEMBER:

God longs to transform me, and He's making me more and more like Jesus.

LIE:

God gave up on me a long time ago.

TRUTH:

"And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ."

Philippians 1:6 ESV

I WILL REMEMBER:

God longs to transform me, and He promises He'll complete the work He's doing in me.

LIE:

God wishes I would just hurry up and get my act together.

TRUTH:

"For it is God who works in you, both to will and to work for his good pleasure."

Philippians 2:13 ESV

I WILL REMEMBER:

God longs to transform me, and He is the one who will help me change.

GOD loves ME

LIE:

I am unworthy of being loved by God.

TRUTH:

“Very rarely will anyone die for a righteous person, though for a good person someone might possibly dare to die. But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.”

Romans 5:7-9 ESV

I WILL REMEMBER:

God loves me, and He pursues me even when I act unlovable.

LIE:

If God really loved me, He wouldn't let me feel this much pain.

TRUTH:

“Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.”

James 1:2-4 ESV

I WILL REMEMBER:

God loves me, and He promises not to waste any of my pain.

LIE:

If I'm honest with God about my feelings, He'll be disappointed and stop loving me.

TRUTH:

“Trust in him at all times, you people; pour out your hearts to him, for God is our refuge.”

Psalm 62:8 ESV

I WILL REMEMBER:

God loves me, and He invites me to pour my heart out to Him honestly.