

RESGEN

HOW I FEEL

WHAT IS TRUE

I am unloved.

**I am very LOVED.**

*Romans 5:8, 8:35:39 John 15:9, 3:16  
Ephesians 2:4-6 1 John 4:10*

I am unacceptable.

**I am ACCEPTED.**

*John 15:9-15 Ephesians 1:3-6*

I am unworthy.

**I am WORTHY.**

*Romans 8:28-32 1 Corinthians 6:19  
2 Corinthians 5:21*

I am inadequate.

**I am ADEQUATE.**

*John 15:15 2 Corinthians 3:4-6  
Philippians 4:13*

I am a failure.

**I am VICTORIOUS.**

*Romans 8:28, 37 1 John 5:4-5  
1 Corinthians 10:13*

I am fearful.

**I am FREE FROM FEAR.**

*Psalms 4:8; 27:1; 32:7 1 John 4:16-18  
2 Timothy 1:7*

I am anxious.

**I am CONTENT and HAVE PEACE.**

*Proverbs 3:5-6 Hebrews 13:5 Psalms 4:8;  
55:22 1 Peter 5:7 Philippians 4:6-7, 11*

I am weak.

**I am STRONG in Christ.**

*2 Corinthians 12:9-10 Philippians 4:13  
Ephesians 1:18-19; 3:16 Acts 1:8*

I am not very smart or  
good enough.

**I have GOD'S WISDOM.**

*Colossians 2:2-3 1 John 2:20-21, 27  
Ecclesiastes 2:26 James 1:5*

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WHAT IS TRUE

I am in bondage.

**I am FREE.**

*John 8:31-32, 36 Galatians 5:1,13 2 Cor 3:17*

I am unwanted and belong to no one.

**I have been ADOPTED by God and am HIS CHILD.**

*Galatians 4:6-7 Romans 8:16 Eph 1:4-5*

I am depressed.

**I have the JOY OF THE LORD.**

*John 15:11 Romans 15:13 1 Peter 1:8-9*

I am not special.

**I have been CHOSEN; SET APART by GOD.**

*1 Corinthians 6:11 John 15:16 1 Peter 2:9*

I feel condemned.

**I am BLAMELESS.**

*John 3:18; 5:24 Romans 8:1-2*

I am alone.

**I am NEVER ALONE.**

*Romans 8:38-39 Hebrews 13:5 Matt 28:20*

I can't reach God.

**I have ACCESS to God.**

*Ephesians 3:12 Hebrews 4:14-16 1 John 5:14-15 Ephesians 2:18 John 14:6*

I am afraid of Satan.

**I have AUTHORITY over Satan.**

*Colossians 1:13-14 1 John 4:4 Luke 10:19*

I have no confidence.

**I have CONFIDENCE THROUGH CHRIST.**

*Proverbs 3:26 Philippians 1:6 Hebrews 10:19-23*

I am hopeless.

**I have HOPE IN CHRIST.**

*Romans 15:4, 13 Psalms 3:2-5 1 Peter 1:3-4 John 16:33*