

## 20 Lies and the TRUTH that replaces them

**Lie:** I'm not good enough:

**Truth:** Because of Jesus Christ and His work of redemption, I am deeply loved, completely forgiven, fully pleasing, and totally accepted by God. I am empowered and equipped by the Holy Spirit to do all God has called me to do.

You were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God (1 Corinthians 6:11).

**Lie:** I'm such a failure:

**Truth:** I am a child of God who sometimes fails.

Thanks be to God! He gives us the victory through our Lord Jesus Christ (1 Corinthians 15:57).

**Lie:** I'm rejected.

**Truth:** I have been chosen.

He chose us in him before the creation of the world (Ephesians 1:4).

**Lie:** I'm condemned.

**Truth:** I am forgiven and free.

Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death. (Romans 8:1)

**Lie:** God doesn't care about me.

**Truth:** God knows the number of hairs on my head and is concerned with every aspect of my life.

Even the very hairs of your head are all numbered. So don't be afraid; you are worth more than many sparrows" (Matthew 10:30-31).

**Lie:** I'm insignificant. I don't matter to anyone.

**Truth:** I have great significance as a child of God..

See what great love the Father has lavished on us, that we should be called children of God! And that is what we are! (1 John 3:1).

**Lie:** I can't do anything right.

**Truth:** I can do all things through Christ, who strengthens me.

I can do everything through Christ, who gives me strength (Philippians 4:13 NLT).

**Lie:** I'm worthless.

**Truth:** The Lord has chosen me to be His treasured possession. My worth is not based on what others think of me, but on what God thinks of me—and He thinks I'm priceless. Out of all the peoples on the face of the earth, the LORD has chosen you to be his treasured possession (Deuteronomy 14:2).

**Lie:** I'm too far gone. I don't think God could still love me after what I've done.

**Truth:** Nothing can separate you from God, not even your own poor choices. I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord (Romans 8:38-39).

**Lie:** My sin is unforgivable.

**Truth:** God has forgiven me of all my sins. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness (1 John 1:9).

**Lie:** I'm powerless.

**Truth:** I have been given the power of the Holy Spirit. I pray also that the eyes of your heart may be enlightened in order that you may know...his incomparably great power for us who believe (Ephesians 1:18-19).

**Lie:** I'm all alone.

**Truth:** Jesus is always with me. God has said, "Never will I leave you; never will I forsake you" (Hebrews 13:5).

**Lie:** I can't resist temptation.

**Truth:** Through the power of the Holy Spirit, I can resist temptation. No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it (1 Corinthians 10:13).

**Lie:** I can't take this any longer.

**Truth:** I can endure.

Everyone born of God overcomes the world. This is the victory that has overcome the world, even our faith (1 John 5:4).

**Lie:** I just can't help myself.

**Truth:** I can stop this sinful habit through the power of Christ.

We know that our old self was crucified with him so that the body ruled by sin might be done away with, that we should no longer be slaves to sin—because anyone who has died has been freed from sin (Romans 6:6).

**Lie:** I don't have what it takes to succeed in life.

**Truth:** God has given me everything I need to do all He has called me to do.

His divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness (2 Peter 1:3).

**Lie:** I'll never do anything significant with my life.

**Truth:** God has wonderful plans for my life.

We are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do (Ephesians 2:10).

**Lie:** I'll never recover from this horrible circumstance. Life will never be the same.

**Truth:** God will cause all things to work for good in my life.

We know that in all things God works for the good of those who love him, who have been called according to his purpose (Romans 8:28).

**Lie:** Nobody knows what I'm going through.

**Truth:** Jesus understands what I'm going through.

We do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin (Hebrews 4:15).

**Lie:** Nobody loves me.

**Truth:** God loves me greatly.

This is love; not that we loved God, that he loved us and sent his Son as an atoning sacrifice for our sins. (1 John 4:10)