

# The Truth About My Identity

<u>What I Feel or Think About Myself</u>	<u>What is True about Me According to Scripture</u>	<u>Scripture</u>
I am unworthy/unacceptable.	I am accepted/worthy	Rom 15:7; Ps 139
I am alone	I am never alone.	Hob. 13:5b; Rom 8:38-39
I feel like a failure/Inadequate	I am adequate.	2 Cor 3:5-6; Phil 4:13
I have no confidence	I have all the confidence I need.	Prv 3:26, 14:26, 28:1; Hob 10:19; Eph 3:12
I feel responsible for my life.	God is responsible/faithful to me.	Phil 3:26, 2:13, 2 Thes 3:3; Ps 138:8
I am confused/think I'm going crazy.	I have the mind of Christ.	1 Cor 2:16; 2 Tim 1:7; Eph 1:17
I am depressed/hopeless.	I have all the hope I need.	Rom 15:13, 5:5; Ps 27:13, 31:24; Heb 8:19
I'm not good enough/imperfect.	I am perfect in Christ.	Heb 10:14; Col 2:10; Eph 2:10
There is nothing special about me.	I've been chosen/set-apart by God	Ps 139; 1 Cor 1:30, 6:11; 2 Thes 2:13
I don't have enough.	I'm lacking in nothing.	Phil 4:19
I am a fearful/anxious person.	I am free from fear.	Ps 34:4; 2 Tim 1:7; 1 Pet 5:7; 1 Jn 4:13
I lack faith.	I have all the faith I need.	Rom 12:3, 10:17; Heb 12:2
I am a weak person.	I am strong in Christ.	Dan 11:32; Is 58:11; Phil 4:13
I am defeated.	I am victorious.	Rom 8:37; 2 Cor 2:14; 1 Jn 5:4
I am not very smart.	I have God's wisdom.	Prov 2:6-7; 1 Cor 1:30; Eph 1:17
I am in bondage.	I am free in Christ.	Ps 32:7; 2 Cor 3:17; Jn 8:36
I am miserable.	I have God's comfort.	Jn 16:7; 2 Cor 1:3-4
I have no one to take care of me.	I am protected/safe.	Ps 32:7; 91
I am unloved.	I am very loved.	Jn 15:9; Rom 8:38-39; Eph 2:4, 5:1
I'm unwanted/don't belong.	I have been adopted by God.	Rom 8:16-17; Gal 4:5; Eph 1:5; 1 Jn 3:1-2
I feel guilty.	I am totally forgiven/redeemed.	Ps 103:12; Eph 1:7; Col 1:14, 20; Heb 10:10
I am a sinner.	I'm holy, righteous, justified in Christ. I'm a new creation.	Rom 3:24; 1 Cor 1:30, 6:11; 2 Cor 5:21
I have no strength.	I have God's power through the Holy Spirit	Acts 1:8; Eph 1:19, 3:16; Rom 8:9-11
I can't reach/hear God.	I have direct access to God.	Eph 2:6; 1 Pet 2:5,9; Heb 10:19-20
I feel condemned.	I am forgiven and blameless.	Jn 3:18; Rom 8:1; Col 1:22
There is no direction/plan.	God does direct my life/He has a plan.	Ps 37:23, 138: 8; Eph 2:10; Jer 29:11
I feel like nothing will ever change.	I've been give a new life.	2 Cor 5:17; Eph 4:22-24
I am afraid of Satan.	I have authority over Satan. Dead has no hold on me.	Col 1:13; 1 Jn 4:4; Rev 12:11