

Think it. Speak it. Believe it.

I can do all things through Christ who strengthens me.

Philippians 4:13

All scriptures referred to can be found in the last two pages.

The Bible says you are able to overcome all the obstacles that get thrown at you. Your ability to overcome hardships depend on whether or not you truly believe you can. Whenever you're facing a challenge, do you tend to think, "I can do this," or do you think, "I can't do this"?

"Whether you believe you can do a thing or not, you are right."

- Henry Ford

A tactic of the enemy is to attack your mind and see if he can get you to believe lies about yourself. If he succeeds, you'll begin to speak about yourself in a negative way. What type of things do you say about yourself? Do you think of yourself in a positive way or a self-critical way?



Read Romans 8:16-17



Answer: What does The Bible say about who you are?

I am _____

Do you talk about yourself as if this is true? Y/N



Read 1 Corinthians 2:16



Answer: What does The Bible say about what you have?

I have _____

Do your thoughts reflect this truth? Y/N

"Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things."

- Philippians 4:8



Read Jeremiah 29:11; John 10:10-11; Titus 3:4-7



Answer: What does The Bible say about how God thinks about you and His plans for you?



Read Romans 5:2-5; 8:28; 2 Corinthians 12:10; James 1:2-5



Answer: How does The Bible say to view difficult circumstances? How can you adjust your thoughts toward them?

Your thoughts are extremely important and manifest in your words, actions, and habits. Therefore, listen closely to how you talk about yourself even when you're alone. Then, ask yourself if those words line up with the Word of God.

For example, many years ago I had a bad habit of saying, "I'm so stupid!" This would come out of my mouth habitually when I did something wrong. However, those words don't line up with what God's Word says about me.

The habit was really hard to break. So instead of trying to change the sentence completely, I changed it to, "I'm so silly." Eventually, I let that sentence go entirely.



To Do:

Listen to yourself throughout your day.

Think about what you're thinking about.

If your thoughts and words don't line up with the truth found in God's Word, come up with a plan to change them.

Recommendations:

- ▶ Meditate on scriptures throughout the day that affirm how God views you.
- ▶ Become determined to believe you can handle anything life throws at you.



Scripture Inventory

"I can do all things through Christ who strengthens me."

- Philippians 4:13

"The Spirit Himself bears witness with our spirit that we are children of God, and if children, then heirs—heirs of God and joint heirs with Christ, if indeed we suffer with Him, that we may also be glorified together."

- Romans 6:16-17

"For 'who has known the mind of the Lord that he may instruct Him?' But we have the mind of Christ."

- 1 Corinthians 2:16

"For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope."

- Jeremiah 29:11

"The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly. 'I am the good shepherd. The good shepherd gives His life for the sheep.'"

- John 10:10-11

"But when the kindness and the love of God our Savior toward man appeared, not by works of righteousness which we have done, but according to His mercy He saved us, through the washing of regeneration and renewing of the Holy Spirit, whom He poured out on us abundantly through Jesus Christ our Savior, that having been justified by His grace we should become heirs according to the hope of eternal life."

- Titus 3:4-7

„,through whom also we have access by faith into this grace in which we stand, and rejoice in hope of the glory of God. And not only that, but we also glory in tribulations, knowing that tribulation produces perseverance; and perseverance, character; and character, hope. Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us."

- Romans 5:2-5

"And we know that all things work together for good to those who love God, to those who are the called according to His purpose."

- Romans 8:28

"Therefore I take pleasure in infirmities, in reproaches, in needs, in persecutions, in distresses, for Christ's sake. For when I am weak, then I am strong."

- 2 Corinthians 12:10

"My brethren, count it all joy when you fall into various trials, knowing that the testing of your faith produces patience. But let patience have its perfect work, that you may be perfect and complete, lacking nothing. If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him."

- James 1:2-5