

## **MISBELIEF**

I need other people's approval in order to be happy.

**STOP**

## **MISBELIEF**

If others dislike me, I am bound to be less happy.

**STOP**

## **MISBELIEF**

My value as a person depends on what others think of me.

**STOP**

## **MISBELIEF**

I should be upset if I make a mistake.

**STOP**

## **TRUTH**

I want people's approval of me, but I do not need it. With God's approval, I am no longer compelled to earn love and acceptance. I am free to be me.

## **TRUTH**

I want people to like me, but I don't need for them to do so. I am at this moment loved and accepted by God. His love for me is what I need and have.

## **TRUTH**

My value as a person has already been determined by God because of my relationship to Christ. I will not give the power to any human being to determine my value.

## **TRUTH**

As a human being, I am not omniscient. Mistakes are not necessarily sinful. If people make fun of me, that is their problem. I need only Christ's approval and I have it apart from my works.

## **MISBELIEF**

I should try to be the best at everything I undertake.

**STOP**

## **TRUTH**

That philosophy will keep me from undertaking many things. I can try to do **my** best instead of **the** best in things I undertake. That's all God expects.

## **MISBELIEF**

If I cannot do something well, there is little point in doing it at all.

**STOP**

## **TRUTH**

I am willing to risk trying to do things without the assurance that it will be a good job. I can give my best effort and gain God experience that will help me to grow.

## **MISBELIEF**

It is best to give up my own interests in order to please any other people.

**STOP**

## **TRUTH**

God will lead me to know when I should give up my own interests to please other people. There are times when I must say "no" to other people and not feel threatened if they show disapproval. God's approval of me is my security.

## **MISBELIEF**

If someone important to me expects me to do something, then I really should do it.

**STOP**

## **TRUTH**

I will do it if it is reasonable, fits into my priorities, and I want to. I must not feel obligated to do what I do out of fear of disapproval. I want the approval of others, but I don't need it since I have God's acceptance.

**MISBELIEF**

**TRUTH**

**STOP**

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**TRUTH**

**STOP**

**MISBELIEF**

**TRUTH**

**STOP**

## **APPEARANCE**

For Thou didst form my inward parts;  
Thou didst weave me in my mother's womb.  
I will give thanks to Thee, for I am fearfully  
and wonderfully made; Wonderful are Thy  
works, and my soul knows it very well.  
Psalms 139:13-14 (NAS)

## **APPEARANCE**

Charm is deceitful and beauty is vain,  
[but] a woman who fears the LORD, she  
shall be praised.  
Proverbs 31:30 (NAS)

## **RIGHTEOUSNESS**

He made Him who knew no sin [to be]  
sin on [my] behalf, that [I] might become the  
righteousness of God in Him.  
2 Corinthians 5:21 (NAS)

## **RIGHTEOUSNESS**

I will rejoice greatly in the LORD, My  
soul will exult in my God; for He has clothed  
me with garments of salvation, He has  
wrapped me with a robe of righteousness,  
as a bridegroom decks himself with a  
garland, and as a bride adorns herself with  
her jewels.  
Isaiah 61:10 (NAS)

## **COMPETENCE**

Not that we are adequate in ourselves  
to consider anything as [coming] from  
ourselves, but our adequacy is from God.  
2 Corinthians 3:5 (NAS)

## **COMPETENCE**

And God is able to make all grace  
abound to you, that always having all  
sufficiency in everything, you may have an  
abundance for every good deed.  
2 Corinthians 9:8 (NAS)

## **BELONGING**

What then shall we say to these  
things? If God [is] for [me], who [is] against  
[me]? He who did not spare His own Son, but  
delivered Him up for [me], how will He not  
also with Him freely give [me] all things?  
Romans 8:31-32 (NAS)

## **BELONGING**

For I am convinced that neither death,  
nor life, nor angels, nor principalities, nor  
things present, nor things to come, nor  
powers, nor height, nor depth, nor any  
other created thing, shall be able to  
separate [me] from the love of God, which is in  
Christ Jesus [my] Lord.  
Romans 8:38-39 (NAS)

## **SECURITY**

God is [my] refuge and strength, a very  
present help in trouble.  
Psalms 46:1 (NAS)

## **SECURITY**

He who dwells in the shelter of the  
Most High will abide in the shadow of the  
Almighty. I will say to the LORD, "My  
refuge and my fortress, My God, in whom I  
trust!"  
Psalms 91:1-2 (NAS)

