

What God says about you...

1. I say (or have said) I am **unlovable**, but God says I am **forever loved**.

"For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord." (Romans 8:38-39). NRSV-CI

2. I say (or have said) I am **scarred** but God says I am **healed**.

"But he was wounded for our transgressions, crushed for our iniquities; upon him was the punishment that made us whole, and by his bruises we are healed" (Isaiah 53:5).NRSV-CI

3. I say I am **weak**, but God says He makes me **strong**.

"the God who girded me with strength, and made my way safe." (Psalm 18:32).NRSV-CI

4. I recognize I am a **sinner**, but God says I am **forgiven**.

"I am writing to you, little children, because your sins are forgiven on account of his name." (1 John 2:12).NRSV-CI

5. I was **abandoned**, but God says I am **adopted**.

"God had already decided that through Jesus Christ he would make us his sons and daughters – this was his pleasure and purpose." (Ephesians 1:5).NRSV-CI

6. I say I am **broken**, but God says He makes me **whole**.

"and you have been given full life in union with him. He is supreme over every spiritual ruler and authority." (Colossians 2:10).NRSV-CI

7. I have been **rejected**, but God says I am **His!**

"Israel, the Lord who created you says, do not be afraid – I will save you. I have called you by name – you are mine." (Isaiah 43:1). NRSV-CI

8. I say I am **alone**, but God says He is always **with me**.

"...Do not fear nor be dismayed, for the Lord, your God is with you wherever you may go. (Joshua 1:9).NRSV-CI

9. I say I am **hopeless**, but God says because of Him, I am **hopeful**.

"For I know well the plans I have in mind for you. Plans for your welfare and not for woe, so as to give you a future of hope." (Jeremiah 29:11). NRSV-CI

10. I say I am **purposeless**, but God says I was created with **purpose**.

"...Perhaps it was for a time like this that you became queen" (Esther 4:14).NRSV-CI

11. I say I have **failed**, but God says I am **victorious** in Christ.

"But thanks be to God who gives us the victory through our Lord Jesus Christ (1 Corinthians 15:57). NRSV-CI

12. I say I am **lost**, but God says He **gives me direction**.

"And your ears shall hear a word behind you; "This is the way; walk in it," when you would turn to the right or the left." (Isaiah 30:21). NRSV-CI

13. I say I am **worried, anxious, or afraid**, but God says with Him I am **peace-filled**.

"Peace I leave with you; my peace I give it to you. Do not let your hearts be troubled or afraid." (John 14:27). NRSV-CI

14. I say I am **unhappy**, but God says I am **joyful/joy-filled**.

"I have told you this so that my joy may be in you and your joy may be complete(John 15:11) NRSV-CI

15. I say I am **afraid**, but God says I am **powerful, loved, and have a sound mind**.

"For God did not give us a spirit of cowardice but rather of power and love and self-control" (2 Timothy 1:7) NRSV-CI

16. I say I am **nothing special**, but God says I am **fearfully and wonderfully made**.

"I praise you because I am I am wonderfully made; wonderful are your works! My very self you know.(Psalm 139:14). NRSV-CI

17. I say I am **worthless**, but God says Jesus died because I am **worth it**.

"For God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life" (John 3:16).NRSV-CI