

---

## WHAT IS TRUTH?

---

Old Programming – Lies  
How I *feel* and *think* about myself

New Programming – Truth  
What *God's Word* says about me

I am unlovable.

**I AM VERY LOVED!**  
John 15:9, Rom. 8:35-39, Eph. 2:4-6,  
1 John 3:1a, 4:10

I am unacceptable.

**I AM ACCEPTED!**  
John 15:15-16, Eph. 1:3-6

I am unworthy.

**I AM WORTHY!**  
Rom. 8:31-34, 1 Cor. 6:19-20, 2 Cor. 5:21

I am inadequate.

**I AM ADEQUATE!**  
2 Cor. 2:14, 3:5-6, 12:9, Phil. 4:13

I am a failure.

**I AM VICTORIOUS!**  
Rom. 8:37, 2 Cor. 2:14, 1 John 5:4

I am fearful.

**I AM FREE FROM FEAR!**  
Ps. 4:8, 27:1, 32:7, 2 Tim. 1:7, 1 John 4:18

I am anxious.

**I AM CONTENT!**  
Ps. 4:8, 37:5, 55:22, Phil. 4:6-7, 11, Heb.  
13:5, 1 Pet. 5:7

I am weak.

**I AM STRONG IN CHRIST!**  
Acts 1:8, 2 Cor. 12:9-10, Eph. 1:19, 3:16,  
Phil. 4:13

I am not very smart or good enough.

**I HAVE GOD'S WISDOM!**  
John 15:15, 16:13-14, 1 Cor. 1:30, James 1:5, 1  
John 2:20-21, 27

I am in bondage.

**I AM FREE!**  
John 8:32, 36, 2 Cor. 3:17, Gal. 5:1, 13a

**Old**

**New**

I feel guilty

**I AM TOTALLY FORGIVEN!**

Eph. 1:7, 2:13, Col.1:14

I am unwanted and belong to no one.

**I HAVE BEEN ADOPTED BY GOD  
AND AM HIS CHILD!**

Rom. 8:16, 17, Gal.4:5-7, 1 John 3:2

I am depressed

**I HAVE THE JOY OF THE LORD!**

John 15:11, 17:13, Rom. 15:13, 1 John 1:4

There is nothing special about me.

**I HAVE BEEN CHOSEN, SET APART  
BY GOD!**

John 15:16, 1 Cor. 1:30, 6:11, 1 Peter 2:9

I have no confidence.

**I HAVE ALL THE CONFIDENCE I  
NEED!**

Prov. 3:26, 14:26, 28:1, Eph. 3:12,  
Phil. 1:6, Heb. 10:19, 1 John 5:14

I am hopeless.

**I HAVE ALL THE HOPE I NEED!**

Rom. 8:20-25, 15:4, 13, Col. 1:26-27  
1 Peter 1:3

I feel condemned.

**I AM BLAMELESS!**

John 3:18, 5:24, Rom. 8:1

I am alone.

**I AM NEVER ALONE!**

Rom. 8:38-39, Heb. 13:5

I can't reach God.

**I HAVE ACCESS TO GOD – ANYTIME!**

Eph. 2:18, Heb. 4:14-16, 1 Peter 2:5, 9,  
1 John 5:14-15

I am afraid of satan.

**I HAVE AUTHORITY OVER SATAN!**

Col. 1:13, 1 John 4:4, Rev. 12:7-11