

Which statements run through your head most often?			
Deceived		Accused	
Lie	Truth	Lie	Truth
"I'm not that bad."	<i>You are lukewarm... you do not realize you are wretched, pitiful, poor, blind, and naked. Revelation 3:17</i>	"I'm not ____ enough for others to love me." (thin, curvy, sexy, pretty, smart, young etc.)"	<i>I am fearfully and wonderfully made. Psalm 139:14</i>
"I only sinned once; I don't need to tell anyone."	<i>Everyone who does evil hates the light, and will not come into the light for fear that his deeds will be exposed. John 3:20</i>	"If I told anybody about this area of my life, they would reject me."	<i>If we walk in the light, ... we have fellowship with one another and Jesus purifies us from all sin. 1 John 1:7</i>
"I'm not hurting anybody with my sin."	<i>Jesus bore our sins in his body; by his wounds you have been healed. 1 Peter 2:24</i>	"It's my fault my _____ (husband, kids, parents) did _____ (some sin or action)."	<i>The soul who sins is the one who will die. You will not share the guilt of another. Ezekiel 18:20</i>
"God would understand why I did it."	<i>Shall we go on sinning? We died to sin, how can we live in it any longer? Romans 6:1-2</i>	"Nobody understands me."	<i>Jesus understands everything we have been tempted by and all have sinned. Hebrews 2:17, 4:15; Romans</i>
"I can't be perfect."	<i>Throw off sin that so easily entangles. You have not yet resisted to the point of shedding your blood. Hebrews 12:1-4</i>	"I can't show any weakness. I have to be perfect."	<i>My grace is sufficient for you for my power is made perfect in weakness. 2 Corinthians 12:9</i>