

Think This...Not That!

“For as he thinks in his heart, so is he.” Proverbs 23:7 (NKJV)

Toxic Thoughts and Little Lies

1. This is not good.
2. This is too hard.
3. I can't do this anymore.
4. God doesn't care about me.
5. I can't help the way I am.
6. This will never change.
7. This is a waste of time.
8. This is the worst thing ever!
9. I am stupid and worthless.
10. I don't want to live.
11. This habit isn't really that bad.
12. Nobody cares about me.
13. I will never be happy.
14. I can't help the way I feel.
15. I will never be able to get over this.
16. I just can't take this anymore.
17. There is no point in trying to fix this.
18. This is going to be a terrible day.
19. Everybody else has a good life.
20. I hate the way things are right now.
21. No one knows what I'm going through.
22. I am so tired, exhausted and weary.
23. God isn't doing anything.
24. What will my friends think?
25. I am losing my (ever-lovin') mind!

Positive Thoughts and Big Truth

1. Psalm 22:24
2. Psalm 84:18
3. Psalm 147:3
4. Romans 8:28, John 11:35
5. Matthew 16:24-26
6. Lamentations 3:22-23
7. 1 Corinthians 15:58
8. Job 23:10
9. 2 Corinthians 12:10
10. Philippians 3:14, Romans 10:13
11. Hebrews 12:1-2
12. Matthew 10:30-31
13. Psalm 30:5
14. Philippians 4:8
15. Psalm 23:4
16. John 16:33
17. Isaiah 57:18-19
18. Psalm 118:24
19. Galatians 1:10
20. Nahum 1:7
21. Psalm 139, Hebrews 4:16
22. Hebrews 12:3
23. Hebrews 10:23, Jude 22
24. Psalm 25:1-3
25. Mark 5:36

Other Unhealthy thoughts:

- I am the victim here!
- Believing and saying that your past determines your future.
- The grass is greener on the other side.
- I can change them. I can control this.
- This is _____'s fault!

Resources:

- *“Lies Women Believe”* by Nancy Leigh DeMoss Wolgemuth
- *“Promise for Women”* NIV (book of scriptures categorized by topics)
- *“20 Minutes a Day for the Rest of Your Life”* by Debbie Stuart