

# Replacing Lies of Hopelessness

with the  
Truth of

# God's Word

<i>The Lies I Believe say...</i>	<i>Unfailing Truth says...</i>
<i>I cannot trust God.</i>	<i>Delight yourself in the Lord, and he will give you the desires of your heart. Commit your way to the Lord; trust in him, and he will act. He will bring forth your righteousness as the light, and your justice as the noonday. – Psalm 37:4-6</i>
<i>My prayers probably won't be answered.</i>	<i>And whatever you ask in prayer, you will receive, if you have faith. –Matthew 21:22</i>
<i>I am forgotten.</i>	<i>Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you. –Deuteronomy 31:6</i>
<i>I am invisible.</i>	<i>She gave this name to the LORD who spoke to her: "You are the God who sees me," for she said, "I have now seen the One who sees me." –Genesis 16:13</i>
<i>If I can work hard enough I can make all things happen.</i>	<i>Jesus looked at them and said, "With man this is impossible, but with God all things are possible." –Matthew 19:26</i>
<i>I don't have time to rest.</i>	<i>Unless the Lord builds the house, those who build it labor in vain. Unless the Lord watches over the city, the watchman stays awake in vain. It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives to his beloved sleep. –Psalm 127:1-2</i>
<i>I cannot survive this hurt.</i>	<i>God is our refuge and strength, a very present help in trouble. Therefore we will not fear though the earth gives way, though the mountains be moved into the heart of the sea, though its waters roar and foam, though the mountains tremble at its swelling. Selah There is a river whose streams make glad the city of God, the holy habitation of the Most High. God is in the midst of her; she shall not be moved; God will help her when morning dawns. – Psalm 146:1-5</i>
<i>God has left me.</i>	<i>You go before me and follow me. You place your hand of blessing on my head. –Psalm 139:5</i>
<i>I must have answers now!</i>	<i>Jesus replied, "You don't understand now what I am doing, but someday you will." –John 13:7</i>
<i>I am all alone.</i>	<i>Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. –Psalm 23:4</i>