

How
to Dispute
Negative
Self Talk
with
*God's
Truth*

<i>When You Begin to Think:</i>	<i>Dispute it With This:</i>
I am invisible.	I have been established, anointed, and sealed by God! - 2 Corinthians 1:21-22
I am nothing special.	I am God's workmanship! -Ephesians 2:10
I am not good enough..	I have been chosen and God desires me to bear fruit. -John 15:1,5
I'll never accomplish anything worthwhile.	I have purpose! -Exodus 9:16
I may as well give up in defeat.	I am victorious! -1 John 5:4
I am too filled with fear and anxiety.	I have a heart and mind that is protected with God's peace. -Philippians 4:7
I am not worthy of love.	I am chosen and dearly loved. -Colossians 3:12
I am unforgivable.	I am forgiven and redeemed! -Isaiah 44:22
I am stuck in this unhealthy place.	I am set free! -Romans 8:2;John 8:32
<i>Negative Self Talk</i>	<i>God's Truth</i>