

*Let the words of my mouth and the meditation of my heart be acceptable in Your sight, O Lord, my strength and my Redeemer.
Psalm 19:14*

- I. Find hope and healing from misplaced hope and its resulting insecurity:
 - A. Beware: Emotions are often in conflict with biblical truth. Leaning on your feelings leads to insecurity: Jm 1:8-- A double-minded man (is) unstable in all his ways
 - B. Take Inventory: Journal about your emotions to help identify underlying unbiblical beliefs that need to be brought into agreement with God's Word: 2 Cor 10:5 NIV-- We demolish arguments & every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ
 - C. Journal using two columns: I FEEL and GOD SAYS
 - On the left, honestly list all you're feeling.
 - On the right, match each feeling with a corresponding truth from God's Word.
 - D. Rehearse the Truth: Return to "what God says" often until you eventually create new mindsets. Transformation and freedom will slowly become evident.

I FEEL

Ex: Inadequate, not enough

GOD SAYS

My adequacy is from God
(2 Cor 3:5)
I am fearfully and wonderfully made
(Ps 139:14)
Jesus is not ashamed to call me "sister"
(Heb 2:14)
If I let Christ take over...the weaker I
get, the stronger I become
(2 Cor 12:9 MSG)

II. DECLARATION: verbally expressing agreement with God's Word

Reinforce the truths that you are seeking to know in your inmost being with the words that you speak: 2 Cor 4:13 ERV--The Scriptures say, "I believed, so I spoke." Our faith is like that too. We believe, and so we speak.

A. Praise the Lord

- In vulnerable moments, be ready with a character trait of God that directly applies to your place of need. The options are infinite, but here are a couple to begin with:
 - The Lord is good: Ps 31:19-- Oh, how great *is* Your goodness, which You have laid up for those who fear You, *which* You have prepared for those who trust in You in the presence of the sons of men!
 - God is sovereign: Eph 1:11 NLT-- He makes everything work out according to his plan.
 - Your Personal List:

B. Give Thanks

- The Bible tells us to give thanks "in" all things and "for" all things:
 - 1 Thes 5:18 NLT-- Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.
 - Eph 5:20 NIV--Always give thanks to God the Father for everything. Give thanks to him in the name of our Lord Jesus Christ.
- "Nothing turns us into bitter, selfish, dissatisfied people more quickly than an ungrateful heart. And nothing will do more to restore contentment and the joy of our salvation than a true spirit of thankfulness." (Billy Graham)
- Journal about your situation, praying for revelation on what you can be thankful for with your whole heart. Get busy thanking Him and watch your spirits rise above your circumstances!

C. Declaration:

- Ask HS to identify facts or feelings you believe that aren't consistent with God's truth.
 - Renounce these as lies, refusing to empower or agree with them any longer.
 - Pray for God to lead you to corresponding truths as you listen to and study His Word.
- Make declarations reflecting these truths when you are tempted to return to that lie.

RENUANCE LIES

I am self-sufficient
(1 Pt 5:5, Hosea 5:5, Is 30:1-17)

ANNOUNCE THE TRUTH (reference)

God is completely sufficient
(Phil 4:13, Ps 44:3)