

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

Find hope and healing from emotional triggers by “Learning to Lean.” Here’s how:

- 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 (see “Identify Your Feelings” page).
 - 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)