

For all the negative things we have to say to ourselves, God has a positive answer for it.

You say, "It's impossible"  
God says: "All things are possible"

**Luke 18:27** - "Jesus replied, "What is impossible with men is possible with God." (NIV)

You say, "I'm too tired"  
God says: "I will give you rest"

**Matt 11:28** - "Come to me, all you who are weary and burdened, and I will give you rest." (NIV)

You say, "Nobody really loves me"  
God says: "I love you"

**John 3:16** - "For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life." (NIV)

**John 13:34** - "A new command I give you: Love one another. As I have loved you, so you must love one another." (NIV)

You say, "I can't go on"  
God says: "My grace is sufficient"

**II Cor 12:9** - "But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me." (NIV)

**Psalms 91:15** - "He will call upon me, and I will answer him; I will be with him in trouble, I will deliver him and honor him." (NIV)

You say, "I can't figure things out"  
God says: "I will direct your steps"

**Proverbs 3:5-6** - "Trust in the LORD with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight." (NIV)

You say, "I can't do it"  
God says: "You can do all things in Me"

**Phil 4:13** - "I can do everything through him who gives me strength." (NIV)

You say, "It's not worth it"  
God says: "It will be worth it"

**Romans 8:28** - "And we know that in all things God works for the good of those who love him, who have been called according to his purpose." (NIV)

You say, "I can't forgive myself"  
God says: "I forgive you"

**I John 1:9** - "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness." (NIV)

**Romans 8:1**- "Therefore, there is now no condemnation for those who are in Christ Jesus," (NIV)

You say, "I can't manage"  
God says: "I will supply all your needs"

**Phil 4:19** - "And my God will meet all your needs according to his glorious riches in Christ Jesus." (NIV)

You say, "I'm afraid"  
God says: "I have not given you a spirit of fear"

**II Tim. 1:7** - "For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind." (KJV)

You say, "I'm always worried and frustrated"  
God says: "Cast all your cares on ME"

**I Peter 5:7** - "Cast all your anxiety on him because he cares for you." (NIV)

You say, "I don't have enough faith"  
God says: "I've given everyone a measure of faith"

**Romans 12:3** - "For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the measure of faith God has given you." (NIV)

You say, "I'm not smart enough"  
God says: "I give you wisdom"

**I Cor 1:30** - "It is because of him that you are in Christ Jesus, who has become for us wisdom from God - that is, our righteousness, holiness and redemption." (NIV)

You say, "I feel all alone"  
God says: "I will never leave you or forsake you"

**Heb.13:5** - Keep your lives free from the love of money and be content with what you have, because God has said, "Never will I leave you; never will I forsake you." (NIV)

"Wait on the LORD: be of good courage, and he shall strengthen thine heart: wait, I say, on the LORD."  
Psalm 27:14 (KJV)

