

THE TOP TWENTY TRUTHS THAT REPLACE WORDLY LIES

1. I am valuable and adequate for every good work.
(Psalm 139:14; Ephesians 2:10)
2. God values me and loves me unconditionally.
(Romans 5:8; Galatians 1:10)
3. Each person is responsible for his or her own actions and behaviors.
(Ezekiel 18:20)
4. I can say no with firmness and love and yes with honest authenticity.
(Matthew 5:37; Ephesians 4:15)
5. I need God and I need other safe people to care for me, cry with me, encourage me, warn me, pray for me, and accept me.
(Romans 12:15-16; 1 Corinthians 12:25)
6. I need to confess my pain, problems, and pressure to safe people who will counsel, encourage, care, and pray for me.
(1 Thessalonians 5:11; James 5:16)
7. I need to care for others and care for my God-given needs.
(Matthew 22:39)
8. My relationships will never meet all my needs—God meets all my needs according to His riches in glory in Christ Jesus.
(2 Corinthians 12:9; Philippians 4:19)
9. God loves me unconditionally—not because of what I do.
(John 3:16; Ephesians 2:8-9)
10. My happiness is my responsibility—it can be found in my relationship with God.
(Psalm 16:11; 1 Peter 4:12-14)

THE TOP TWENTY TRUTHS THAT REPLACE WORDLY LIES *continued*

11. I need to spend quiet time with God in prayer, read and study His Word, and fellowship with other Christians to be spiritually healthy.
(Jude 1:20; Psalm 1:1-2; 2 Timothy 2:15; 3:16-17)
12. I deserve to be treated with kindness and care, and I need to set healthy boundaries when necessary.
(Romans 12:18; Ephesians 5:25; 1 Thessalonians 5:21-22)
13. We live in a sinful world and therefore I need to expect difficulties in life.
(Matthew 5:45; James 1:2-4)
14. We are all at different places of growth and development, therefore we often differ in our thoughts and actions.
(Matthew 7:1-5; Romans 12:4-13; 14:1)
15. It's beneficial to both me and the other person with unhealthy behaviors to set boundaries, maintain them, and allow them to experience consequences in order to help them grow.
(Matthew 18:15-17; Galatians 6:7; Ephesians 6:4)
16. I need to put away worry and trust God with my circumstances.
(Matthew 6:27; Philippians 4:6-7; 1 Peter 5:7)
17. I can endure suffering with a positive attitude.
(Romans 5:3; Hebrews 10:36; James 1:2)
18. My problems may come from my choices, the choices of others, or trials.
(John 16:33; Ephesians 6:12; 2 Timothy 3:1-17)
19. Good health goes well with my soul; therefore I need to take care of my body for it is the dwelling place of the Holy Spirit.
(1 Corinthians 6:19-20; 3 John 1:2)
20. I must stay close to God and rely on Him to help me resist sin, and I must repent and return to a right relationship with God when I do sin.
(Acts 3:19; 1 Corinthians 10:13; 1 John 1:9)