

WHAT IS THE TRUTH?

Our Old Programming How I FEEL

Our Blessings in Christ (What is TRUE about me)

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| 1. I am unloved | I am very loved - John 15:9; Romans 8:35-39; Eph 2:4-6; I John 3:16; 4:10, 19 |
| 2. I am unacceptable | I am accepted - John 15:15-16; Eph 1:3-6 |
| 3. I am unworthy | I am worthy - Romans 8:31-34; I Cor 6:19-20; II Cor. 5:21 |
| 4. I am inadequate | I am adequate - II Cor 2:14; 3:5-6; 12:9; Phil 4:13 |
| 5. I am a failure | I am victorious - Rom 8:37; II Cor 2:14; I John 5:4 |
| 6. I am fearful | I am free from fear - Psa 4:8; 27:1; 32:7; II Tim 1:7; I John 4:18 |
| 7. I am anxious | I am content - Psa. 4:8; 37:5; 55:22; Phil 4:6-7, 11; Heb 13:5; I Pet 5:7 |
| 8. I am weak | I am strong in Christ - Acts 1:8; II Cor 12:9-10; Eph 1:19; 3:16; Phil 4:13 |
| 9. I am not very smart or good enough | I have God's wisdom - John 15:15; 16:13-14; I Cor 1:30; James 1:5; I John 2:20-21,27 |
| 10. I am in bondage | I am free - John 8:32, 36; II Cor 3:17; Gal 5:1,13a |
| 11. I am unwanted and belong to no one | I have been adopted by God and am His child - Rom 8:16,17; Gal 4:5-7; I John 3:2 |
| 12. I feel guilty | I am totally forgiven - Eph 1:7; 2:13; Col 1:14 |
| 13. I am depressed | I have the joy of the Lord - John 15:11; 17:13; Rom 15:13; I John 1:4 |
| 14. There is nothing special about me | I have been chosen, set apart by God - John 15:16; I Cor 1:30; 6:11; I Peter 2:9 |
| 15. I am hopeless | I have all the hope I need - Rom 8:20-25, 15:4,13; Col 1:26-27 I Pet 1:3 |
| 16. I feel condemned | I am blameless - John 3:18; 5:24; Rom 8:1 |
| 17. I am alone | I am never alone - Rom 8:38-39; Heb 13:5 |
| 18. I can't reach God. | I have access to God - Eph 2:18; Heb 4:14-16; I Pet 2:5,9; I John 5:14-15 |
| 19. I am afraid of Satan | I have authority over Satan - Col 1:13; I John 4:4; Rev 12:7-11 |
| 20. I have no confidence | I have all the confidence I need - Prov 3:26; 14:26; 28:1; Eph 3:12; Phil 1:6; Heb 10:19; I John 5:14 |

FEELINGS VERSUS FACTS

I FEEL _____

because I FEEL _____,

I ACT like I'm _____

because I FEEL _____ and ACT _____,

I BELIEVE that I'm _____

because I FEEL _____, ACT _____ and BELIEVE _____,

I make it a FACT by saying, "I AM _____"

We have seen feelings become facts.

This is accomplished by allowing feelings to be accepted as truth. Feelings are very real and powerful; but we must not look to them to discover truth. Thoughts alone possess the ability of determining truth. So, if feelings tell us lies, they are based upon incorrect or deceptive thoughts. The deception is accomplished by the thoughts, not the feelings.

FEELINGS → ACTION → FAITH [BELIEF] → FACTS

The way to control feelings is by controlling thoughts [Basing thoughts upon solid FACTS, Biblical TRUTH.]

Here's a FACT: - God has loved us and made us His children - I John 3:1 "See how great a love the Father has bestowed upon us, that we should be called the children of God; and SUCH WE ARE."

because this FACT is the Word of God, I BELIEVE it is the TRUTH.

because this is a FACT, and I BELIEVE it, I ACT knowing it is true.

My FEELINGS come as a result of my ACTING by FAITH on the TRUTH [FACTS].

FACTS [the truth] → FAITH [Belief] → ACTION → FEELINGS

Since my thoughts control how I respond to feelings, I keep my thoughts upon God's Truth and recognize that my feelings are not facts. Therefore, I do not treat feelings as if they were facts.

By understanding this and resting upon the truth of who I am in Christ, I stop letting feelings control me.

II Cor. 5:7 "For we walk by faith, not by sight." Heb. 11:6 "Without faith it is impossible to please Him . . ." Rom. 1:17 "The righteous man shall live by faith."

Reality in our true identity has to be based upon Biblical TRUTH, not feelings.