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## WHAT IS TRUTH?

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Old Programming – Lies  
How I *feel* and *think* about myself

New Programming – Truth  
What *God's Word* says about me

I am unlovable.

**I AM VERY LOVED!**  
John 15:9, Rom. 8:35-39, Eph. 2:4-6,  
I John 3:1a, 4:10

I am unacceptable.

**I AM ACCEPTED!**  
John 15:15-16, Eph. 1:3-6

I am unworthy.

**I AM WORTHY!**  
Rom. 8:31-34, 1 Cor. 6:19-20, 2 Cor. 5:21

I am inadequate.

**I AM ADEQUATE!**  
2 Cor. 2:14, 3:5-6, 12:9, Phil. 4:13

I am a failure.

**I AM VICTORIOUS!**  
Rom. 8:37, 2 Cor. 2:14, 1 John 5:4

I am fearful.

**I AM FREE FROM FEAR!**  
Ps. 4:8, 27:1, 32:7, 2 Tim. 1:7, 1 John 4:18

I am anxious.

**I AM CONTENT!**  
Ps. 4:8, 37:5, 55:22, Phil. 4:6-7, 11, Heb.  
13:5, 1 Pet. 5:7

I am weak.

**I AM STRONG IN CHRIST!**  
Acts 1:8, 2 Cor. 12: 9-10, Eph. 1:19, 3:16,  
Phil. 4:13

I am not very smart or good enough.

**I HAVE GOD'S WISDOM!**  
John 15:15, 16:13-14, 1 Cor. 1:30, James 1:5, I  
John 2:20-21, 27

I am in bondage.

**I AM FREE!**  
John 8:32, 36, 2 Cor. 3:17, Gal. 5:1, 13a