CHRISTIAN STUDY FOR CHILDREN, YOUTH, AND ANSWER SEEKERS

NOTEBOOK 3,
PART 3 OF 5

SUPER CONQUERORS

HANDLE BAD THOUGHTS AND FEELINGS

B.E. GROMER

The

SUPER CONQUERORS

videos or book and this notebook go together. Use the mobile app by itself or with the course.

Investigate ways to help you in this adventure.

For quick reference, pick out a feeling and find scripture.

Do not worry about wrong or right answers.

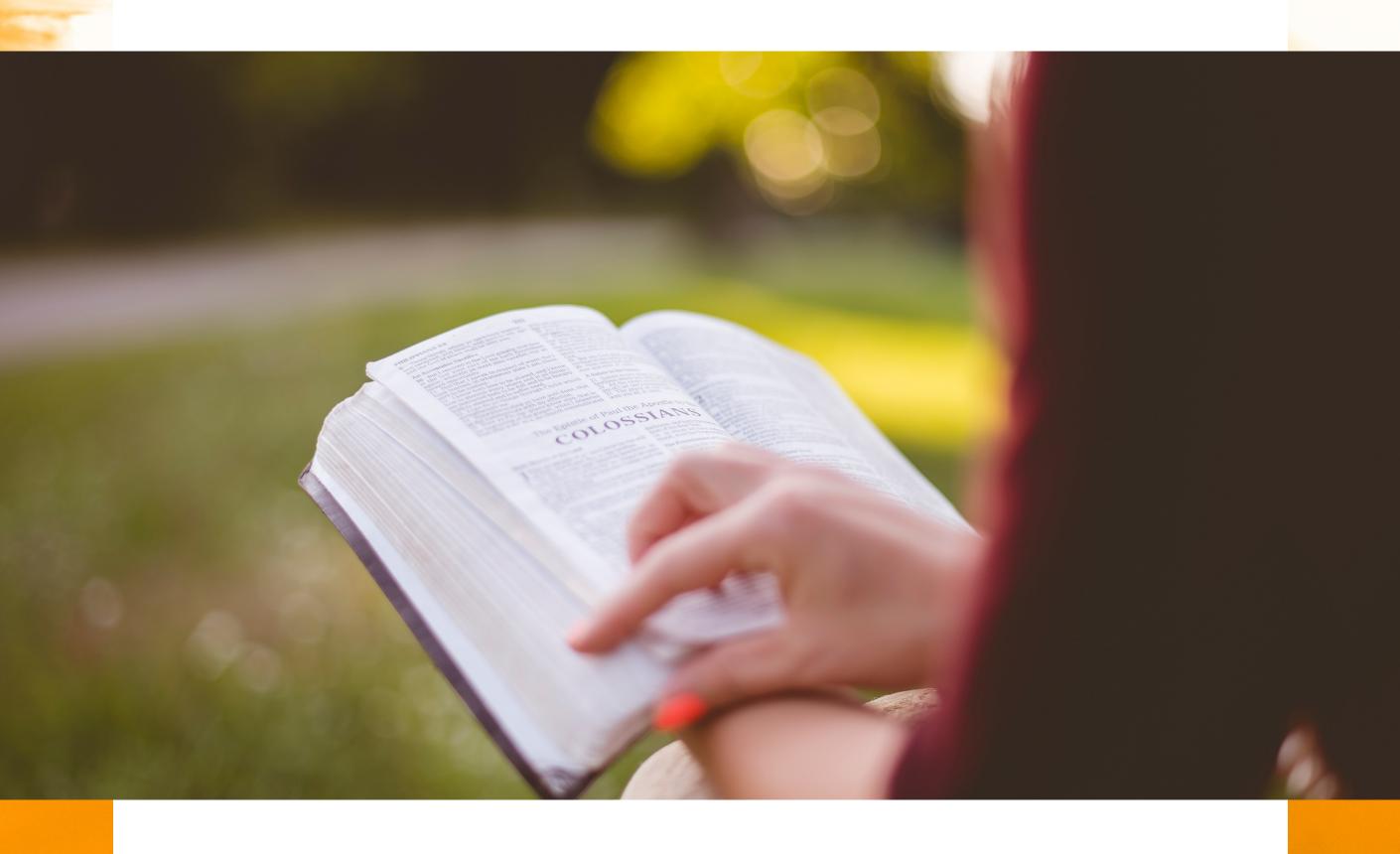
See answers at the end of notebooks.

Find materials at

https://superconquerors.life

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Whether scriptures are grouped for bad or good feelings, they often also cause good feelings.



Scriptures are unlimited above any feeling.

HANDLE Bad Feelings

1. What to do when you have bad feelings?

Answers (fill in the blanks):

Instead of holding on to them and letting them turn into disasters,

t_____your

attention to God and His

2. How?

Fill in the blank and answer one or more ways listed (and see answers on the last page of this notebook).

B____God,
who loves you - not the lies
of the devil.

3. What is the Word of God also called? Fill in the blanks.

Answers:

The S______ of the Spirit. This sword o_____ evil supernatural forces.

4. Do you take scripture to conquer and defeat bad thoughts and feelings?
Can it be done?

Answers:

Yes or No _____.

Yes or No .

HANDLE Bad Thoughts about Death

5. Fill in the blanks.

Answers:

A person with thoughts about death is afraid of the

f_____,
and being able
to cope.

6. There are two plans for your life.

Fill in the blanks and answer.

G_____'s, who created you for His love, to receive a____ His love.

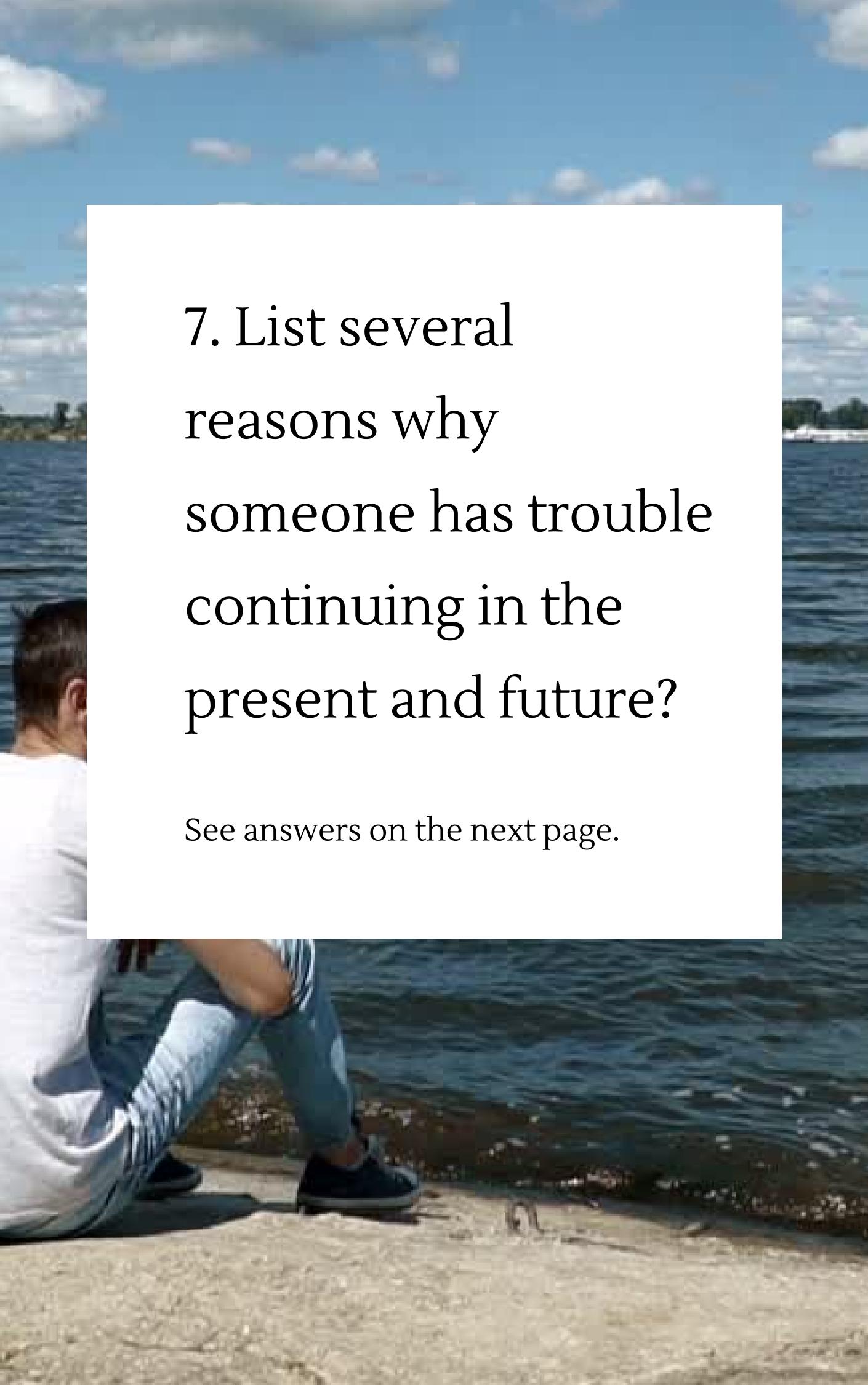
or

The e____ one's lies trying to steal your understanding of God's love.

Which is true?
Which is worth believing?

G____.

G



Answer question 7.

- a. Not understanding how precious they are to God;how much He loves themb. Believing lies of the enemy instead of truth
- c. Believing bad reports
- d. Believing what they can see rather than turning to God for His help
- e. Not realizing that the God of the possible from impossible has great plans coming for their lives.

Answer which ones: a, b, c, d, e, or all above.

8. Fill in the blank.

Answer:

For those who find me find life and receive from the

LORD.

From Proverbs 8:35 NIV

Cry out to Him and let Him answer.



He who dwells in the secret place of the Most High shall abide under the shadow of the Almighty.

I will say of the LORD, "He is my refuge and my fortress;
My God, in Him I will trust."

"Because he has set his love upon Me, therefore I will deliver him;
I will set him on high, because he has known My name.
He shall call upon Me, and I will answer him;
I will be with him in trouble;
I will deliver him and honor him.
With long life I will satisfy him, and show him My salvation."

Psalm 91: 1-2, 14-16
NKJV



BAD FEELINGS

Abandoned Angry Anxious Ashamed Confused Defeated Despair Disappointed Discouraged Disheartened Distressed Double-minded Doubt Downtrodden Dread Emotionless Fretful Frustrated Grief

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BAD FEELINGS

Guilty Helpless Hopeless Horrified Hungry Hurt Inadequate Lack Lack of Peace Lonely Mistreated Misunderstood Nervous Offended Oppressed Outraged Overwhelmed Poor Rejected

BAD FEELINGS

Resentful Restless Sad Scared Sick Sorrow Terrified Thirsty Tired Tired of Waiting Tormented Troubled Unforgiving Unloved Unsure Unworthy Weak Weary Worried

I was feeling Abandoned...

Instead:

Fear not, for I am with you; be not dismayed, for I am your God. I will strengthen you, yes, I will help you. I will uphold you with My righteous right hand, I will comfort you.

Isaiah 41:10 NKJV

I was feeling Angry...

Instead:

My friends, do not try to punish others when they wrong you. Wait for God to punish them with his anger.

It is written:

"I am the One who punishes; I will pay people back," says the Lord. Romans 12:19 ICB

I was feeling Anxious...

Instead:

I lift up my eyes to the mountains—
where does my help come from?
My help comes from the LORD,
the Maker of heaven
and earth.
Psalm 121:1-2 NIV

I was feeling Ashamed...

Instead:

Gaze upon him, join your life with his, and joy will come. Your faces will glisten with glory. You'll never wear that shame-face again.

Psalm 34:5 TPT



I was feeling Defeated...

Instead:

The LORD is close to the brokenhearted and saves those who are crushed in spirit.

Psalm 34:18 NIV

I was feeling Despair...

Instead:

"Sovereign LORD,
you have begun to show to your
servant your greatness and your
strong hand. For what god is there in
heaven or on earth who can do the
deeds and mighty works you do?..."
Deuteronomy 3:24 NIV

I was feeling Disappointed...

Instead:

The LORD will perfect that which concerns me...

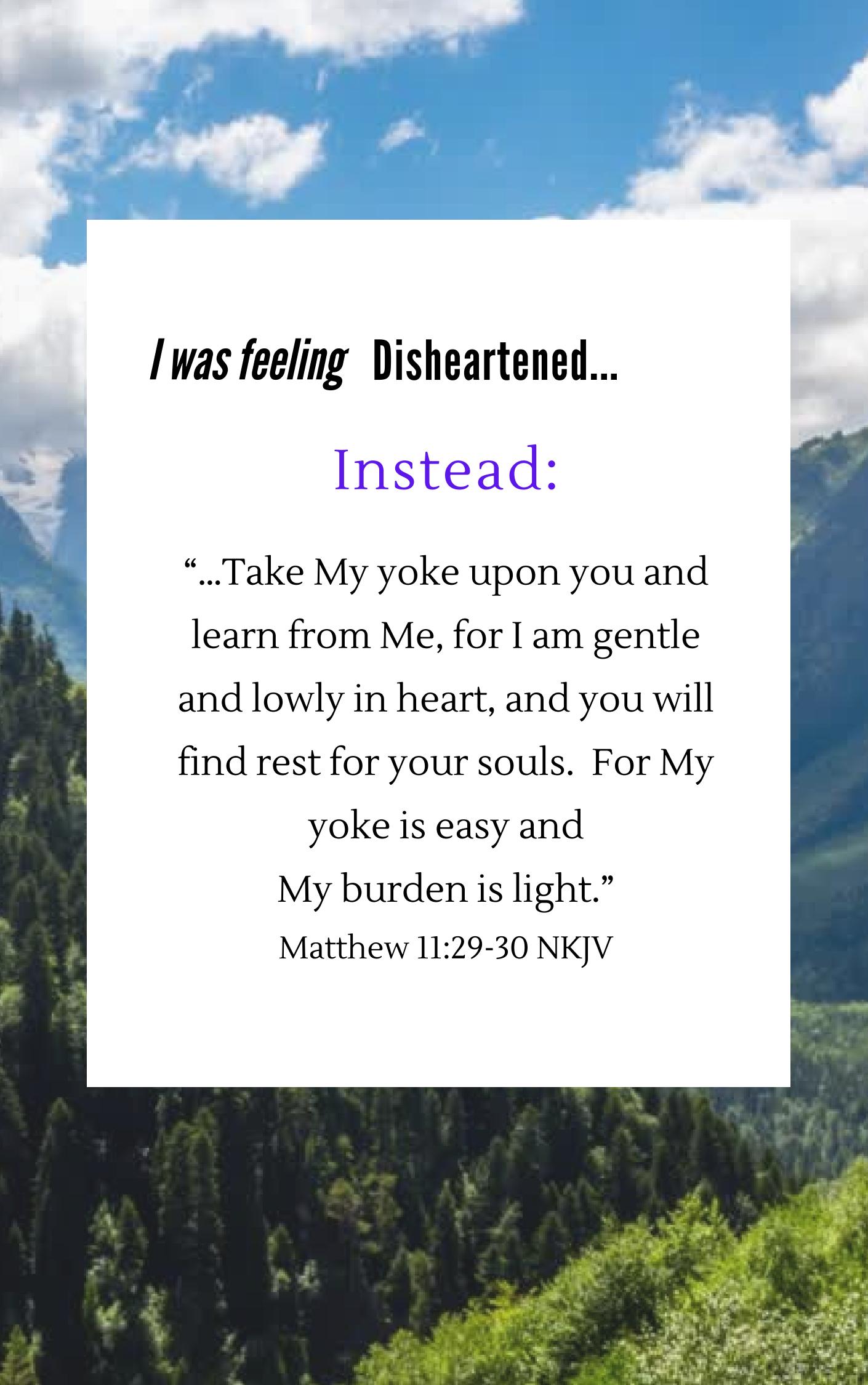
Psalm 138:8 NKJV

I was feeling Discouraged...

Instead:

And we know that all things work together for good, to those who love God, who are the called according to His purpose.

Romans 8:28 NKJV



I was feeling Distressed...

Instead:

I called on the LORD in distress;
The LORD answered me and set me in a broad place. The LORD is on my side; I will not fear.
What can man do to me?
Psalm 118:5-6 NKJV

I was feeling Double-minded...

Instead:

For you are my rock and my fortress; therefore for your name's sake, lead me and guide me.

Psalm 31:3 NKJV

I was feeling Doubt...

Instead:

But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him.

Hebrews 11:6 NKJV

I was feeling Downtrodden...

Instead:

Ah, LORD God, behold, you have made the heavens and earth by your great power and outstretched arm. There is nothing too hard for You.

Jeremiah 32:17 NKJV

I was feeling Dread...

Instead:

Search me, O God, and know my heart;try me, and know my anxieties... Psalm 139:23 NKJV

I was feeling Emotionless...

Instead:

Then you will call upon Me and go and pray to Me, and I will listen to you.

Jeremiah 29:12 NKJV

I was feeling Fretful...

Instead:

Be still, and know that I am God;
I will be exalted among the nations,
I will be exalted in the earth!

Psalm 46:10 NKJV

I was feeling Frustrated...

Instead:

You are of God, little children, and have overcome them, because He who is in you, is greater than he who is in the world.

I John 4:4 NKJV

I was feeling Grief...

Instead:

Blessed are those who mourn, for they shall be comforted.

Matthew 5:4 NKJV

I was feeling Guilty...

Instead:

He who covers his sins will not prosper but whoever confesses and forsakes them will have mercy. Proverbs 28:13 NKJV

I was feeling Helpless...

Instead:

...But the salvation of the righteous is from the LORD; He is their strength in the time of trouble. And the LORD shall help them and deliver them; He shall deliver them from the wicked, and save them, because they trust in Him.

Psalm 37:39-40 NKJV

I was feeling Hopeless...

Instead:

For with God, nothing will be impossible.

Luke 1:37 NKJV

I was feeling Horrified...

Instead:

I sought the LORD, and He heard me, and delivered me from all my fears.

Psalm 34:4 NKJV

I was feeling Hungry...

Instead:

Delight yourself also in the LORD, and He shall give you the desires of your heart.

Psalm 37:4 NKJV

I was feeling Hurt...

Instead:

He only is my rock and my salvation; He is my defense; I shall not be moved.

In God is my salvation and my glory; the rock of my strength, and my refuge, is in God.

Trust in Him at all times, you people; pour out your heart before Him; God is a refuge for us.

Psalm 67:6-8 NKJV

I was feeling Inadequate...

Instead:

...And you are complete in Him, who is the Head of all principality and power.

Colossians 2:10 NKJV

I was feeling Lack...

Instead:

And My God shall supply all your need according to His riches in glory by Christ Jesus.

Philippians 4:19 NKJV

I was feeling Lack of peace...

Instead:

The LORD is my shepherd; I shall not want. He makes me to lie down in green pastures; He leads me beside the still waters. He restores my soul; He leads me in the paths of righteousness for His name's sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil; for You are with me; Your rod and Your staff, they comfort me. You prepare a table before me in the presence of my enemies; You anoint my head with oil; my cup runs over. Surely goodness and mercy shall follow me all the days of my life; and I will dwell in the house of the LORD forever.

Psalm 23:1-6 NKJV

I was feeling Lonely...

Instead:

The LORD is my rock and my fortress and my deliverer.

My God, my strength, in whom I will trust; my shield and the horn of my salvation, my stronghold.

Psalm 18:2 NKJV

I was feeling Mistreated...

Instead:

God is just: He will pay back trouble to those who trouble you and give relief to you who are troubled...

2 Thessalonians 1:6-7 NIV

I was feeling Misunderstood...

Instead:

He only is my rock and my salvation; He is my defense;
I shall not be moved.

Psalm 62:6 NKJV

I was feeling Nervous...

Instead:

You are my hiding place and my shield;
I hope in Your word.

Psalm 119:114 NKJV

I was feeling Offended...

Instead:

The LORD is near to all who call upon Him, to all who call upon Him in truth.

Psalm 145:18 NKJV

I was feeling Oppressed...

Instead:

The LORD is a shelter for the oppressed, a refuge in times of trouble. Those who know your name trust in you, for you, O LORD, do not abandon those who search for you.

Psalm 9:9-10 NLT

I was feeling Outraged...

Instead:

Beloved, never avenge
yourselves, but leave it to
the wrath of God, for it is
written, "Vengeance is mine,
I will repay, says the Lord."
Romans 12:19 ESV

I was feeling Overwhelmed...

Instead:

Hear my cry, O God; attend to my prayer. From the end of the earth I will cry to You, when my heart is overwhelmed; lead me to the rock that is higher than I.

Psalm 61:1-2 NKJV

I was feeling Poor...

Instead:

...But those who seek the

LORD

shall not lack any good thing.

Psalm 34:10 NKJV

I was feeling Rejected...

Instead:

...The glory of the LORD shall be your rear guard. Then you shall call, and the LORD will answer; you shall cry, and He will say, 'Here I am.'

Isaiah 58:8-9 NKJV

I was feeling Resentful...

Instead:

Therefore the LORD waits to be gracious to you, and therefore he exalts himself to show mercy to you. For the LORD is a God of justice; blessed are all those who wait for him.

Isaiah 38:18 ESV

I was feeling Restless...

Instead:

The LORD is good to those who wait for Him, to the soul who seeks Him.

Lamentations 3:25 NKJV



I was feeling Sad...

Instead:

Blessed are those who mourn, for they shall be comforted.

Matthew 5:4 NKJV

I was feeling Scared...

Instead:

Wait on the LORD;
be of good courage,
and He shall strengthen
your heart;
Wait, I say, on the LORD!
Psalm 27:14 NKJV

I was feeling Sick...

Instead:

LORD my God, I called to you for help, and you healed me.

Psalm 30:2 NIV

I was feeling Sorrow...

Instead:

"Until now, you have asked nothing in My Name. Ask, and you will receive, that your joy may be full."

John 16:24 NKJV

I was feeling Terrified...

Instead:

"Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go."

Joshua 1:9 NIV

I was feeling Thirsty...

Instead:

He who believes in Me....out of his heart will flow rivers of living water.

John 7:38 NKJV

I was feeling Tired...

Instead:

"...Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light."

Matthew 11:29-30 NKJV

I was feeling Tired of waiting...

Instead:

...those who wait on the LORD shall renew their strength; they shall mount up as wings like eagles, they shall run and not be weary, they shall walk and not faint.

Isaiah 40:31 NKJV

I was feeling Tormented...

Instead:

For God has not given us the spirit of fear, but of power, of love, and of a sound mind.

2 Timothy 1:7 NKJV

I was feeling Troubled...

Instead:

God is just: He will pay back trouble to those who trouble you and give relief to you who are troubled...

2 Thessalonians 1:6-7 NIV

I was feeling Unforgiving...

Instead:

"And whenever you stand praying, if you have anything against anyone, forgive him, that your Father in heaven may also forgive you your trespasses. But if you do not forgive, neither will your Father in heaven forgive your trespasses."

Mark 11:25-26 NKJV

I was feeling Unloved...

Instead:

For He himself has said,
"I will never leave you...
nor forsake you".
Hebrews 13:5 NKJV



Instead:

You will show me the path of life, in Your presence is fullness of joy; at Your right hand are pleasures forevermore.

Psalm 16:11 NKJV

I was feeling Unworthy...

Instead:

"Let the beloved of the LORD rest secure in him, for he shields him all day long, and the one the LORD loves rests between his shoulders." Deuteronomy 33:12 NIV

I was feeling Weak...

Instead:

In Your hand is power and might; in Your hand it is to make great and to give strength to all.

I Chronicles 29:12 NKJV

I was feeling Weary...

Instead:

"Come to me, all of you who are weary and burdened,
and I will give you rest..."

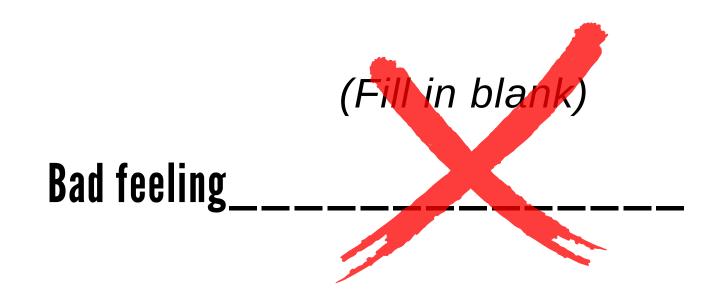
Matthew 11:28 CSB

I was feeling Worried...

Instead:

Be of good courage, and He shall strengthen your heart, all you who hope in the LORD.

Psalm 31:24 NKJV



Notice the big red 'x' here which means you've crossed out the bad feelings with scriptures.

Write y	our	own:
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l was feeling:	Bad feeling
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l was feeling:	Bad feeling
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l was feeling:	Bad feeling
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l was feeling:	Bad feeling
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l was feeling:	Bad feeling
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Write y	our	own:
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l was feeling:	Bad feeling
----------------	-------------

l was feeling:	Bad feeling
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GOOD FEELINGS

Accepted Affirmed Amazed Assured Blessed Brave Calm Cherished Cleansed Comforted Complete Confident Content Delivered Encouraged Forgiven Free Full Grace Helped

GOOD FEELINGS

Hopeful Joyful Justified Kind Loved Mercy Passionate Patient Peaceful Purposeful Rescued Relieved Restored Safe Strengthened Successful Thankful Trustful Valued Well



Affirmed

Those who know your name trust in you, for you, LORD, have never forsaken those who seek you.

Psalm 9:10 NIV

Amazed

For the LORD God is a sun and shield; the LORD will give grace and glory; no good thing will He withhold from those who walk uprightly.

Psalm 84:11 NKJV

I want to be... Assured

Ah, LORD God, behold, you have made the heavens and earth by your great power and outstretched arm. There is nothing too hard for You.

Jeremiah 32:17 NKJV

Blessed

Bless the LORD, O my soul; and all that is within me, bless
His holy name!

Psalm 103:1 NKJV

I want to be... Brave

"I told you these things so that you can have peace in me. In this world you will have trouble. But be brave! I have defeated the world!" John 16:33 ICB

Calm

Peace I leave with you,
My peace I give to you;
not as the world gives do
I give to you. Let not
your heart be troubled,
neither let it be afraid.
John 14:27 NKJV

Cherished

The LORD is my rock and my fortress and my deliverer.

My God, my strength, in whom I will trust; my shield and the horn of my salvation, my stronghold.

Psalm 18:2 NKJV

I want to be... Cleansed

Then I acknowledged my sin to you and did not cover up my iniquity. I said, "I will confess my transgressions to the LORD." And you forgave the guilt of my sin.

Psalm 32:5 NIV

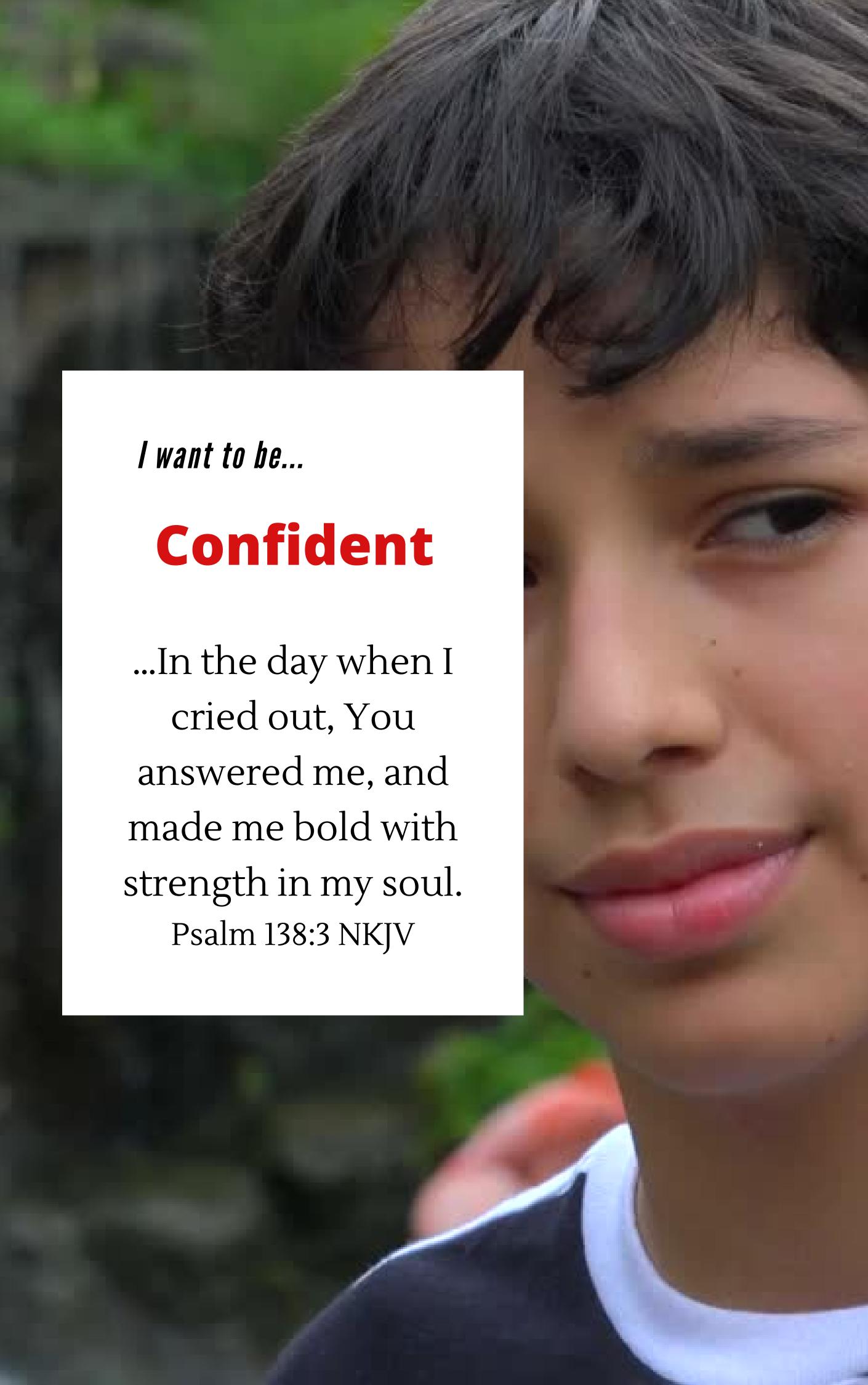
Comforted

My heart rejoices in the LORD;
my horn is exalted in the
LORD. I smile at my enemies,
because I rejoice in
Your salvation.
I Samuel 2:1 NKJV

I want to be... Complete

...And you are complete in Him, who is the Head of all principality and power.

Colossians 2:10 NKJV





Encouraged

The righteous cry out, and the LORD's hand delivers them out of all their troubles.

Psalm 34:17 NKJV

I want to be... Forgiven

He who covers his sins will not prosper but whoever confesses and forsakes them will have mercy.

Proverbs 28:13 NKJV

Free

..."If you abide in My word, you are My disciples indeed. And you shall know the truth, and the truth shall make you free."

John 8:31-32 NKJV

Full

"Until now, you have asked nothing in My Name. Ask, and you will receive, that your joy may be full." John 16:24 NKJV

I want to have... Grace

...for all have sinned and fall short of the Glory of God, being justified freely by His grace through the redemption that is in Christ Jesus...

Romans 3:23-24 NKJV

Helped

The LORD is my strength and my shield. My heart trusted in Him, and I am helped; therefore my heart greatly rejoices, and with my song I will praise Him.

Psalm 28:7 NKJV

I want to be... Hopeful

This hope we have as an anchor of the soul, both sure and steadfast, and which enters the Presence behind the veil... Hebrews 6:19 NKJV

Joyful

Let us keep looking to Jesus.
Our faith comes from Him
and He is the One Who makes
it perfect. He did not give up
when He had to suffer shame
and die on a cross. He knew
of the joy that would be His
later. Now He is sitting at the
right side of God.
Hebrew 12:2 NLV

Justified

...for all have sinned and fall short of the Glory of God, being justified freely by His grace through the redemption that is in Christ Jesus... Romans 3:23-24 NKJV

I want to be... Kind

Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice.
And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.

Ephesians 4:31-32 NKJV

Loved

The LORD will be happy with you.

You will rest in his love.

He will sing and be joyful about you."

Zephaniah 3:17 ICB

I want to have... Mercy

Then I acknowledged my sin to you and did not cover up my iniquity. I said, "I will confess my transgressions to the LORD."

And you forgave the guilt of my sin.

Psalm 32:5 NIV

Passionate

I will run the course of Your commandments, for You shall enlarge my heart. Psalm 119:32 NKJV

Patient

The LORD is good to those who wait for Him, to the soul who seeks Him.

Lamentations 3:25 NKJV

I want to be... Peaceful

You will keep him in perfect peace, whose mind is stayed on You.

Isaiah 26:3 NKJV

Purposeful

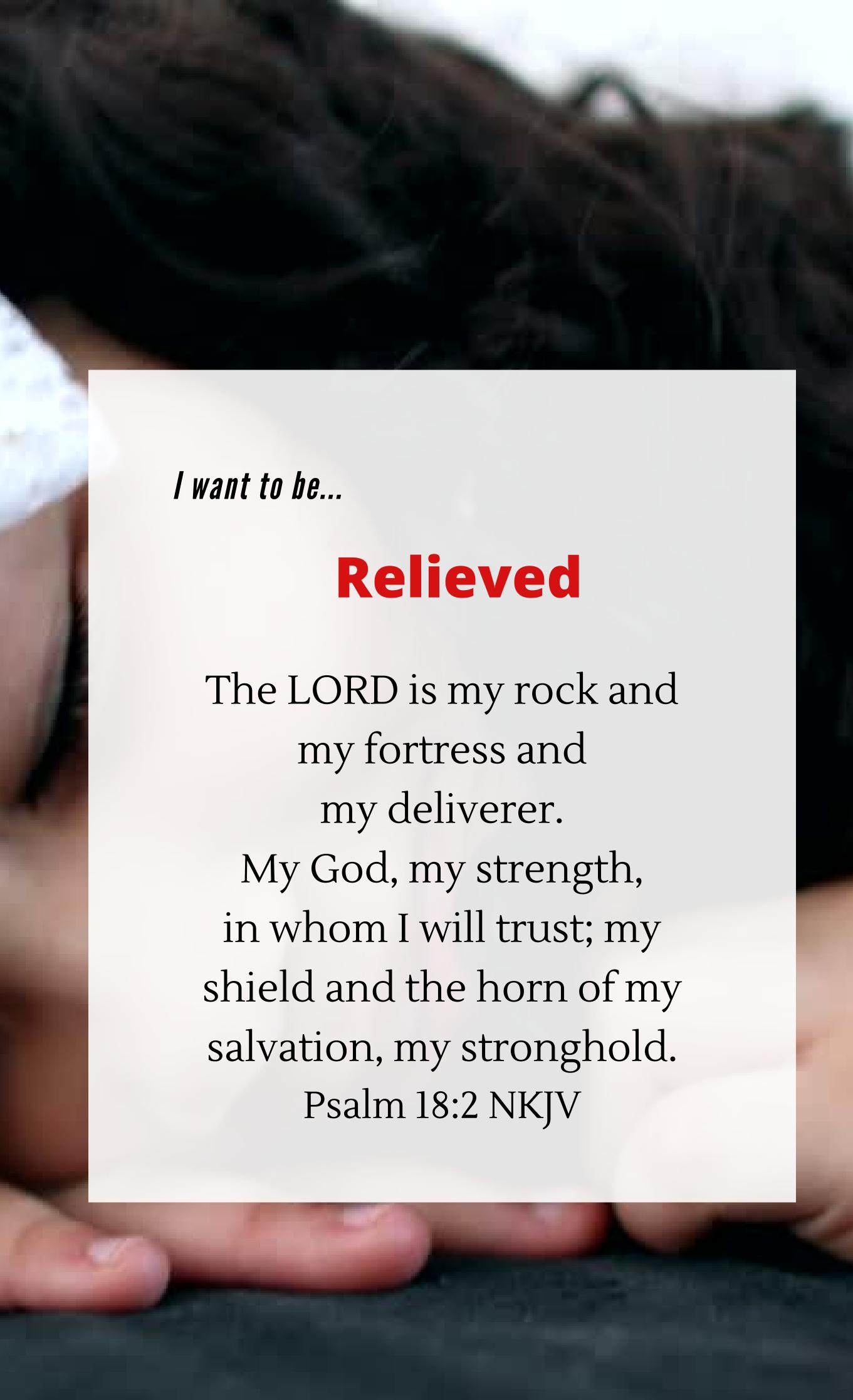
Sow righteousness for yourselves, reap the fruit of unfailing love, and break up your unplowed ground; for it is time to seek the LORD, until he comes and showers his righteousness on you.

Hosea 10:12 NIV

I want to be... Rescued

For God so loved the world, that He gave His only begotten Son, that whosoever believes in Him shall not perish, but have everlasting life.

John 3:16 NKJV



Restored

Create in me a clean heart, O God, and renew a steadfast spirit within me.

Psalm 51:10 NKJV

I want to be...

Safe

Be my rock of safety
where I can always hide.
Give the order to save me,
for you are my rock and
my fortress.

Psalm 71:3 NLT

Strengthened

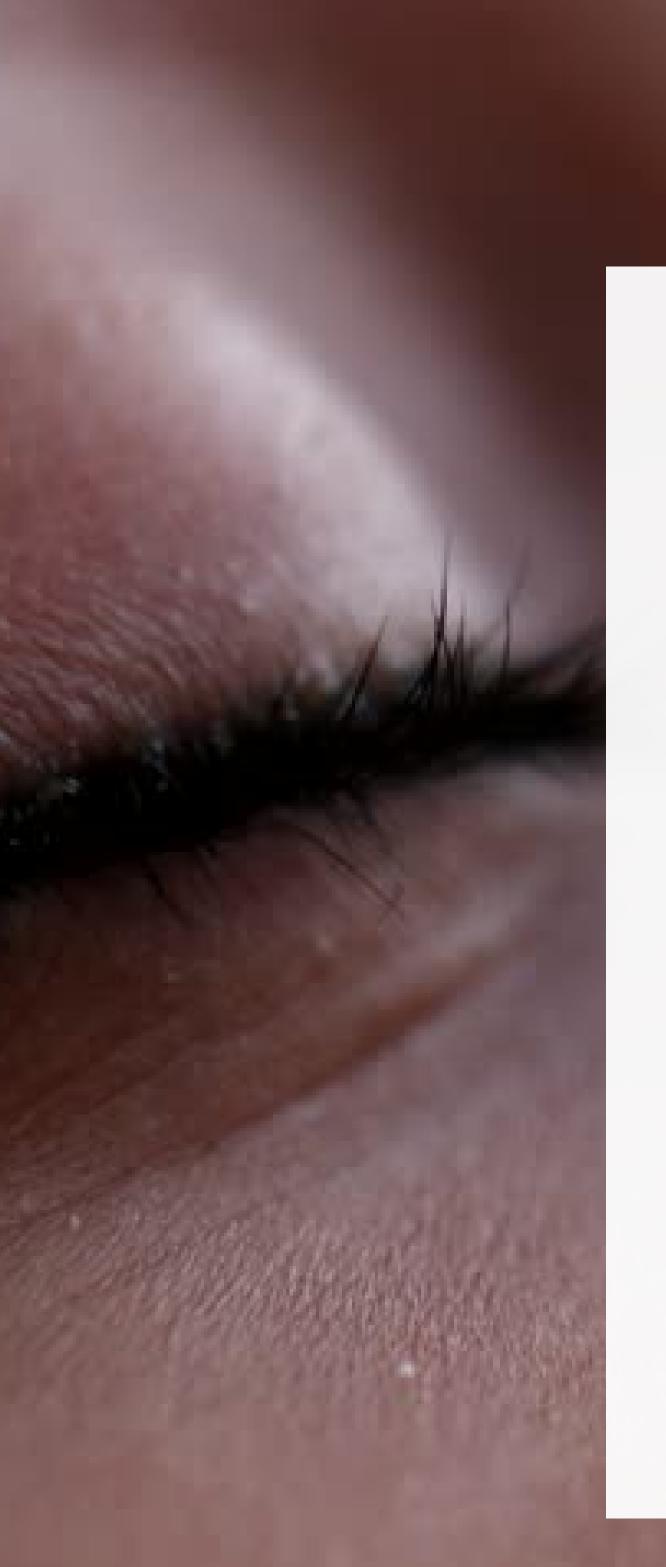
The LORD is my light and my salvation; whom shall I fear? the LORD is the strength of my life, of whom shall I be afraid?

Psalm 27:1 NKJV

I want to be... Successful

For the LORD God is a sun and shield; the LORD will give grace and glory; no good thing will He withhold from those who walk uprightly.

Psalm 84:11 NKJV



Thankful

...give thanks in all circumstances; for this is the will of God in Christ
Jesus for you.
I Thessalonians 5:18
ESV





Trustful

The LORD is my strength and my shield. My heart trusted in Him, and I am helped; therefore my heart greatly rejoices, and with my song I will praise Him.

Psalm 28:7 NKJV

I want to be... Valued

Then you will call upon

Me and go

and pray to Me, and I will

listen to you.

Jeremiah 29:12 NKJV



Write your own

I want to feel:	Good feeling
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Write your own

I want to feel:	Good feeling
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Write your own

I want to feel:	Good feeling
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Write your own

I want to feel:	Good feeling
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Write your o	wn
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I want to feel:	Good feeling
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Write your own

I want to feel:	Good feeling
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Write your own

I want to feel:	Good feeling
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Write any thoughts or feelings and changes you've had here.



Answers

- 1. turn; Truth
- 2. Believe; Love Him; Receive His Love and Word; Praise and Worship Him; Thank Him; Go to Him and tell Him all your needs; Carry out His Truth.
- 3. Sword; overpowers
- 4. Yes. Yes.
- 5. present; future
- 6. God's; all; evil. God's; God's.
- 7. All above
- 8. favor

Your answers to the end