

BELIEFS AND SUPPORT STATEMENTS AND EVIDENCE AND COUNTER ARGUMENTS IF YOUR BELIEF SYSTEM INDICATES SOME FLAWS

1	My emotions represent truth	Your score:
1.1	God is the way, truth, and the life	John 14:6
1.2	God's word is truth, not my emotions	John 17:17
1.3	I need to give my emotions to God	Romans 12:1–2
1.4	I have a sinful nature, and my emotions are capable of leading me astray.	Romans 7:14–20
1.5	I must guard my heart because my heart can determine my path.	Proverbs 4:20–23
1.5	I must put my hope in the Lord and not my own emotions.	Psalms 43:5
1.6	Obedience to Christ will bring me truth	2 Corinthians 10:5
2	My emotional health is controlled by other people	Your score:
2.1	Even when situations aren't going well or people are against me, I can remain strong and respond as God leads me	1 Samuel 30:6
2.2	As I walk faithfully with God, He will take care of me, so I do not need to rely on imperfect people.	Psalms 31:23–24
2.3	When I trust God's goodness and faithfulness, it leads me to rejoice in any circumstance.	Philippians 4:4–7
2.4	God cares about and looks after my emotional well-being.	Psalms 34:18
2.5	God heals my heart when it is broken.	Psalms 147:3
3	God is condemning me	Your score:
3.1	I am not condemned in any way, because I belong to Christ. Because I belong to Jesus, God's Spirit has set me free from the power of my past mistakes.	Romans 8:1–2 –
3.2	Jesus doesn't label me according to the mistakes I've made, but according to who He's created me to be	John 8:10–11
3.3	There is no record of my sin because I am forgiven by God.	Psalms 130:1–4
3.4	Even when I stray from God, He invites me back home with joy, love, and open arms.	Luke 15:17–24
3.5	My sins have been cut away. I am alive in Christ.	Colossians 2:13
3.6	I do not need to look behind me at my sin for God has forgiven me. Instead, I should look on to what Christ is calling me to.	Philippians 3:13–14
3.7	Each day is a fresh start with God.	Lamentations 3:22–23
3.8	My sins have been moved far away from me	Psalms 103:12
3.9	I am made right with God through Jesus's work on the cross.	2 Corinthians 5:18–21
4	My achievements determine my significance	Your score:
4.1	I do not find my significance in my achievements, because I am not defined by worldly standards	Philippians 3:3
4.2	I am to humble myself.	Philippians 2:3–7
4.3	God will lift me up in honour if I am humble.	1 Peter 5:6
4.4	I must die to myself to gain life. I cannot become significant if I am too caught up in my achievements	Matthew 16:24–26
4.5	I am complete in God, not my achievements	Colossians 2:9–10
4.6	My value lies beyond my achievements	Matthew 10:29–31
5	I am responsible for other people's emotional	Your score:

	well-being	
5.1	I am not trying to seek the approval of other people.	Galatians 1:10
5.2	Do your work for the Lord and not other people.	Ephesians 6:5–9
5.3	God knows the hearts of man and decides what is honourable	Luke 16:15
5.4	I am accountable to God	Romans 14:12
5.5	I cannot rescue my brother or sister.	Psalms 49:7
5.6	Each person reaps the fruit of their own ways.	Proverbs 1:31
5.7	God carries our sorrows so we don't have to	Isaiah 53:4
	God's love is conditional	Your score:
6.1	God chose me to be His beloved child before I could ever earn His love or acceptance.	Ephesians 1:4–5
6.2	I know God loves me even when I make mistakes because He died for me while I was a sinner.	Romans 5:7-8
6.3	When I live in God's love for me, I will be able to reveal God's love to others.	John 15:9–10
6.4	God's love toward me will last longer than time itself.	Jeremiah 31:3
6.5	God's love for me will never fail.	Psalms 86:15
6.6	God loves me so much that He sent His only son to die for me so that I could spend eternity with Him in heaven.	John 3:16
6.7	The love of God is wider, deeper, higher, and longer than anything I could imagine.	Ephesians 3:18–19
6.8	The fact that God sent His son to die for me proves how much He loves me.	Romans 5:7–8
6.9	Even when I am in times of trouble, God's love remains steadfast for me.	Romans 8:35
7	I have to live in fear and anxiety	Your score:
7.1	God hasn't dropped me. He is with me. He will give me strength and hold me steady.	Isaiah 41:9–10
7.2	When I seek the Lord, He will deliver me from all my fears.	Psalms 34:4–5
7.3	My life is never in the hands of any person, because God alone watches over me, and He is on my side.	Psalms 118:4–6
7.4	God has not given me a spirit of fear, but of power, love, and a sound mind.	2 Timothy 1:7
7.5	I can be strong and full of courage because God goes before me.	Deuteronomy 31: 6
7.6	I will not worry about tomorrow and always remember God provides for me	Matthew 6:25–34
7.7	Perfect love casts out fear	1 John 4:18
8	The amount of respect I receive from others determines my worth	Your score:
8.1	I esteem others as higher than myself and therefore do not rely on the amount of respect, I receive to determine my value.	Philippians 2:3
8.2	Humility brings wisdom and pride brings shame.	Proverbs 11:2
8.3	Jesus's worth was not determined by the amount of respect He received, for Jesus died a criminal's death.	Philippians 2:5-8
8.4	Even when I am insulted by others, I will remain calm because I know my value in Christ.	Proverbs 12:16
8.5	The King of Kings finds me complete	Colossians 2:10
8.6	I belong to God, and He determines my worth.	Ephesians 1:6
8.7	God made me perfect by the work He did on the cross.	Hebrews 10:14
8.8	Destruction follows pride	Proverbs 16:18

9	God is distant	Your score:
9.1	God is never distant from me. In fact, I can never get away from His presence!	Psalms 139:5–7
9.2	I can rejoice, knowing that any test of faith is for my good and will bring me toward greater opportunities. My purified faith is not only good for this life, but also leads to heavenly, eternal reward.	1 Peter 1:6–7
9.3	No matter how distant God feels, I can rest in His promise that He will never leave me helpless or without support.	Hebrews 13:5
9.4	God personally goes before me.	Deuteronomy 31:8
9.5	The Lord is always with me.	Psalms 16:8
9.6	Even in my hardest trial, God is right behind me.	Isaiah 58:8
9.7	God is living within me.	Romans 8:11
9.8	We are the temple of God, which means that He is always residing within us.	1 Corinthians 3:16–18
9.9	Jesus Christ lives in me.	Colossians 1:27
10	My worth and value are found in hard work	Your score:
10.1	I belong to Christ and He has accepted me.	Ephesians 1:6
10.2	My value and worth are only found in who Christ has made me—not in my performance	2 Corinthians 5:21
10.3	God created me and values me above anything I have accomplished	Psalms 139:13–18
10.4	My confidence is to be in the Lord, not myself.	Philippians 3:3
10.5	I find my value in Christ because He has made me new in Him	Ephesians 2:6
10.6	I belong to Christ and the power of the Holy Spirit has set me free from sin.	Romans 8:1–4
11	I must be heard to know I am of value to others	Your score:
11.1	I am to do nothing out of vain conceit. Instead, I am to consider others more than I consider myself.	Philippians 2:3
11.2	I am not to be wise in my own eyes	Proverbs 3:7
11.3	I am to find my value in Christ.	Ephesians 1:6
12	God is demanding	Your score:
12.1	Therefore, accept each other just as Christ has accepted you so that God will be given glory.	Romans 15:7
12.2	God is not demanding. On the contrary, He takes delight in me and brings me joy and peace.	Zephaniah 3:17
12.3	Love is not demanding, and love emanates from God.	1 Corinthians 13:5
12.4	Jesus patiently carries the weight of my sorrows.	Isaiah 53:4–5
12.5	The Lord is forgiving	Colossians 3:13
13	I can't help being depressed if my circumstances don't improve	Your score:
13.1	Because God is with me, His promises and my future are never beyond hope.	Romans 4:18
13.2	The Bible is full of examples of people whose situations looked hopeless, yet God still raised them up to do world-changing acts, and He can do the same with me.	Hebrews 11
13.3	I can endure any trial with joy because I have hope that God is faithful.	Hebrews 12:2
13.4	God is so good that He will even cause my trials to strengthen my hope.	Romans 5:3–5
13.5	Each trial is a test of my faith and I can find joy in the refining being done in my heart.	James 1:2–8
13.6	If I put my hope in the Lord, I will be strong and full of courage.	Psalms 31:24

13.7	God will take the ashes of my trials and exchange them for something beautiful.	Isaiah 61:3
14	My spouse or somebody significant other should complete me	Your score:
14.1	I am complete in God	Colossians 2:10
14.2	The Lord is my provider. In every season, I have all that I need	Psalms 23:1
14.3	If I am single, I am complete (one person with one flesh). I am not half of a person looking for another half. When I am married, I am also complete (two people become one flesh). Therefore, I am a complete person regardless of whether or not I am married.	Mark 10:8
14.4	A person is complete whether or not they are married. However, there are many advantages of companionship.	Ecclesiastes 4:7–12
15	God is never satisfied with what I do	Your score:
15.1	My God is filled with unconditional love for me.	Exodus 34:6
15.2	God is rich in kindness and grace toward me.	Ephesians 1:7
15.3	God wants me to enter into His rest and not be constantly worried about how well I am doing. God understands my weaknesses and gives me grace to do His will.	Hebrews 4:10–16
15.4	Because I am in Christ, God sees me the way He sees Jesus. Therefore, I am well pleasing to God.	Matthew 3:17
16	Any good thing must be earned	Your score:
16.1	God loves and delights in me. He declared His pleasure over Jesus before He did miracles to earn it, and He is pleased with me, too.	Matthew 3:16–17
16.2	I am established in love because God freely gives it to me. There is nothing I could do to earn God's love and salvation.	Ephesians 2:8–10
16.3	God will care and provide for me, because He values me above any other created thing on the earth.	Matthew 6:25–33
16.4	If I, as an earthly being, know how to give good gifts, how much better are the gifts that God can give me?	Luke 11:11–13
16.5	I do not need to put my trust in my earnings, but in God who gives me everything I need.	1 Timothy 6:17
16.6	He has freely given me all things to enjoy.	1 Corinthians 4:7
16.7	God's grace is a free and undeserved gift.	Romans 11:6
16.8	I am justified freely by His grace	Romans 3:24
16.9	God gave me His spirit so I could see the amazing gifts God has freely given me.	1 Corinthians 2:12
16.10	I can give freely because I have received freely.	Matthew 10:8
17	My peace is dependent upon the people around me	Your score:
17.1	God has given me a gift that people around me cannot give. He has given me the gift of peace.	John 14:27
17.2	I have entered into God's rest	Hebrews 4:10
17.3	I will live in peace and prosperity	Psalms 37:11
17.4	The Lord is my hiding place	Psalms 32:7
17.5	God is my protector and my comforter	Psalms 3:1–8
18	God is taking all the fun out of life	Your score:
18.1	With God comes the fullness of life. He brings joy and His unfailing love to my heart.	Lamentations 3:22–23
18.2	I will have a rich and satisfying life in Christ.	John 10:10
18.3	My life is filled with the good things that come from God	Psalms 103:5
18.4	God delights in me and brings me joy	Zephaniah 3:17

18.5	There's great joy in the life God has for me	Psalms 16:11
18.6	Christ has brought me freedom	Galatians 5:1
18.7	When I am in the presence of God, I am in a place of safety.	2 Samuel 22:20
19	My appearance determines my worth	Your score:
19.1	I can trust God with any and every issue that pertains to my body—health, clothes, and appearance.	Matthew 6:28–30
19.2	The voice I need to listen to in my life is God's voice, not the voice of culture, magazines, or images.	Isaiah 44:9
119.3	God has made me a new creation, so I no longer primarily concern myself with my physical body, but with my spirit.	2 Corinthians 5:16–17
19.4	God says I am fearfully and wonderfully made, so I can have confidence in my body no matter how well it conforms to the world's standard of beauty.	Psalms 139:3–15
19.5	I am God's masterpiece, a new creation	Ephesians 2:10
19.6	God chose me, called me, gave me right standing with Him, and gave me His glory.	Romans 8:30
20	Other people are responsible for meeting my needs	Your score:
20.1	God will supply all of my needs	Philippians 4:19
20.2	If I seek God above all else, He will give me everything I need.	Matthew 6:25–33
20.3	God will give me my desires, if I delight in Him	Psalms 37:4
20.4	God is my helper.	Psalms 40:17
20.5	I have all that I need because God is my shepherd	Psalms 23:1
20.6	God will not let me go hungry.	Proverbs 10:3
21	God is controlling	Your score:
21.1	God is full of grace and love. He wants to help us in our weakness.	Hebrews 4:15–16
21.2	Just as the prodigal son's father didn't force his son to stay at home, God is not controlling. God gives me freedom to fail.	Luke 15:11–16
21.3	Christ has set me free from the sin nature that once controlled me. I can now allow the Holy Spirit to guide my life.	Galatians 5:1,16
22	I am not a joyful person	Your score:
22.1	Joy isn't a by-product of my circumstances. Rather, it's a source of strength that helps me thrive in my circumstances	Nehemiah 8:10
22.2	I can choose joy and as a result of my choice, I will experience joy.	Philippians 4:4
22.3	God has put me in charge of my thoughts, and I am able to determine what fills my mind.	Philippians 4:8
22.4	The closer I come to God, the more joy I will experience.	Psalms 16:11
22.5	I can have joy in hardships because they are an opportunity for growth.	James 1:2
22.6	I will rejoice because today is a day the Lord has made.	Psalms 118:24
22.7	– Joy is a by-product of the Holy Spirit living in me	Galatians 5:22
22.8	I will be crowned with everlasting joy	Isaiah 35:10
22.9	I will sing joyful praises because the Holy Spirit is with me	Isaiah 12:6
23	I must be treated fairly in order to know I am respected	Your score:
23.1	It is okay to suffer for doing good	1 Peter 3:17
23.2	God will protect me when I am treated unfairly.	Isaiah 54:17
23.3	God calls me to love the people who treat me unfairly	Matthew 5:41–48
23.4	God is just. Those who do wrong will be recompensed for their wrongdoing.	Colossians 3:25

23.5	I will look at others as better than myself and take on the loving attitude of Jesus Christ	Philippians 2:1–11
24	God is against me	Your score:
24.1	God is with me and for me even as He was with the patriarchs in Scripture.	Romans 8:31–32
24.2	When I humble myself, acknowledging my need for God even as He empowers my decisions, He gives me grace, empowerment, and favour.	1 Peter 5:5
24.3	God doesn't micromanage my decisions, but promises to support me as I step out in confidence.	Genesis 39:23
24.4	God is not against me. He is on my side	Psalms 56:9–11
24.5	I do not have to be discouraged because God will lift me up with strength and victory.	Isaiah 41:10
24.6	When I am going through the flames, I will not be burned because God will protect me and keep me safe	Isaiah 43:2
24.7	I will not be afraid when calamity comes because God is my refuge.	Psalms 46:1–3
24.8	God has made me victorious in Him	Psalms 118:14–16
25	I don't have enough strength	Your score:
25.1	I can have confidence even when I'm weak, because God is with me and He has all the strength I need.	Joshua 1:1–9
25.2	God is near me when I am weak, and He works in me to show Himself strong.	Isaiah 40:29
25.3	I am not intimidated by my weaknesses, because God's power makes me strong.	2 Corinthians 12:9–10
25.4	As I rely on God, He will lead me to victory, even in the areas of my greatest weakness.	1 Corinthians 1:26–27
26	I need to punish people who have done me wrong	Your score:
26.1	I do not need to take revenge on those who have done me wrong because the Lord is my defender.	Romans 12:19
26.2	God will avenge me.	Hebrews 10:30–31
26.3	I must release others from what they owe or the wrong they do me in the same way that God so graciously forgives me of my sins.	Matthew 18:23–35
26.4	I have the ability to love my enemies and pray for those who have done me wrong.	Matthew 5:44
26.5	One of the greatest acts I can do is to overlook an offense.	Proverbs 19:11
27	God doesn't love me	Your score:
27.1	I will not be forgotten by my God.	Jeremiah 31:8
27.2	God is full of unfailing love and mercy for me	Psalms 86:15
27.3	God loves me so much that He sent His only son to die so that I could find life	John 3:16
27.4	I am a dearly loved child of God	Luke 3:22
27.4	It is hard to imagine how great my God's love for me is.	Ephesians 3:18
27.4	The love of God is exemplified in His son, Jesus Christ, and how He died for me on the cross	Romans 5:8
27.5	There is absolutely nothing that can separate me from God's love.	Romans 8:35
28	What I do determines my value	Your score:
28.1	I know my soul is more valuable than the entire planet.	Matthew 16:26
28.2	I would never be able to pay the value of my life, yet God considered me of such high worth that He paid His own life for mine.	John 3:16
28.3	God loves me as much as the Father loves Jesus.	John 17:23

28.4	God declared my value to Him by choosing me before I was born	Ephesians 1: 5
29	My security comes from my loved one protecting and providing for me	Your score:
29.1	God protects those who are loyal to Him.	Psalms 31:23
29.2	God protects those who love Him	Psalms 145:20
29.3	God rescues me from the wicked	Psalms 97:10
29.4	I am faithful to the Lord and therefore He guards my path	Proverbs 2:8
30	I do not measure up to God's standards	Your score:
30.1	God sees me as faultless because He has adopted me as His own.	Ephesians 1:3–6
30.2	God knew me before I was born, and I am His beloved child. When He thinks about me, His thoughts are precious	Psalms 139:13–18
30.3	God has accepted me.	Romans 15:7
30.4	God will not reject me when I come to him.	John 6:37
30.5	I am holy and blameless when I stand before God.	Colossians 1:21–22
30.6	I am a new person in Christ.	2 Corinthians 5:17
30.7	I am God's very own	1 Peter 2:9
31	I must control my circumstances to be secure	Your score:
31.1	I love God and am called by Him. I don't need to try to control my circumstances because God is working together all things in my life	Romans 8:28
31.2	God supplies all my needs. I am secure in Him	Philippians 4:19
31.3	I don't have to control my circumstances because the Lord is looking after everything that concerns me	Psalms 138:8
31.4	I have no need to control my circumstances because God is my shield and He protect my path	Proverbs 2:7–8
31.5	My plans will be successful when I submit them to the Lord.	Proverbs 16:3
31.6	I do not need to depend on myself to become secure. If I trust God with my circumstances, He will show me the right path to take.	Proverbs 3:5–6
32	Satisfaction and fulfilment come from my spouse (Loved ones)	Your score:
32.1	God will fulfil my needs	Philippians 4:19
32.3	The Lord will satisfy my soul and give me strength.	Isaiah 58:11
32.4	He will fill me with His Spirit	Ephesians 5:17–18
32.5	God brings me fulfilment from His love.	Ephesians 3:19
33	The Lord has never cared enough about me to answer my prayers	Your score:
33.1	God's Word says that if I seek God, He will hear my prayers and answer them.	John 15:7
33.2	If I ask and don't receive in God's timing, I have asked out of the wrong motive.	James 4:2–3
33.3	God not only hears my prayers, but He answers them when I walk in obedience	1 John 3:22
33.4	I am confident the Lord hears my prayers.	1 John 5:14
33.5	When I call on God, He hears me and responds.	Psalms 91:15
33.6	I can call out to God in my troubles, and He will calm my storms.	Psalms 107:28–30
33.7	I persistently seek God and He answers my prayers because God loves me so much more than any person can.	Matthew 7:7–11
33.8	If I pray in faith, my prayers will be answered	Matthew 21:18–22
34	I must perform perfectly in order to be worthy	Your score:

	of acceptance	
34.1	I am made perfect in Christ because of His life and death	Hebrews 10:14–18
34.2	I am made right in Christ.	2 Corinthians 5:21
34.3	I am holy in God’s eyes because He has set me apart.	Ephesians 1:3-7
34.4	When I make a mistake, I can receive God’s forgiveness and His grace to learn and grow.	Proverbs 24:16
34.5	God sees me as righteous and a part of His family because Jesus died on the cross.	Isaiah 53:6–11
34.6	God doesn’t reject me when I fall short.	Isaiah 54:9–10
35	I must have everyone’s approval to feel good about myself	Your score:
35.1	The most important person to have approval from is God, not man.	Galatians 1:10
35.2	I am setting a trap for myself if I am concerned about other people’s approval	Proverbs 29:25
35.3	As I seek to please the Lord, even my enemies will be at peace with me.	Proverbs 16:7
35.4	I am to revere God and not fear man	Isaiah 51:7
36	If the Lord wanted good things for me, He wouldn’t have allowed so much loss and pain	Your score:
36.1	Trials and hard times will come, especially to followers of Christ, but Christ has overcome these things on my behalf.	1 Peter 1:6
36.2	I do not have to be afraid if bad things happen to me.	1 Peter 4:12
36.3	I will go through trials, but I can be encouraged because Christ has overcome the world.	John 16:33
36.4	God has plans for my good, and desires to bring me hope and a future.	Jeremiah 29:11
36.5	After I experience a trial, I will trust in God that He will establish, strengthen, and perfect me.	1 Peter 5:10
36.6	Trials are an opportunity to grow in faith.	James 1:2–8
36.7	I can find joy in my trials because I know I am growing in character and strength.	Romans 5:1–5
37	I must stay emotionally guarded to be secure	Your score:
37.1	The Lord is my safety. I can be secure in Him	Psalms 4:8
37.2	God is my refuge and my rock. I do not have to be emotionally guarded in His presence.	Psalms 18:1–3
37.3	The Lord is my sanctuary. I am safe within His arms	Psalms 27:1–6
37.4	God is my hiding place	Psalms 32:7–11
37.5	The Lord is my security.	Proverbs 3:23–26
37.6	I will not be troubled by fear because God’s peace will guard my heart and mind.	Proverbs 1:33
38	If I punish others, they will love me and give me what I need	Your score:
38.1	I am to be selfless and think of others as better than myself. I do not use people, but look after their interests.	Philippians 2:3–4
38.2	I will love everyone, even those who do not give me what I need.	Matthew 5:46
38.3	I will reap what I sow. If I spend my time punishing others I will suffer, but if I live to please the Lord, I will have everlasting life.	Galatians 6:7–8

38.4	If I live my own way, I will not prosper. I must lay down my ways and live according to what God has called me to.	Proverbs 1:31
39	God's healing is not for me, although it works for other people	Your score:
39.1	If I draw close to God and listen to His voice, He will protect me from diseases. He is the Lord who heals.	Exodus 15:26
39.2	I do not have to worry about getting sick because God is always right beside me. My body can rest in His presence.	Psalms 16:8–9
39.3	My body can be as healthy as my spirit	3 John 1:2
39.4	Jesus is my healer	Matthew 12:15
39.5	I will never forget the beautiful things the Lord does for me. He not only forgives me of my sins, but He heals me of my diseases	Psalms 103:2–4
39.6	God is willing to heal me.	Numbers 21:8–9
40	I have to be strong and independent to survive	Your score:
40.1	My weaknesses are an opportunity for God to show His strength.	2 Corinthians 12:9–10
40.2	Apart from God, I will not thrive.	John 15:5
40.3	I can submit to God and trust Him completely.	Proverbs 3:5
40.4	I do not have to depend on myself because God will give me strength when I become weary	Isaiah 40:30–31
40.5	Christ is my strength.	Philippians 4:13
41	If the Lord cared about me, He would give me a person to fill my loneliness	Your score:
41.1	I will remain lonely unless I die to my own way of trying to make things work for me.	John 12:24
41.2	When I die to myself, I will find myself in Christ	Colossians 3:3
41.3	God wants to fill my loneliness with His presence and love.	Ephesians 5:17–18
42	I can't show I need help because it makes me look weak	Your score:
42.1	I can be humble and give my worries and cares to God	1 Peter 5:5–7
42.2	I can walk in integrity and honesty and God will give me wisdom.	Proverbs 2:5–8
42.3	It is not by my own strength that my help comes, but by God's strength.	Zechariah 4:6
42.4	I will trust in God and He will not fail me.	Psalms 22:4–5, 19–24
42.5	God is my strength, and He will be my helper.	Psalms 22:19
43	I must try hard to enter into God's presence	Your score:
43.1	I can enter into God's presence because of what Jesus did on the cross for me.	Hebrews 10:14–22
43.2	I must sincerely seek God through faith and then I will enter into His presence.	Hebrews 11:6
43.3	When I come close to God, He comes close to me.	James 4:8
43.4	God wants to have conversations with me	Psalms 27:8
43.5	I am a holy priest, positioned for God's presence.	1 Peter 2:1–9
43.6	When Jesus was sacrificed on the cross, the veil tore, opening the door between us and God's presence. Because of what Christ did on the cross, I can now enter the presence of God.	Matthew 27:51
44	I must control my interactions and circumstances	Your score:
44.1	God will work all things together for good.	Romans 8:28

44.2	I can make plans, but God ultimately determines my steps.	Proverbs 16:9
44.3	God is faithful to make things come together in my life	1 Thessalonians 5:24
44.4	God works His will in the army of heaven and among the inhabitants of the earth.	Daniel 4:35
44.5	The Lord will work out His plans in my life.	Psalms 138:8
44.6	I am to trust in the Lord with all my heart. In all my ways I acknowledge that He is watching over me.	Proverbs 3:5–6
45	I cannot trust God	Your score:
45.1	I can trust God because He protects those who are faithful to Him.	Proverbs 2:7–8
45.2	I can trust God because He causes everything to work together for good.	Romans 8:22–28
45.3	God will work out His plans for my life.	Psalms 138:8
45.4	I do not put my trust in people, but in Christ.	Philippians 3:3
45.5	I stopped trusting myself and started trusting God, because He is the One who raises the dead.	2 Corinthians 1:9
45.6	God is my strength and my rock. I can trust Him.	Psalms 18:1–3
46	I am guaranteed worth and security only when I am the best	Your score:
46.1	I am not to put my confidence in what I do but in what Christ has done.	Philippians 3:3
46.2	God cares for all living things. He is my security and He look after me.	Luke 12:22–28
46.3	The least shall be the greatest.	Luke 9:48
46.4	God is my worth and security. He is my shield and my fortress	Proverbs 2:7
46.5	I can find security and safety in the Lord.	Jeremiah 16:19
47	My peace is dependent upon me being treated fairly	Your score:
47.1	Peace is from the Holy Spirit, not from my circumstances	Galatians 5:22
47.2	God has given me the gift of peace	John 14:27
47.3	I will live in peace and prosperity	Psalms 37:11
47.4	Because I trust in God, He will give me perfect peace. The Lord is my rock.	Isaiah 26:3–5
47.5	I do not need to worry about anything. If I pray and give my cares to God, He will give me peace that exceeds my understanding	Philippians 4:5–7
48	I must prove I am right to verify my worth	Your score:
48.1	God has made me accepted in Him.	Ephesians 1:6
48.2	God knitted me together in my mother's womb and He thinks sweet thoughts about me.	Psalms 139:13–18
48.3	I belong to Christ and He has made me new.	2 Corinthians 5:17
48.4	I am chosen. I am God's very own possession.	1 Peter 2:9
48.5	God has made me holy	1 Corinthians 1:2
49	I must explain, justify, and defend myself	Your score:
49.1	Christ has made me right in Him.	Romans 5:1
49.2	I do not need to defend myself because I have died to this life and am now new in Christ.	Colossians 3:3
49.3	Christ is my defender and my justifier	Isaiah 54:17
49.4	Christ is my protector	Psalms 91:11
49.5	I believe in Christ; therefore, He has made me right in His eyes.	Acts 13:39
49.6	God will make my enemies be at peace with me when my actions please Him.	Proverbs 16:7

50	I am destined to live under the burden of guilt if I have failed or sinned	Your score:
50.1	I believe in God, so He does not condemn me	John 3:18
50.2	There is no condemnation because I belong to Christ.	Romans 8:1
50.3	Jesus was the perfect sacrifice for my sins. He has made me clean.	Hebrews 9:9–14
50.4	Christ washed me clean of my sins and made me alive	Colossians 2:13
50.5	I am no longer a slave to sin	Galatians 5: 1
50.6	I can forget my past and move on toward what lies ahead of me.	Philippians 3:13
51	What I do for a living is who I am.	Your score:
51.1	I am not what I do. Whatever I do, I do it unto the Lord. The Lord is my inheritance, not my job title.	Colossians 3:23–24
51.2	God has amazing plans for me to prosper and to give me hope and a future.	Jeremiah 29:11
51.3	I live for Christ and Christ alone	Galatians 2:20
51.4	I am a new creation in Christ	2 Corinthians 5:17
51.5	I might make plans for my life, but the Lord directs my steps	Proverbs 16:9
51.6	I live in triumph because of Jesus Christ.	Romans 5:17
52	I must live in shame due to the abuse in my past	Your score:
52.1	God is my salvation, and He will heal the wounds of my heart.	Isaiah 58:8
52.2	God will take the ashes from my life and make something new and beautiful from them.	Isaiah 61:1–7
52.3	I will no longer live in shame because God is my redeemer.	Isaiah 54:4–8
54.4	I belong to Christ and am alive in His Spirit, so condemnation has no place in my life.	Romans 8:1
54.5	Christ has set me free.	Galatians 5:1
53	My security is based on maintaining structure in my life	Your score:
53.1	Even when everything around me is falling apart, I can remain confident because the Lord is my security	Psalms 27:1–3
53.2	God has given me a new life in Him, and I can be secure in Him.	Colossians 2:10–13
53.3	God will restore what has been lost in my life and put me on a secure foundation.	1 Peter 5:10
53.4	God is my shield and my protector. I am secure in His love for me.	Psalms 18:1–3
53.5	The secret to being secure and content in any situation is knowing that I can do all things through Christ who strengthens me	Philippians 4:11–13
54	I am inadequate	Your score:
54.1	God has qualified and equipped me for His ministry and call on my life.	2 Corinthians 3:5–6
54.2	I am complete in Christ	Colossians 2:10
54.3	Christ enables me to do anything through His strength.	Philippians 4:13
54.5	God will equip me to carry out His will.	Hebrews 13:21
54.5	God has grace for me in my weaknesses.	John 1:16
54.5	God is working in me	Philippians 2:13
54.5	God's grace covers me and allows me to live in triumph	Romans 5:17
55	I can't help being anxious when the future is uncertain	Your score:

55.1	God cares about my future, so I can give my anxious thoughts to Him.	1 Peter 5:6–7
55.2	Instead of being anxious about my future, I will pray and give God thanks for all He has already done in my life.	Philippians 4:5–6
55.3	The Lord is always with me, so I do not have to be afraid	Psalms 16:8–11
55.4	Even though I do not know what lies ahead, I do not have to be afraid because God is right beside me.	Psalms 23:4
55.5	God is my shield and He gives me confidence.	Psalms 3:3
55.6	I will praise God every day.	Psalms 145:2
56	I don't have the ability to love	Your score:
56.1	As God shows me His love, I have the ability to in turn show love to others. I can love others because God first loved me.	1 John 4:10–21
56.2	God's commands are not burdensome. If God commands me to love others, it means He has given me the ability to do so	1 John 5:3
56.3	Love is a fruit that the Holy Spirit is producing in me	Galatians 5:22
56.4	The new commandment that Jesus left me was to love others just as He has loved me. As I grow in understanding God's love for me, I'll be able to love others better.	John 13:34
57	I am not blessed if God doesn't give me the things I want according to my reason and timing	Your score:
57.1	God knows best for His thoughts are higher than mine	Isaiah 55:9
57.2	God calls everything to work together for His good.	Romans 8:28
57.3	I will trust in God and not depend on my own understanding.	Proverbs 3:5
57.4	God has plans for my good, to give me a hope and a future	Jeremiah 29:11
58	It is an inevitable struggle to put away the flesh	Your score:
58.1	When I abide in Christ, I have great joy.	John 15:10–11
58.2	When I cease my own works, I find rest in peace in God.	Hebrews 4:10–11
58.3	As I abide and focus on the Spirit, I won't fulfil the desires of my flesh.	Galatians 5:1–16
58.4	I can choose whether I live under the power of sin or the freedom of grace.	Romans 6–8:
59	My childhood issues must be dealt with before I can be okay	Your score:
59.1	God is my comforter. I can bring everything that happened to me to God, and He will give me beauty for ashes. Instead of shame, I will have double honour.	Isaiah 61:1–7
59.2	I am commanded to forget the past and embrace the new thing God is doing in my life.	Isaiah 43:18–19
59.3	I have been crucified in Christ. It is no longer I who lives but Christ in me.	Galatians 2:20
59.4	My old life is gone, and I can let go of it. I now have a completely new life in Christ.	2 Corinthians 5:17
59.5	I can let go of the past and press forward to what is ahead	Philippians 3:13
60	Love must be earned	Your score:
60.1	God died for me before I had repented or even believed in Him. He died for me because He loved me. I didn't earn this love.	Romans 5:8
60.2	I am loved with an everlasting love. God's love draws me to Him.	Jeremiah 31:3
60.3	I can love others freely, just as God loves me	John 13:34
60.4	God's love fills the earth. I can receive it freely and give it to others freely.	Psalms 119:64
60.5	There is no greater love than sacrifice.	John 15:13

60.6	All of my needs—including the need to be loved—are met in Christ.	Philippians 4:19
61	I should not have adversity in my life	Your score:
61.1	Adversity and trials help me to become mature and complete, lacking nothing.	James 1:2–4
61.2	As a Christian, I will experience many trials, but God delivers me from all of them.	Psalms 34:19
61.3	Part of my calling is to suffer even as Christ suffered.	1 Peter 2:20–25
61.4	Even when I have adversity in my life, God works it together for my good.	Romans 8:28
61.5	In the midst of adversity, I can stay in perfect peace as I lock my gaze on God.	Isaiah 26:3–4
62	I am a victim	Your score:
62.1	God came to restore and heal my soul. I have been freed from captivity to what was done to me in the past.	Luke 4:18
62.2	I don't have to be a victim. I can choose to go the extra mile for those who have done me wrong.	Matthew 5:38–48
62.3	Jesus never did anything wrong, yet he was still put to death. If anyone could have felt like a victim, it was Jesus. Yet He forgave perfectly and has empowered me to forgive as He did and does	Luke 23:34
62.4	Even if the people closest to me abandon me, I am not a victim because the Lord holds me close to Him.	Psalms 27:10
62.5	I don't have to be stuck by what happened in the past. I choose to forgive and move forward with all God has for me	Philippians 3:13
63	Things must go my way for me to be satisfied	Your score:
63.1	If I am looking for circumstances or things to satisfy me, I will never be satisfied. Only God can satisfy me	John 4:13–14
63.2	I reject selfishness and my own way to seek God's wisdom and His best for my life.	James 3:13–16
63.4	I know that God is the one who is working all things together for my good because I love Him and am called according to His purposes.	Romans 8:28
63.5	The Lord watches over my path, so I don't have to try and get my own way.	Proverbs 1:6
64	It is ungodly to be rich	Your score:
64.1	A good man saves his money to leave an inheritance for his posterity.	Proverbs 13:22
64.2	The desire to be rich can cause me to fall into temptation and become the root of many evils. The love of money is the root of evil. Money is merely a tool.	1 Timothy 6:9–10
64.3	Give God your riches and He will bless you	Matthew 26:6–13
64.4	It is okay to enjoy the wealth and blessings God has given me in this life.	Ecclesiastes 5:18–20
65	Worry and anxiety are a normal part of my life	Your score:
65.1	I do not have to be anxious because God has given me the gift of having peace of mind.	John 14:26–27
65.2	I do not have to be anxious about where my food will come from or what I will wear because even the birds are provided for.	Matthew 6:25–34
65.3	I can trust in God with my anxieties and He will show me the best path to take	Proverbs 3:5–6
65.4	Instead of being anxious, I will pray to God about everything I am experiencing, and He will give me His peace	Philippians 4:6–7

65.6	I will go to God when I am weary and exhausted from my anxieties, and He will give me rest.	Matthew 11:28–30
65.6	I am called to live in peace	Colossians 3:15
66	If I haven't figured out my calling by now, I probably never will	Your score:
66.1	I was made for a specific purpose	Jeremiah 1:5
66.2	God has a will for me and it is good, pleasing, and perfect.	Romans 12:2
66.3	Part of my calling is to fulfil the Great Commission.	Mark 16:15
66.4	If I seek God, He will provide me with what I need.	Matthew 6:33
66.5	I am chosen by God to spread His goodness	1 Peter 2:9
66.6	God has gifted me, and I will use those gifts to bring Him glory	1 Peter 4:10–11
66.7	God will never take the calling He has given me away	Romans 11:29
66.8	God has called me, and I will live my life accordingly	Ephesians 4:1
67	It's hard to live by grace	Your score:
67.1	God has given me the gift of grace that will allow me to triumph over sin.	Romans 5:17
67.2	I can confidently and joyfully look forward to seeing God's glory because of the grace He has given to me.	Romans 5:2
67.3	God has graciously blessed me	John 1:16
67.4	My faith and hope are in God.	1 Peter 1:21
67.5	God has filled us with His promises and given us everything we need to live a Godly life.	2 Peter 1:2-6
67.6	As I live in God, my love will grow more perfect	1 John 4:17
68	I only have enough of God's love to barely get by	Your score:
68.1	God loved me so much that He gave His only son to die for my sins.	John 3:16–17
68.2	As long as I remain in God's love, I will be fruitful.	John 15:5–9
68.3	There is absolutely nothing that can separate me from God's love	Romans 8:35–39
68.4	God loves me so much!	Ephesians 2:4
67.5	God showed me how much He loves me through His son, Jesus Christ.	Romans 5: 8
67.6	I can give all of my cares and worries to God.	1 Peter 5:6–7
67.7	God is filled with a love that is patient and unfailing.	Psalms 86:15
67.8	God saved me with His love.	Titus 3:3–6
69	It is impossible for me to enter the kingdom of heaven	Your score:
69.1	I can enter the kingdom of God if I continue in my faith.	Acts 14:22
69.2	I can enter the kingdom of Heaven when I am born again in water and spirit.	John 3:3–5
69.3	Seek the kingdom of heaven through faith.	Mark 5:26–29
69.4	If I give up myself for Christ, I will find the kingdom of heaven.	Matthew 13:44–45
69.5	Through childlike faith and humility, I will inherit the kingdom of heaven.	Matthew 18:3–4
69.6	I must forgive others as my heavenly Father forgives me or I will not see the kingdom of heaven.	Matthew 18:21–35

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