

Rethinking Your Life



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Rethinking Your View of Yourself

1. When I _____, I begin to _____

Don't just confess your sins, confess your faith. Confessing your sins is saying what God says about what you did. Confessing your faith is saying what God says about who you are.

"Confess" ... *Homologeo* – "say the same thing."

"Be made new in the attitude of your minds." (Ephesians 4:23)

"Be made new" ... *Ananeo* – "renovate."

2. Renovation begins with _____

Every day your brain processes between 60,000 to 80,000 thoughts. So, your brain says, "Hey, I can streamline this. Over time, I can figure out patterns. I can create shortcuts. I'll build pathways out of the conclusions you've already come to, the things that you accept as reality."

The Bible says before you can experience lasting change some of those old patterns – those old pathways – are going to need to be broken down. They need to be demolished and discarded.

3. God is not asking me to _____
a promise that _____
He is asking me to _____
a promise that _____

Don't confess your faults, confess your faith. Don't confess your problems, confess God's promises.

My Faith Confessions

1. I am loved.

"How great is the love the Father has lavished upon us!" (1 John 3:1)

2. I am blessed.

"The Lord will richly bless all who call upon Him." (Romans 10:12)

3. I am strong.

"He gives strength to the weary and increases the power of the weak ... I can do everything through Christ who gives me strength!" (Isaiah 40:29, Philippians 4:13)

4. I am smart.

"If you want more wisdom, ask God and He will generously give it." (James 1:5)

5. I am free.

"The Son has set me free. I am free indeed!" (John 8:36)

6. I am forgiven.

*"There is now no condemnation for those who are in Christ Jesus."
(Romans 8:1)*

7. I am guided by God.

"The Lord will guide you always." (Isaiah 58:11)

8. God is with me right now.

*"I am with you always! Never will I leave you; never will I forsake you."
(Matthew 28:20, Hebrews 13:5)*

9. I can trade my worries for His peace.

"Don't worry about anything, but in everything – by prayer and petition, with thanksgiving – present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus." (Philippians 4:6-7)

10. Everything is going to work out better than I can imagine!

"He is able to do immeasurably more than all I ask or imagine, according to His power that is at work within me!" (Ephesians 3:20)