

# Telling ourself the truth about us & loss

## **THE PERFECT GUIDE TO BEING MISERABLE**

Misbeliefs \_\_\_\_\_ true, when repeated often enough we \_\_\_\_\_ are true, but are \_\_\_\_ true.

- |  |      |  |
|--|------|--|
| <input type="checkbox"/> I am dumb.            | -OR- | <input type="checkbox"/> Thank you, Lord, for giving me intelligence.      |
| <input type="checkbox"/> I am unattractive.    | -OR- | <input type="checkbox"/> Thank you, Lord, for making me attractive.        |
| <input type="checkbox"/> People don't like me. | -OR- | <input type="checkbox"/> Thank you, Lord, for making me likable.           |
| <input type="checkbox"/> I have no talent.     | -OR- | <input type="checkbox"/> Thank you, Lord, for the talents you've given me. |
| <input type="checkbox"/> I am miserable.       | -OR- | <input type="checkbox"/> I am content.                                     |
| <input type="checkbox"/> I am lonely.          | -OR- | <input type="checkbox"/> Thank you, Lord, for my friends.                  |
| <input type="checkbox"/> I am poor.            | -OR- | <input type="checkbox"/> Thank you, Lord, for prospering me.               |
| <input type="checkbox"/> I am nervous.         | -OR- | <input type="checkbox"/> Thank you, Lord, for peace.                       |
| <input type="checkbox"/> I am uninteresting.   | -OR- | <input type="checkbox"/> Thank you, Lord, for making me unique.            |
| <input type="checkbox"/> I am no good.         | -OR- | <input type="checkbox"/> Thank you, Lord, for your righteousness in me.    |

## What are you \_\_\_\_\_ yourself against?

Philippians 4:13 (NKJV) *I can do all things through Christ who strengthens me.*

*Philippians 4:11-13 (NLT) Not that I was ever in need, for I have learned how to be content with whatever I have. 12 I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. 13 For I can do everything through Christ, who gives me strength.*

Proverbs 15:4 (NLT) *Gentle words are a tree of life; a deceitful tongue crushes the spirit.*

2 Corinthians 10:5 *We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.*

Psalms 34:13-14 *keep your tongue from evil and your lips from telling lies. 14 Turn from evil and do good; seek peace and pursue it.*

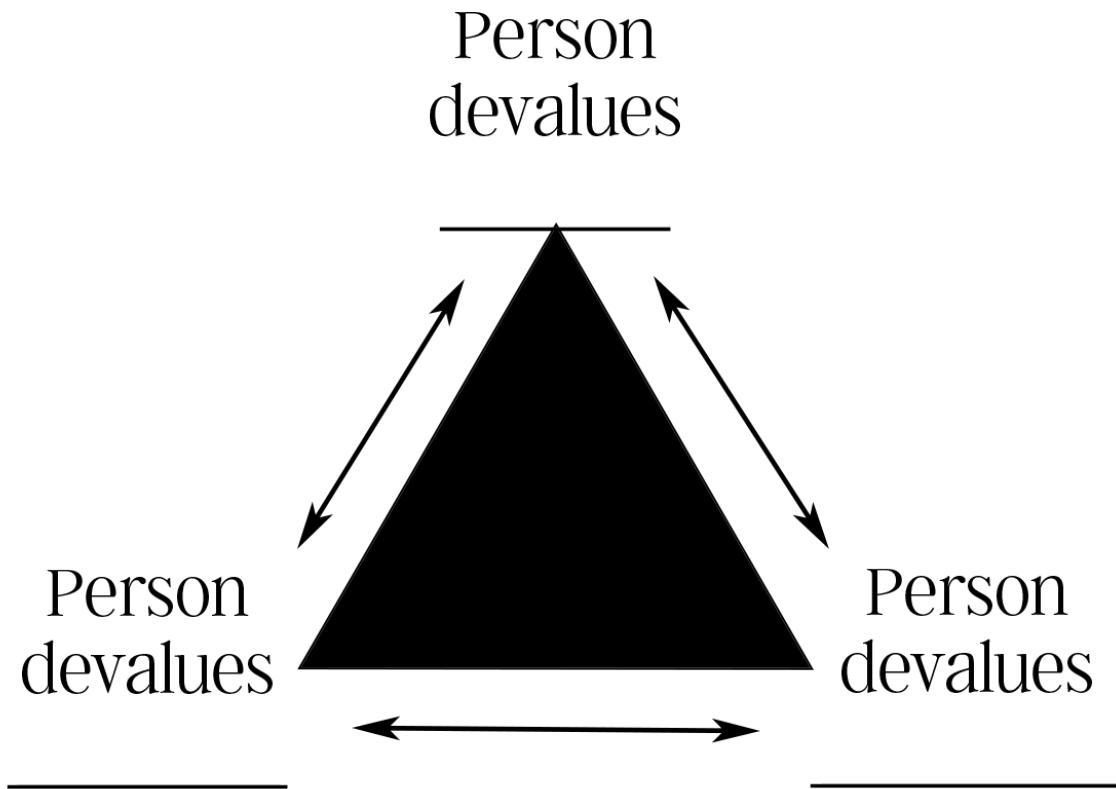
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Psalms 42:5 *Why are you cast down, O my soul? And why are you disquieted within me?*

2 Corinthians 7:6 ...*God comforts those that are cast down...*

Depression *usually* occurs with some \_\_\_\_\_, even if we don't \_\_\_\_\_ what it is.

### Depressive Triad



Two common misbeliefs \_\_\_\_\_ this cycle of depression...

1. God is \_\_\_\_\_ the \_\_\_\_\_ of life.

2. Since I lost X, my world has no \_\_\_\_\_.

1. Listen to the self-talk, then engage in honest and \_\_\_\_\_-telling.

2. Tell the \_\_\_\_\_ truth about the \_\_\_\_\_.

Philippians 4:8 ...*whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.*