

Telling the truth about change

THE PERFECT GUIDE TO BEING MISERABLE

MISBELIEF IS SOMETHING WE TELL OURSELF THAT APPEARS TO BE TRUE
AND WHEN REPEATED OFTEN ENOUGH, WE BELIEVE IT TO BE TRUE.

It's easy to view ourselves as a _____ of circumstance.

Nobody _____ you to feel, think, and behave as you do.

Change the way you _____ about change.

Misbelief vs Truth

We _____ how to think, feel, and act the way we do. We can _____ it.

Acts 16

They had a belief that _____ circumstances, events, other people, even their own feelings and their own pain.

Acts 16:30-31 "Sirs, what must I do to be saved?" 31 They replied, "Believe in the Lord Jesus, and you will be saved."

Never underestimate the _____ of prayer and thanksgiving.

Philippians 4:11-13 I have learned to be content whatever the circumstances. 12 I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. 13 I can do all this through him who gives me strength.

To be content means to understand that your joy, your peace does not lie in your _____.

You possess a precious and wonderful ability called _____.

2 Timothy 1:7 *For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.*

Change your _____.

John 10

John 10:39-40 *Again they tried to seize him, but he escaped their grasp. 40 Then Jesus went back across the Jordan to the place where John had been baptizing in the early days. There he stayed.*

Acts 3:20 *Then times of refreshment will come from the presence of the Lord...*

Psalm 100:4 *Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.*

Titus 3:4-7 *But— When God our Savior revealed his kindness and love, 5 he saved us, not because of the righteous things we had done, but because of his mercy. He washed away our sins, giving us a new birth and new life through the Holy Spirit. 6 He generously poured out the Spirit upon us through Jesus Christ our Savior. 7 Because of his grace he declared us righteous and gave us confidence that we will inherit eternal life.*

Psalm 27:13-14 *I remain confident of this: I will see the goodness of the LORD in the land of the living. 14 Wait for the LORD; be strong and take heart and wait for the LORD.*