

Replacing Lies About God with Truth

Let what God reveals in Scripture shape how you see his character.

Situation / experience	So I believe this about God...	But Scripture says...	Which means God really is...
UNANSWERED PRAYER: I prayed for something important and nothing changed.	"God doesn't care about me."	"Cast all your anxiety on him because he cares for you. " 1 Peter 5:7	God is caring and compassionate.
HABITUAL SIN: I keep falling into the same sin.	"God must be fed up with me."	"The LORD is compassionate and gracious, slow to anger, abounding in love. " Psalm 103:8	God is patient, merciful and gracious.
LOSS OF CONTROL: Life feels chaotic and out of control.	"God isn't really in control."	"Our God is in the heavens; he does whatever pleases him. " Psalm 115:3	God is sovereign and powerful.
PAINFUL EXPERIENCES: Something painful or disappointing has happened.	"Maybe God isn't actually good."	"You are good, and what you do is good. " Psalm 119:68	God is good.
UNANSWERED QUESTIONS: I cannot understand why God has allowed something.	"God doesn't know what he's doing."	"Oh, the depth of the riches of the wisdom and knowledge of God! " Romans 11:33	God is wise.
SPIRITUAL DRYNESS: I feel spiritually dry or distant from God.	"God is distant from me."	"The LORD is near to all who call on him. " Psalm 145:18	God is present and near.
SHAME AND FAILURE: I have failed badly and feel ashamed.	"God is harsh and condemning."	"The LORD, the LORD, the compassionate and gracious God, slow to anger... " Exodus 34:6	God is merciful and gracious.
FEAR OF THE FUTURE: I'm anxious about what might happen next.	"God is unreliable. I need to protect myself."	"Know therefore that the LORD your God is God; he is the faithful God. " Deuteronomy 7:9	God is faithful and trustworthy.
UNMET DESIRES: God hasn't given me something I deeply wanted.	"God is stingy or withholding."	"Every good and perfect gift is from above, coming down from the Father... " James 1:17	God is generous and good.
FEELING FORGOTTEN: I feel overlooked, insignificant or forgotten.	"God doesn't really see me."	"You have searched me, LORD, and you know me. " Psalm 139:1	God is attentive and knowing.
PRESSURE TO PERFORM: I feel like I need to perform well for God to accept me.	"God is a demanding taskmaster."	"God is love. " 1 John 4:8	God is loving.
UNPUNISHED INJUSTICE: I see evil or injustice and nothing seems to happen.	"God must not care about justice."	"He is the Rock, his works are perfect, and all his ways are just... upright and just is he. " Deuteronomy 32:4	God is righteous and just.

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OVERWHELMING DEMANDS: I feel too weak to face everything being asked of me.	"God cannot help me cope."	"God is our refuge and strength , an ever-present help in trouble." Psalm 46:1	God is strong and dependable.
EXHAUSTION: I am worn out and imagine God is tired of helping me too.	"God's strength must have limits."	"He will not grow tired or weary ." Isaiah 40:28	God is tireless and powerful.
CONSTANT CHANGE: Everything familiar in my life is changing.	"God might change towards me too."	"I the LORD do not change ." Malachi 3:6	God is unchanging.
CONFESSING SIN: I am afraid to bring my sin honestly before God.	"God is unwilling to forgive me."	"You, Lord, are forgiving and good , abounding in love to all who call to you." Psalm 86:5	God is forgiving and loving.
GRIEF AND LOSS: My heart is broken and I feel alone in my sadness.	"God is unmoved by my grief."	"The LORD is close to the brokenhearted ." Psalm 34:18	God is tender and near.
SLEEPLESS WORRY: I feel I must stay alert or everything will fall apart.	"God is not paying attention."	"He who watches over Israel will neither slumber nor sleep ." Psalm 121:4	God is watchful and faithful.
NEEDING DIRECTION: I have made mistakes and do not know the way forward.	"God will not guide someone like me."	" Good and upright is the LORD ; therefore he instructs sinners in his ways." Psalm 25:8	God is good and upright.
EXCUSING SIN: Everyone around me treats wrongdoing as harmless.	"God is relaxed about sin."	"Be holy, because I am holy ." 1 Peter 1:16	God is holy.
HIDING MY FEELINGS: I am afraid to tell God how I really feel.	"God is unsafe to approach honestly."	"Pour out your hearts to him, for God is our refuge ." Psalm 62:8	God is trustworthy and a refuge.
FACING TROUBLE: A crisis leaves me feeling exposed and afraid.	"God will offer me no shelter."	"The LORD is good, a refuge in times of trouble ." Nahum 1:7	God is good and protective.
LOW STATUS: I have little money or influence and feel less important.	"God favours important people."	"The great God, mighty and awesome, who shows no partiality ." Deuteronomy 10:17	God is impartial and just.
FEELING EXCLUDED: I see others receive kindness and assume there is none for me.	"God's compassion is only for a select few."	"The LORD is good to all ; he has compassion on all he has made ." Psalm 145:9	God is good and compassionate.