

I say ... but **GOD SAYS!**

Try meditating on just one card per day!

We allow ourselves to believe all kinds of things about ourselves. God wants us to hear what **He says** to us ...

Special thanks to Ruth Rice at Renew Wellbeing for inspiration for these cards (renewwellbeing.org.uk)

Go Figure

I say: I can't figure it out

GOD SAYS: I will direct your steps

... He will make your paths straight

Proverbs 3:5 - 6

Too Tired

I say: I'm too tired

GOD SAYS: I will give you rest

Come to me ... I will give you rest

Matthew 11:28 – 30

My yoke is easy, my burden is light

Impossible

I say: It's impossible

GOD SAYS: All things are possible

What is impossible with man is possible with God

Luke 18:27

Unloved

I say: Nobody loves me

GOD SAYS: I love you

Unforgivable

I say: I can't forgive myself

GOD SAYS: I forgive you

Not Worth It

I say: It's not worth it

GOD SAYS: It will be worth it

... in all things God works for the good of those
who love Him ...

Romans 8:28

Dumb

I say: I'm not smart enough

GOD SAYS: I will give you wisdom

... He has become for us wisdom from God ... 1 Corinthians 1:30

Unable

I say: I'm not able

GOD SAYS: I am able

And God is able to bless you abundantly ...

2 Corinthians 9:8

End of the road

I say: I can't go on

GOD SAYS: My grace is sufficient

Stuck

I say: I can't do it

GOD SAYS: You can do all things

I can do all this through Him who
gives me strength

Philippians 4:13

Unmanagable

I say: I can't manage

GOD SAYS: I will supply all your
needs

And my God will meet all your needs ...

Philippians 4:19

Afraid

I say: I'm afraid

GOD SAYS: I have not given you fear

For the Spirit God gave us does not make us timid ... 2 Timothy 1:7

Alone

I say: I feel alone

GOD SAYS: I will never leave you

Never will I leave you, never will I forsake you

Hebrews 13:5

Attacked

I say: I am overcome by my enemies

GOD SAYS: I will rescue and protect

I will rescue and protect you

Psalm 91:14

I say ... but **GOD SAYS!**

We let all kinds of thoughts stick in our heads – sometimes a whisper, sometimes as if someone screaming at us ... all the time doing us down.

But the truth of God is **greater**. What He declares is solid and stands. Let His declarations hold you through each day.

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