

God says that I am enough

The thought: I'm not enough	The lie: You're unworthy of love & belonging	The truth: You are worthy, & God loves you extravagantly
If I were more fun, I'd have more friends.	Good friends will love you for your true self.	You bring God pleasure; you don't need to please anyone else.
If I were more talented, I could serve God better.	God made a mistake on me; I'm not a good enough Christian.	God gifted you for a specific purpose, with unique abilities; just
If I were more lovable, my parent/husband/friend/boyfriend wouldn't have left me.	You are responsible for someone else's actions.	God will never leave you or forsake you, no matter what you do.
If I weren't so bad, I'd be a better Christian.	You are unredeemable and unworthy.	Jesus came to redeem you; he never stops redeeming your brokenness if you let him.
If I were more beautiful, I'd have a boyfriend/husband who adored me.	Your value is determined by externals.	Your value belongs in God's creation & redemption, which is perfection.
If I were more successful, I'd have more opportunities.	Your successes determine your importance in the world.	God is working all things for good in your life; wait on the Lord's timing.
If I didn't have such bad luck, I'd be happier.	Circumstances determine your happiness.	Joy comes by trusting God's character, not relying on circumstances to make you happy. Dwell on God's character.
If so many terrible things hadn't happened to me, I'd be a better person.	Your suffering doesn't determine your character.	Your response to suffering molds your character. Your identity is secure in God.
If I could just improve my house/job/family/clothes/etc., I'd be content.	Having a little more than what you currently have will make you content.	Only Jesus can make you content.

