



Negative Thinking

Four Negative thoughts that keep you on the couch:

1. I am not sure if I can succeed!

"Jesus looked at them and said, "With man this is impossible, but with God all things are possible." Matthew 19:26 NIV

"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up." Galatians 6:9 NIV

2. I am afraid of what I might face!

"For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline." 1 Timothy 1:7 NLT

3. I am not sure I have what it takes!

"If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you." James 1:5 NIV

4. I am not confident I can finish the job!

"For you have been my partners in spreading the Good News about Christ from the time you first heard it until now. ⁶ And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns." Philippians 1:5-6 NIV