



▪ **Life is full of challenges of epic proportions:**

*"They will fight against you but will not overcome you, for I am with you and will rescue you," declares the Lord." Jeremiah 1:19*

*"I have told you all this so that you may have peace in me. Here on earth, you will have many trials and sorrows. But take heart because I have overcome the world." John 16:33*

▪ **Every negative thought you have there is a bible verse to help you overcome that negative thought!**

**Four fears that Satan constantly uses against us:**

- 1. I feel all alone** – *"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand." Isaiah 41:10*
- 2. I made a bad mistake** – *"if we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness." 1 John 1:9*
- 3. I Feel stuck and can't move forward** – *"The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, "Abba, Father." Romans 8:15*
- 4. The opposition against me is just too great** – *"I can do all this through him who gives me strength. <sup>14</sup> Yet it was good of you to share in my troubles." Philippians 4:13*