



## **You Say...**      **God Says...**

**No one loves me.**      **I love you.**

God loved the people of this world so much that He gave His only Son, so that everyone who has faith in Him will have eternal life and never really die. John 3:16  
**ADDTL Ref.** Psalm 103:8

**I can't forgive myself.**      **I forgive you.**

But I wipe away your sins because of Who I am. And so, I will forget the wrongs you have done. Isaiah 43:25 **ADDTL Ref.** Psalm 103:10-12

**I cannot forgive them.**      **You must forgive.**

If you forgive others for the wrongs they do to you, your Father in heaven will forgive you. But if you don't forgive others, your Father will not forgive your sins.  
**Matthew 6:14-15 ADDTL Ref.** Colossians 3:13

**I'm not smart enough.**      **I will give you wisdom.**

If any of you need wisdom, you should ask God, and it will be given to you. God is generous and won't correct you for asking. James 1:5 **ADDTL Ref.** 1 Corinthians 1:30

**I feel alone.**      **I will never leave you.**

The Lord has promised that he will not leave us or desert us.  
**Hebrews 13:5b ADDTL Ref.** Joshua 1:9

**No one knows my pain. I feel your pain.**

The Lord is close to the brokenhearted; He rescues those whose spirits are crushed. Psalm 34:18 (NLT) **ADDTL Ref.** Psalm 102

**I have no friends. Be friendly.**

A man who has friends must himself be friendly. Proverbs 18:24a (NKJV)  
**ADDTL Ref.** I Corinthians 15:33

**I'm not able. You are able.**

Christ gives me the strength to face anything. Philippians 4:13  
**ADDTL Ref.** 2 Corinthians 9:8

**It's not worth it. It will be worth it.**

We know that God is always at work for the good of everyone who loves Him. They are the ones God has chosen for His purpose. Romans 8:28 **ADDTL Ref.** James 1:12

**I cannot control my temper. Yes, you can, JUST DO IT.**

It's smart to be patient, but it's stupid to lose your temper.  
Proverbs 14:29 **ADDTL Ref.** Colossians 3:8

**I don't know what to say. I will give you words.**

The Lord God gives me the right words to encourage the weary. Each morning He awakens me eager to learn His teaching. Isaiah 50:4 **ADDTL Ref.** Exodus 4:10-12

**I'm afraid I have not given you fear.**

You see, God did not give us a cowardly spirit but a powerful, loving, and disciplined spirit.  
2 Timothy 1:7 The Voice **ADDTL Ref.** Isaiah 41:10

**My family is a mess. I can fix it.**

They replied, "Believe on the Lord Jesus and you will be saved, and your entire household."  
Acts 16:31 (TLB) **ADDTL Ref.** Joshua 24:15

**I can't do it. You can do all things.**

Jesus replied, "Why do you say 'if you can'? Anything is possible for someone who has faith!" Mark 9:23 **ADDTL Ref.** 1 Peter 4:10

**I'm too tired to go on. I will give you rest.**

If you are tired from carrying heavy burdens, come to Me and I will give you rest. Take the yoke I give you. Put it on your shoulders and learn from Me. I am gentle and humble, and you will find rest. This yoke is easy to bear, and this burden is light.

Matthew 11:28-30 **ADDTL Ref.** Isaiah 40:31

**It's impossible. All things are possible.**

Jesus replied, "There are some things that people cannot do, but God can do anything."  
Luke 18:27 **ADDTL Ref.** Luke 1:37

**I'm so confused. Confusion does not come from Me.**

Please, Lord, hear my prayer and give me the understanding that comes from Your word.  
Psalm 119:169 **ADDTL Ref.** John 14:26

**I can't resist. You can resist.**

You are tempted in the same way that everyone else is tempted. But God can be trusted not to let you be tempted too much, and He will show you how to escape from your temptations. 1 Corinthians 10:13 **ADDTL Ref.** Mark 14:38

**I can't go on.**      **My grace is sufficient.**

So you must be brave. Don't give up! God will honor you for obeying Him.  
2 Chronicles 15:7 **ADDTL Ref.** 2 Corinthians 12:9

**I never have enough.**      **I will supply all your needs.**

I pray that God will take care of all your needs with the wonderful blessings that come from Christ Jesus! Philippians 4:19 **ADDTL Ref.** Psalm 23:1

**I'm sick.**      **I am your healer.**

The Lord forgives our sins, heals us when we are sick.  
Psalm 103:3 **ADDTL Ref.** 1 Peter 2:24

**I hate my job.**      **You are working for Me.**

Do your work willingly, as though you were serving the Lord Himself, and not just your earthly master. In fact, the Lord Christ is the One you are really serving, and you know that He will reward you. Colossians 3:23-24  
**ADDTL Ref.** Proverbs 13:4

**I'll never get out of debt.**      **I have a plan.**

And you shall remember the Lord your God, for it is He who gives you power to get wealth.  
Deuteronomy 8:18a (NKJV) **ADDTL Ref.** Psalm 37:21

**I can't figure out what to do.**      **I will direct your steps.**

With all your heart you must trust the Lord and not your own judgment. Always let Him lead you, and He will clear the road for you to follow.  
Proverbs 3:5-6 **ADDTL Ref.** Psalm 32:8