

# BITTERNESS

**Examples: resentment, hate, unforgiveness, anger, violence, revenge**

**Lie: I have power and protection when I don't forgive others.**

**ANSWER - FORGIVENESS**

## **2 Corinthians 5:17-19**

<sup>17</sup>... anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!

<sup>18</sup> And all of this is a gift from God, who brought us back to himself through Christ. And God has given us this task of reconciling people to him. <sup>19</sup> For God was in Christ, reconciling the world to himself, no longer counting people's sins against them. And he gave us this wonderful message of reconciliation.

## **Matthew 6:14-15**

<sup>14</sup> "If you forgive those who sin against you, your heavenly Father will forgive you. <sup>15</sup> But if you refuse to forgive others, your Father will not forgive your sins.

## **Matthew 18:21-35**

<sup>21</sup> Then Peter came to him and asked, "Lord, how often should I forgive someone who sins against me? Seven times?" <sup>22</sup> "No, not seven times," Jesus replied, "but seventy times seven!" <sup>23</sup> "Therefore, the Kingdom of Heaven can be compared to a king who decided to bring his accounts up to date with servants who had borrowed money from him. <sup>24</sup> In the process, one of his debtors was brought in who owed him millions of dollars.<sup>[a]</sup> <sup>25</sup> He couldn't pay, so his master ordered that he be sold—along with his wife, his children, and everything he owned—to pay the debt. <sup>26</sup> "But the man fell down before his master and begged him, 'Please, be patient with me, and I will pay it all.' <sup>27</sup> Then his master was filled with pity for him, and he released him and forgave his debt. <sup>28</sup> "But when the man left the king, he went to a fellow servant who owed him a few thousand dollars.<sup>[a]</sup> He grabbed him by the throat and demanded instant payment. <sup>29</sup> "His fellow servant fell down before him and begged for a little more time. 'Be patient with me, and I will pay it,' he pleaded. <sup>30</sup> But his creditor wouldn't wait. He had the man arrested and put in prison until the debt could be paid in full. <sup>31</sup> "When some of the other servants saw this, they were very upset. They went to the king and told him everything that had happened. <sup>32</sup> Then the king called in the man he had forgiven and said, 'You evil servant! I forgave you that tremendous debt because you pleaded with me. <sup>33</sup> Shouldn't you have mercy on your fellow servant, just as I had mercy on you?' <sup>34</sup> Then the angry king sent the man to prison to be tortured until he had paid his entire debt. <sup>35</sup> "That's what my heavenly Father will do to you if you refuse to forgive your brothers and sisters<sup>[a]</sup> from your heart."

# CONTROL

**Examples: manipulation, lack of trust, worry, seeking recognition**

**Lie: I can control my own life.**

**ANSWER - SURRENDER**

## **Matthew 16:24-25**

<sup>24</sup>Then Jesus said to his disciples, "If any of you wants to be my follower, you must give up your own way, take up your cross, and follow me. <sup>25</sup>If you try to hang on to your life, you will lose it. But if you give up your life for my sake, you will save it.

## **Proverbs 4:5-6**

<sup>5</sup>Get wisdom; develop good judgment.

Don't forget my words or turn away from them.

<sup>6</sup>Don't turn your back on wisdom, for she will protect you.

Love her, and she will guard you.

## **Galatians 2:20**

<sup>20</sup>My old self has been crucified with Christ. It is no longer I who live, but Christ lives in me. So I live in this earthly body by trusting in the Son of God, who loved me and gave himself for me.

## **Romans 12:1-2**

And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him. <sup>2</sup>Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

## **Matthew 11:28**

<sup>28</sup>Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.

## **Luke 9:23**

Then he said to the crowd, "If any of you wants to be my follower, you must give up your own way, take up your cross daily, and follow me.

# IDOLATRY

**Examples: selfishness, greed, apathy, pride, stubbornness, vanity, materialism**

**Lie: If I just had a little more, I would be content.**

**ANSWER – CONTENTMENT**

## **Matthew 6:25-26**

<sup>25</sup>“That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn't life more than food, and your body more than clothing? <sup>26</sup>Look at the birds. They don't plant or harvest or store food in barns, for your heavenly Father feeds them. And aren't you far more valuable to him than they are?”

## **Philippians 4:11-13**

<sup>11</sup>Not that I was ever in need, for I have learned how to be content with whatever I have. <sup>12</sup>I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. <sup>13</sup>For I can do everything through Christ, who gives me strength.

## **1 Timothy 6:6-8**

<sup>6</sup>Yet true godliness with contentment is itself great wealth. <sup>7</sup>After all, we brought nothing with us when we came into the world, and we can't take anything with us when we leave it. <sup>8</sup>So if we have enough food and clothing, let us be content.

## **Psalms 23:1**

The Lord is my shepherd; I have all that I need.

## **Hebrews 13:5**

Don't love money; be satisfied with what you have. For God has said, “I will never fail you. I will never abandon you.”

# DESPAIR

**Examples: hopelessness, self-pity, isolation, addictions, self-harm**

**Lie: Even God has abandoned me.**

**ANSWER - HOPE**

## **Psalm 34:17-18**

<sup>17</sup>The Lord hears his people when they call to him for help.

He rescues them from all their troubles.

<sup>18</sup>The Lord is close to the brokenhearted;

he rescues those whose spirits are crushed.

## **Isaiah 40:31**

But those who trust in the Lord will find new strength.

They will soar high on wings like eagles.

They will run and not grow weary.

They will walk and not faint.

## **Psalm 42:31**

Why am I discouraged?

Why is my heart so sad?

I will put my hope in God!

I will praise him again—

my Savior and my God!

## **Psalm 119:114**

You are my refuge and my shield;

your word is my source of hope.

## **Romans 5:1-5**

<sup>1</sup>Therefore, since we have been made right in God's sight by faith, we have peace with God because of what Jesus Christ our Lord has done for us. <sup>2</sup>Because of our faith, Christ has brought us into this place of undeserved privilege where we now stand, and we confidently and joyfully look forward to sharing God's glory. <sup>3</sup>We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. <sup>4</sup>And endurance develops strength of character, and character strengthens our confident hope of salvation. <sup>5</sup>And this hope will not lead to disappointment. For we know how dearly God loves us, because he has given us the Holy Spirit to fill our hearts with his love.

## **Romans 12:12**

Rejoice in our confident hope. Be patient in trouble, and keep on praying.

# JEALOUSY

**Examples: spitefulness, gossip/slander, betrayal, critical/judgmental spirit**

**Lies: I am entitled to all that I have.**

**ANSWER - GRATEFULNESS**

## **1 Chronicles 16:34**

Give thanks to the Lord, for he is good!

His faithful love endures forever.

## **Matthew 7:9-11**

<sup>9</sup> You parents—if your children ask for a loaf of bread, do you give them a stone instead? <sup>10</sup> Or if they ask for a fish, do you give them a snake? Of course not! <sup>11</sup> So if you sinful people know how to give good gifts to your children, how much more will your heavenly Father give good gifts to those who ask him.

## **James 3:16**

For wherever there is jealousy and selfish ambition, there you will find disorder and evil of every kind.

## **1 Thessalonians 5:18**

Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.

## **1 Corinthians 13:4**

Love is patient, love is kind. It does not envy, it does not boast, it is not proud.

## **Proverbs 13:40**

A tranquil heart is life to the body, but envy rots the bones.

## **Romans 13:13-14**

<sup>13</sup> Let us behave decently, as in the daytime, not in carousing and drunkenness, not in sexual immorality and debauchery, not in dissension and jealousy. <sup>14</sup> Instead, clothe yourselves with the Lord Jesus Christ, and make no provision for the desires of the flesh.

# SEXUAL IMMORALITY

**Examples: lust, seductiveness, fornication, adultery, pornography**

**Lie: I am free to satisfy all of my desires.**

**ANSWER - PURITY**

## **1 Corinthians 6:18-20**

<sup>18</sup>Run from sexual sin! No other sin so clearly affects the body as this one does. For sexual immorality is a sin against your own body. <sup>19</sup>Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, <sup>20</sup>for God bought you with a high price. So you must honor God with your body.

## **1 Corinthians 7:1-2; 8-9**

<sup>3</sup>Now regarding the questions you asked in your letter. Yes, it is good to abstain from sexual relations.<sup>[a]</sup> <sup>2</sup>But because there is so much sexual immorality, each man should have his own wife, and each woman should have her own husband.

<sup>8</sup>So I say to those who aren't married and to widows—it's better to stay unmarried, just as I am. <sup>9</sup>But if they can't control themselves, they should go ahead and marry. It's better to marry than to burn with lust.

## **1 Corinthians 10:13**

<sup>13</sup> The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure.

## **1 Thessalonians 3:3-5**

<sup>3</sup>God's will is for you to be holy, so stay away from all sexual sin. <sup>4</sup>Then each of you will control his own body and live in holiness and honor—<sup>5</sup>not in lustful passion like the pagans who do not know God in his ways.

## **Ephesians 4:17-24**

<sup>17</sup>With the Lord's authority I say this: Live no longer as the Gentiles do, for they are hopelessly confused.

<sup>18</sup> Their minds are full of darkness; they wander far from the life God gives because they have closed their minds and hardened their hearts against him. <sup>19</sup> They have no sense of shame. They live for lustful pleasure and eagerly practice every kind of impurity. <sup>20</sup> But that isn't what you learned about Christ. <sup>21</sup> Since you have heard about Jesus and have learned the truth that comes from him, <sup>22</sup> throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. <sup>23</sup> Instead, let the Spirit renew your thoughts and attitudes. <sup>24</sup> Put on your new nature, created to be like God—truly righteous and holy.

# FALSE TEACHING & RELIGIONS

**Examples: occult, Ouija board, invoking evil or dead spirits, fortune-telling, astrology, cults**

**Lie: What I believe to be true is more trustworthy than God.**

**ANSWER – GOD’S WORD**

## **John 1:1-5**

<sup>1</sup>In the beginning the Word already existed. The Word was with God, and the Word was God. <sup>2</sup>He existed in the beginning with God. <sup>3</sup>God created everything through him, and nothing was created except through him. <sup>4</sup>The Word gave life to everything that was created, and his life brought light to everyone. <sup>5</sup>The light shines in the darkness, and the darkness can never extinguish it.

## **John 14:6-7**

<sup>6</sup>Jesus told him, “I am the way, the truth, and the life. No one can come to the Father except through me.

<sup>7</sup>If you had known Me, you would know My Father as well. From now on you do know Him and have seen Him.”

## **2 Timothy 4:3-4**

<sup>3</sup>For the time will come when men will not tolerate sound doctrine, but with itching ears they will gather around themselves teachers to suit their own desires. <sup>4</sup>So they will turn their ears away from the truth and turn aside to myths.

## **2 Peter 2:1-2**

<sup>1</sup>Now there were also false prophets among the people, just as there will be false teachers among you. They will secretly introduce destructive heresies, even denying the Master who bought them—bringing swift destruction on themselves. <sup>2</sup>Many will follow in their depravity, and because of them the way of truth will be defamed.

## **Matthew 7:15-16**

<sup>15</sup>Beware of false prophets. They come to you in sheep’s clothing, but inwardly they are ravenous wolves. <sup>16</sup>By their fruit you will recognize them...

# INSECURITY

**Examples: inferiority, inadequacy, timidity, withdrawal, pleasing people/not God, lack of trust/worry, wrong relationships**

**Lie: I am less than everyone around me.**

**ANSWER – SECURITY IN CHRIST**

## **Ephesians 2:4-10**

<sup>4</sup>But because of His great love for us, God, who is rich in mercy, <sup>5</sup>made us alive with Christ even when we were dead in our trespasses. It is by grace you have been saved! <sup>6</sup>And God raised us up with Christ and seated us with Him in the heavenly realms in Christ Jesus, <sup>7</sup>in order that in the coming ages He might display the surpassing riches of His grace, demonstrated by His kindness to us in Christ Jesus. <sup>8</sup>For it is by grace you have been saved through faith, and this not from yourselves; it is the gift of God, <sup>9</sup>not by works, so that no one can boast. <sup>10</sup>For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance as our way of life.

## **Romans 8:38-39**

<sup>38</sup>And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons,<sup>[a]</sup> neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love. <sup>39</sup>No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.

## **2 Corinthians 12:9-10**

<sup>9</sup>Each time he said, "My grace is all you need. My power works best in weakness." So now I am glad to boast about my weaknesses, so that the power of Christ can work through me. <sup>10</sup>That's why I take pleasure in my weaknesses, and in the insults, hardships, persecutions, and troubles that I suffer for Christ. For when I am weak, then I am strong.

## **Isaiah 41:10**

Don't be afraid, for I am with you.

Don't be discouraged, for I am your God.

I will strengthen you and help you.

I will hold you up with my victorious right hand.

## **Philippians 1:6**

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.

# REJECTION

**Examples: seeking acceptance, feeling unworthy, withdrawal, addictions, compulsions**

**Lie: I am unlovable**

**ANSWER - ACCEPTANCE**

## **John 3:16**

For this is how God loved the world: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life.

## **Psalms 139:1, 4-7, 14, 17-18**

<sup>1</sup> O Lord, you have examined my heart  
and know everything about me.

<sup>4</sup> You know what I am going to say  
even before I say it, Lord.

<sup>5</sup> You go before me and follow me.  
You place your hand of blessing on my head.

<sup>6</sup> Such knowledge is too wonderful for me,  
too great for me to understand!

<sup>7</sup> I can never escape from your Spirit!  
I can never get away from your presence!

<sup>14</sup> Thank you for making me so wonderfully complex!  
Your workmanship is marvelous—how well I know it.

<sup>17</sup> How precious are your thoughts about me,<sup>[a]</sup> O God.  
They cannot be numbered!

<sup>18</sup> I can't even count them;  
they outnumber the grains of sand!

And when I wake up,  
you are still with me!

## **Romans 8:35-39**

<sup>35</sup> Can anything ever separate us from Christ's love? Does it mean he no longer loves us if we have trouble or calamity, or are persecuted, or hungry, or destitute, or in danger, or threatened with death? <sup>36</sup> (As the Scriptures say, "For your sake we are killed every day; we are being slaughtered like sheep."<sup>[a]</sup>) <sup>37</sup> No, despite all these things, overwhelming victory is ours through Christ, who loved us. <sup>38</sup> And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons,<sup>[a]</sup> neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love. <sup>39</sup> No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.

# DECEIT

**Examples: lying, delusions, rationalizing, wrong doctrine, misuse of Scripture**

**Lie: My actions are justified if it gets me what I need**

**ANSWER - TRUTHFULNESS**

## **John 8:30-32**

<sup>30</sup> As Jesus spoke these things, many believed in Him. <sup>31</sup> So He said to the Jews who had believed Him, "If you continue in My word, you are truly My disciples. <sup>32</sup> Then you will know the truth, and the truth will set you free."

## **Proverbs 6:16-19**

<sup>16</sup> There are six things the Lord hates—

no, seven things he detests:

<sup>17</sup> haughty eyes,

a lying tongue,

hands that kill the innocent,

<sup>18</sup> a heart that plots evil,

feet that race to do wrong,

<sup>19</sup> a false witness who pours out lies,

a person who sows discord in a family.

## **Proverbs 12:22**

The Lord detests lying lips,

but he delights in those who tell the truth.

## **Ephesians 4:21-25**

<sup>21</sup> Since you have heard about Jesus and have learned the truth that comes from him, <sup>22</sup> throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. <sup>23</sup> Instead, let the Spirit renew your thoughts and attitudes. <sup>24</sup> Put on your new nature, created to be like God—truly righteous and holy. <sup>25</sup> So stop telling lies. Let us tell our neighbors the truth, for we are all parts of the same body.

# FEAR

**Examples: phobias, compulsions, perfectionism, fear of failure**

**Lie: Being afraid keeps me from harm**

**ANSWER - TRUST IN GOD'S SOVEREIGNTY**

## **Matthew 10:29-31**

<sup>29</sup>Are not two sparrows sold for a penny? Yet not one of them will fall to the ground apart from the will of your Father. <sup>30</sup>And even the very hairs of your head are all numbered. <sup>31</sup>So do not be afraid; you are worth more than many sparrows.

## **Philippians 4:6-8**

<sup>6</sup>Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. <sup>7</sup>Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. <sup>8</sup>And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. <sup>9</sup>Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.

## **Psalms 91:2-4**

<sup>2</sup>This I declare about the Lord:

He alone is my refuge, my place of safety;  
he is my God, and I trust him.

<sup>3</sup>For he will rescue you from every trap  
and protect you from deadly disease.

<sup>4</sup>He will cover you with his feathers.

He will shelter you with his wings.

His faithful promises are your armor and protection.

## **1 Timothy 1:7**

For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.

## **Isaiah 41:10**

Don't be afraid, for I am with you.

Don't be discouraged, for I am your God.

I will strengthen you and help you.

I will hold you up with my victorious right hand.

# PRIDE

**Examples: controlling, boasting, belittling, taking credit, selfishness, vanity**  
**ANSWER - HUMILITY**

## **Matthew 16:24**

Then Jesus told His disciples, "If anyone wants to come after Me, he must deny himself and take up his cross and follow Me."

## **Proverbs 16:18**

Pride goes before destruction,  
and haughtiness before a fall.

## **Philippians 2:3-8**

<sup>3</sup> Don't be selfish; don't try to impress others. Be humble, thinking of others as better than yourselves. <sup>4</sup> Don't look out only for your own interests, but take an interest in others, too. <sup>5</sup> You must have the same attitude that Christ Jesus had. <sup>6</sup> Though he was God, he did not think of equality with God as something to cling to. <sup>7</sup> Instead, he gave up his divine privileges; he took the humble position of a slave and was born as a human being. When he appeared in human form, <sup>8</sup> he humbled himself in obedience to God and died a criminal's death on a cross.

## **1 Peter 5:5-7**

<sup>5</sup> In the same way, you who are younger must accept the authority of the elders. And all of you, dress yourselves in humility as you relate to one another, for  
"God opposes the proud  
but gives grace to the humble."  
<sup>6</sup> So humble yourselves under the mighty power of God, and at the right time he will lift you up in honor. <sup>7</sup> Give all your worries and cares to God, for he cares about you.

## **James 4:6**

... God opposes the proud, but gives grace to the humble.

## **1 John 2:16**

For all that is in the world—the desires of the flesh, the desires of the eyes, and the pride of life—is not from the Father but from the world.