

# Journey Through Experiencing Grace (Let Go of Negative Self Talk)

## Strategy Verse

And He said to me,  
"My grace is sufficient for you,  
for My strength is made perfect in weakness."  
(2 Corinthians 12:9, NKJV)

This verse tells us:

### **God gives us grace**

(He freely gives Himself to us. He is always leaning toward us)

### **His grace is enough**

(He gives us what we need when we need it)

### **His strength is made perfect in our weakness**

(His strength is completed one stage at a time in our lives through our weaknesses so that we can function at our full capacity.)

## **When You Find Yourself Headed Toward Negative Self Talk Remember This**

**G - Grasp God's Grace**

**R - Refuse Negative Self Talk**

**A - Ask for God's Help**

**C - Claim Scriptures**

**E - Experience God's Truth**

"We are good at trusting what God's grace can do for others. We need to also trust in what His grace can do for us. Part of that is letting go of the pressure we put on ourselves to be perfect. Refuse negative self talk." -LN

## **Accept God's Grace and Stop Negative Self Talk With These Scriptures**

### **If you feel like you don't belong.**

• *Isaiah 49:16* - He inscribed your name on the palms of His hands.

• *Colossians 3:3* - Your life is hidden with Christ in God.

### **If you feel unloved.**

• *Jeremiah 31:3* - He has loved you with an everlasting love.

### **If you feel disrespected.**

• *Isaiah 43:4* - You are precious and honored in His sight.

### **If you feel unattractive:**

• *Song of Solomon 4:7* - You are altogether beautiful. There is no flaw.

• *Ephesians 4:24* - You were created in the likeness of God.

• *Psalms 139:14* - You are fearfully and wonderfully made.

### **If you feel unimportant:**

• *Ephesians 2:10* - You are His workmanship, created to do good things.

### **If you feel alone:**

• *John 15:15* - He calls you His friend.

• *Isaiah 43:1* - He calls you by name. You are His.

### **If you feel left out:**

• *1 Peter 2:9* - You are chosen.

• *Ephesians 1:4* - He chose you before the foundation of the world.

• *Zephaniah 3:17* - He rejoices over you with gladness and singing!