

## **Lies About Who I Am**

I am unattractive; I am ugly.  
I am not good enough  
I have no talents.  
I don't have a good personality.  
I am shameful.  
God could never use me.  
I am unacceptable.  
I can never be forgiven.  
I am unfit to serve God.  
I am too sinful to be in the Presence of God.  
God is disgusted with me.  
If others really knew me, they would not accept me.  
I am worthless.  
I am useless.  
I am pathetic.  
I am stupid.  
I am unlovable.  
I am unsafe.  
I am inferior.  
I am abandoned.  
I am alone.  
I am invisible.  
I am unimportant.  
I am bad.  
I am insecure.  
I am helpless.  
I am unwanted.  
I am inadequate.  
I am disgusting.  
I am rejectable.  
I am boring.  
I am not special.  
I am guilty.  
I am unforgivable.

## **Lies About God**

God is too busy for me.  
God does not initiate to me.  
God is not involved with me.  
God is inconsistent – sometimes He is there for me, sometimes He is not.  
God is distant from me.  
God is unforgiving towards me.  
God is ashamed of me.  
God is critical.  
God is demanding and judging.  
He is harsh.  
He is using me.  
He does not love me.  
He is too weak to help me.  
He is too passive to help me.  
He is stingy and withholds from me.  
He is punishing me.  
He is always trying to teach me a lesson.  
He has forgotten me.  
He sometimes makes mistakes.  
He is mean to me.  
He is uncaring.  
He is insensitive.  
He is never satisfied with me.  
He is controlling and manipulating.  
He is perfectionistic.  
He is not sovereign.