

What do you Believe About YOU - I Am... Worksheet

First, complete the Feel & Act columns. Then, dive into [Ephesians 1:4-14 & 2:1-20](#), where Paul outlines the benefits of our salvation. Use these passages to find the truths that combat each lie. (One truth/verse may apply to multiple lies.)

| I THINK... | Which makes me FEEL... | Which makes me ACT... | But the TRUTH is... | Because God says so here... (Ephesians verses) | Also take a look at these: |
|----------------------------------|------------------------|-----------------------|---------------------|--|---|
| <i>I am unworthy.</i> | | | | | John 1:12 Hebrews 4:16 |
| <i>I am unloved.</i> | | | | | Colossians 3:12 John 3:16 1 John 3:1 |
| <i>I am incapable.</i> | | | | | Romans 8:11 |
| <i>I am undesirable.</i> | | | | | 1 Corinthians 6:19-20 |
| <i>I am unforgivable.</i> | | | | | Colossians 1:14 Romans 8:1 |
| <i>I am unknown.</i> | | | | | Jeremiah 1:5 Psalm 139:1-4; 13-14 1 Corinthians 13:12 |
| <i>My life is insignificant.</i> | | | | | 1 Peter 2:9 Romans 8:28 Jeremiah 29:11 |
| <i>I am a mistake.</i> | | | | | Psalm 139:1-4; 13-14 |