WHOSE THOUGHT IS IT?

The Enemy says: “It’s impossible.”
Our Lord says: “All things are possible.” (Luke 18:27)

The Enemy says: “You’re too tired.”
Our Lord says: “I will give you rest.” (Matt. 11:28-30)

The Enemy says: “Nobody really loves you.”
Our Lord says: “I love you.” (John 3:16; John 13:34)

The Enemy says: “You can’t go on. You’re at the end of your rope.”
Our Lord says: “My grace is sufficient.” (2 Cor. 12:9; Ps. 91:15)

The Enemy says: “It doesn’t make sense. There’s nothing but darkness ahead.”
Our Lord says: “I will direct your steps.” (Prov. 3:5-6)

The Enemy says: “You can’t do it.”
Our Lord says: “You can do all things in Me.” (Phil. 4:13)

The Enemy says: “It’s not worth it.”
Our Lord says: “It will be worth it.” (Rom. 8:28)

The Enemy says: “There’s no hope for you. Your sins are too many.”
Our Lord says: “I forgive you.” (I John 1:9; Rom. 8:1)

The Enemy says: “You can’t manage.”
Our Lord says: “I will supply all your needs.” (Phil. 4:19)

The Enemy says: “You should be afraid.”
Our Lord says: “I have not given you a spirit of fear.” (2 Tim. 1:7)

The Enemy says: “You’re too worried and frustrated. You’ll fail.”
Our Lord says: “Cast all your cares on Me.” (I Peter 5:7)

The Enemy says: “You don’t have enough faith.”
Our Lord says: “I have given everyone a measure of faith.” (Rom. 23:3)

The Enemy says: “You’re stupid.”
Our Lord says: “I give you wisdom.” (I Cor. 1:30)

The Enemy says: “You’re all alone. Everyone has forsaken you.”
Our Lord says: “I will never leave you or forsake you.” (Heb. 13:5)

—Taken from Confronting & Controlling Thoughts