



& OUT OF CONTROL!

Why You *STILL* Can't Control Yourself & The ABCs of Changing That

Penny Haynes, Pastoral Counselor
Life Patterns Ministry

<http://PennyHaynes.com>

From the



Series



**Over and over again, I see
and hear the same thing –
in myself and others.**

“If I just try harder, THIS time I’ll be able to control myself.” This thought makes us **CRAZIFIED**, repeating this futile insanity cycle over and over again! That is because we mistake the symptoms for the sickness, trying to change our fleshly actions instead of uncovering what is prompting us to do it – namely a harmful lie that is slowly destroying us from the inside out.

“I can make myself stop drinking, eating, drugging, shopping, etc. if I just find a new strategy. I know I can cure myself by changing my behavior!” But it doesn’t work that way, and here is why.

Your Flesh Uses Rules Against You

Have you ever noticed that, once you tell yourself you can't have something, you want it that much more? Have you noticed that seeing a speed limit sign really gives you the desire to go over it? Laws actually produce a desire for what we shouldn't have, simultaneously pointing out our absolute inability to control that desire. That's what this scripture from Romans is saying:

But sin, seizing the opportunity afforded by the commandment, **produced in me every kind of coveting.** Romans 7:8

I want! I want! I want! But when I take it, I feel wrong, ashamed, because I took it apart from God's will. Think about it. If God

wanted me to have it, I would have it. When He doesn't provide what I want in my timing and way, **I rebel and take it for myself.**

I need! I need! I need! Yet, when I get it, it doesn't satisfy me like I thought it would. The fulfillment is temporary and gets less satisfying every time I take it, and even worse, the need gets stronger. However, now that need is combined with an intense fear that I may never get what I crave again.

What causes quarrels and what causes fights among you? Is it not this, that **your passions are at war within you? You desire and do not have**, so you murder. **You covet and cannot obtain**, so you fight and quarrel. You do not have, because you do not ask. You ask and do not receive, because you ask wrongly, to spend it on your passions. James 4:1-3

That is the flesh's joke on us. It makes us want things that will in no way satisfy our souls or our spirits. Yet we actually build our world around getting these things – they control every aspect of our life, including our character.

Another thing we will do about the flesh is **make absolutely useless plans and rules for ourselves.** We make strict dietary rules that we cannot follow. We tell ourselves we will change our daily routes and schedules to avoid certain temptations. We think if we just talk about the problem to enough people, the fear and worry will go away. But have any of these things worked long term for you?

I'm famous for telling myself, "I'm just going to have my protein shake and vegetables for a few days. Nothing else." And you know what? Rarely can I do that. I

love fruit, especially frozen fruit in smoothies, so I will give in. I will eye a tortilla or some chips and all I can hear in my head is “I want those!”

Unfortunately, I can only follow my rules **as long as nothing triggers me**. More unfortunately, I’m still in the midst of my healing process, and something could trigger me every day. So my new rule is no rules about food (yeah, that’s hard to keep, too!). What settled it for me is the following scripture that states that rules for the flesh accomplish nothing because they can’t stop us from giving in to our carnal urges:

“Do not handle! Do not taste! Do not touch!”? These rules, which have to do with things that are all destined to perish with use, are based on **merely human commands** and teachings. **Such regulations indeed have an appearance of**

wisdom, with their self-imposed worship, their false humility and **their harsh treatment of the body**, but **they lack any value in restraining sensual indulgence.**

Col 3:21-23

What adds insult to injury is that whenever I can't follow my own plans, I **feel worse than when I began because now I am a failure** in my eyes. "What kind of person can't even keep their own rules?" **ME!** (and you!) But the scriptures told me I wouldn't be able to do that in the first place.

For I do not do what I want, but I do the very thing I hate. Now if I do what I do not want, I agree with the law, that it is good. So now it is no longer I who do it, but sin that dwells within me. For I know that **nothing good dwells** in me, that is, **in my flesh**. For I have the desire to do what is

right, but **not the ability to carry it out.** For **I do not do the good I want,** but the evil I do not want is what I keep on doing. Now if I do what I do not want, **it is no longer I who do it, but sin that dwells within me** [my flesh]. Romans 7:15-20

The entire reason that Jesus had to come is that **the Law points out the sinful rebellious nature of our flesh** and drives home that **we are completely unable to overcome it by ourselves. The Law never gives us the power to be victorious over it.** Jesus had to leave this world and send the Holy Spirit to come live inside of us in order to give us the grace (God's divine empowerment to obey Him) to be able to put to death the things of the flesh **BY THE SPIRIT.**

Diminishing the Flesh

Using The Spirit And Truth

For if you live according to the flesh, you will die; but if **by the Spirit you put to death the misdeeds of the body**, you will live. Romans 8:13

But what does that mean in everyday real life? How do we put to death the flesh *by the Spirit*? **Until we find and replace whatever unconscious harmful lie we have believed, what do we do about our symptoms?** (our drinking, eating, working, shopping) **We fill our mind and mouth with the truth of God so we can be EMPOWERED by the Spirit of God to resist the temptation.**

Let the message of Christ dwell among you richly as you teach and admonish one

another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. Col 3:16

We intentionally set aside time throughout the day to read and speak and sing and pray the Word of God, giving thanksgiving for His provision and protection, even if we are not trusting in it at the moment. We need to be transformed by the renewing of our minds, and what we listen to and watch is what our mind will be conformed to. We don't realize how much useless stuff we are putting in our minds, and more importantly, don't realize how it is affecting us mentally and emotionally.

I have found that whatever I spend time doing (or watching) right before I go to sleep will affect my dreams and my thoughts. If I have been watching a bunch of Netflix episodes one after another, I will

actually dream about the characters, and the next day, will be thinking about them as if they were real people, concerned about what they are going through. Our minds don't really know the difference between tv characters and real people – so if we spend enough time with tv characters, our mind treats them as real people! Imagine what would happen if we filled ourselves up with Jesus and His Words and His truths instead!

That is another reason why we must be saturated with and strive for **constant communion with His Holy Spirit**. He will remind us of the things Jesus has said, will convict us of sin and righteousness, and **give us the supernatural power to obey God when our flesh is rising up in rebellion**. If we will store His word in our hearts, the Holy Spirit will use it as ammunition to capture rogue and rebellious thoughts that hinder us from obeying God. I use a free

tool I developed called [Jesus Text Me](#) to make sure I am thinking about and turning back to Jesus throughout the day and filling myself up with scriptures. (**** see the footnote at the end of the book for more information about it*)

Let me take a moment to clarify what God's Word is and is not intended to be and do. God's Words are **not magical incantations** that change situations into what we want them to be. I can't yell selected scriptures at people or circumstances and expect them to work like I'm in a Harry Potter movie.

Think of the Sons of Sceva, who tried casting demons out in the name of Jesus because they'd heard it could be done from a guy named Paul. They were told very succinctly by the demons, "Jesus I know, Paul I recognize, but who are you?" The

demons then beat them up and left them naked. (Acts 19:13-16)

The Bible is just a book with a lot of words in it UNLESS YOU BELIEVE those are God's Words expressing unchangeable truth about God's creation and every fleshly and spiritual being therein. Memorizing scriptures does nothing if the knowledge of them is not combined with faith and then expressed through tangible actions.

See to it, brothers and sisters, that none of you has a sinful, unbelieving heart that turns away from the living God. But encourage one another daily, as long as it is called "Today," so that none of you may be hardened by sin's deceitfulness. We have come to share in Christ, if indeed we hold our original conviction firmly to the very end. Hebrews 3:12-14

A famous tightrope walker pushing a wheelbarrow across a high wire thousands of feet up in the air between two sky scrapers calls to the audience, “Do you believe I can safely get across?” The audience yells, “Yes!” “Then **who will get in the wheelbarrow?**” Believing that God is real and that His Word is the truth means getting in a wheelbarrow that is being pushed through a very dangerous situation by someone who in reality you probably only know by reputation.

Why We Don't Really Believe The Truth

The reason why we are powerless over the uprising of our flesh is because we really don't believe God's Word. It seems to apply to spiritual things, but not to the created world. You know, the world He created. **His Word doesn't seem to apply to the world He created.**

I'm repeating this, because I want you to acknowledge this **subtle lie of the enemy you have swallowed whole.** God's Word is good for church and all, but out here in the real world, it's a whole other ballgame, with different rules which require different actions. **That is why you are completely powerless** over any and every situation you face in the flesh – you don't really believe

there is any other option, like a spiritual option.

You were running a good race. Who cut in on you to keep you from obeying the truth? That kind of persuasion does not come from the one who calls you. “A little yeast works through the whole batch of dough.”

Galatians 5:7-9

God's Truth is the LAW. It applies in each and every situation. However, the enemy has worked overtime to **make situations appear to contradict that truth.**

Let me give you an example that will make this concept clear. There is a Law of Gravity. It applies everywhere on the earth. It is what keeps us on the ground instead of floating in the air.

Now, scientists can create a training room for astronauts that duplicates the

environment of space where there is no gravity. **In that room there is no gravity.** Does that mean that **the Law of Gravity does not exist?**

No, the Law of Gravity still exists and applies. It took the invention of a third party to create something manually that **makes it look like** that law doesn't apply in *that room at that time*. But step out of that room, and you are back firmly on the ground.

Satan's Strategy

**NOW, LISTEN TO ME CAREFULLY.
PAY CLOSE ATTENTION TO WHAT
I'M ABOUT TO SAY.**

**Both you and the enemy are capable of
creating a situation that LOOKS LIKE
God's Law does not apply.**

**Satan's entire goal is to steal your faith so
you will be unable to serve God and further
His Kingdom. If he can't have you for all
eternity in Hell, he is going to make every
attempt to make you completely useless for
the Kingdom of God. He will find your
weakness and exploit it for all it's worth,
like in one of those action films, where the
hero has been shot in the side, so the villain
keeps punching him where the bullet entered
the hero's body.**

Then Peter said, “Ananias, how is it that **Satan has so filled your heart that you have lied to the Holy Spirit** and have kept for yourself some of the money you received for the land? Acts 5:3

He will implant a little bitty lie, a doubt about God, that is so simple, so easy to swallow, so truth-like that you will not even know you have willingly accepted this poisonous morsel. **He will create situations that make it look like God is neither in control, nor does He care** about what you are going through. He will make sure you are **surrounded by news that magnifies evil and hides miracles**, so you will think that God has disappeared entirely in this world. You won't try to access the power of God if you no longer believe He is powerful.

Satan uses “**The Unholy But**” to counteract the truth of God’s Word at every turn and sow seeds of doubt and unbelief in you.

- “By His stripes, I am healed”, **but** I’m still sick, and people still die after receiving prayer.
- “Perfect love casts out fear”, **but** I’m still afraid.
- “Whom the Son sets free is free indeed”, **but** I am still in bondage to drugs, alcohol, food, shopping, work, sex, relationships, depression, anger, etc.

Some people are like seed along the path, where the word is sown. As soon as they hear it, **Satan comes and takes away the word that was sown in them.** Mark 4:15

Once the seed of doubt has taken root and the leaves of its tree obscure your view of

the truth of God's presence and power, you will never even question what you have believed. You will make sure that every time you look at a situation, it fits **your world view**, which **no longer really includes an Almighty God**, Creator and Ruler of the Universe.

God becomes more like this impotent grandfather on a throne. Jesus becomes a dutiful son who paid for my salvation but then just sat back and let the world spin on its axis. And the Holy Spirit becomes just an emotional rush during church, to be left in the pew as you return back to “real life” without Him.

In the depths of my depression, I could not imagine any way out of it. I didn't want to kill myself, but I definitely didn't want to live, and wished God would just “take me out”. I had believed the lie that

God could heal **other** people, but He couldn't possibly heal me – I was too far gone. I believed I really didn't deserve deliverance because I had been a minister before, and I was sure that I had become useless to God because I had been out of church for so long.

I didn't even consider questioning what I was thinking. Satan said there was no way out other than dying, and I believed Him at my lowest. That's what a seed of doubt will do to you every time – make you give up and stop trying.

Satan builds a room where it looks like the Law of Gravity doesn't apply. **You willingly stay inside** of it, accepting that this is the way life actually is. Why go to the door and walk out when you have believed that this is all there is?

Then should not this woman, a daughter of Abraham, **whom Satan has kept bound for eighteen long years**, be set free on the Sabbath day from what bound her?” Luke 13:16

But you can walk outside and tear that room down! You were not created and adopted by God as His child to live your life in **a room that has been carefully designed to keep you spiritually sedated and disoriented.** The Holy Spirit knows exactly how to remind you of God’s truth and will display it with power – but only if you are willing to awaken out of your comfortable slumber and open the door.

God can break through to you in any situation. He did it for me in my depression. He brought up one of my deepest fears, that there was just something wrong with me that could never be named

and therefore never be fixed. My childhood had been so excruciatingly lonely, I had been such an outcast among the other children, and I never knew why. It was the crux of my depression.

Then He gave me a Word of Knowledge – He told me to Google “Aspergers”. I read what a classic childhood for someone with Aspergers looked like, **and it was like someone had been transcribing what had happened to ME – AND MY SON!** Oh, what healing both my son and I received through this revelation! There wasn’t something wrong with us, we were just **different**, and our brains didn’t come with the customary social skills that other people had. There was a concrete reason for how our lives had progressed and our lack of relationships.

My depression lifted at that moment!

Hope was restored to me, and I was able to believe God again – because He proved Himself in POWER, in a way that no man could do. He was my SAVIOR, and He rescued me from the dominion of the enemy's darkness and brought me into His kingdom of glorious light! And the Holy Spirit can do that for you, too.

The Spirit's Strategy

The Holy Spirit's strategy is the exact opposite of Satan's. Whereas Satan will add a “but” to scripture for the purpose of causing you to doubt God's Words, the Holy Spirit will add a “but” to the seeds of doubt that Satan is trying to implant. I call the Spirit's strategy **“The Holy But”**.

When Jesus was tested in the wilderness by Satan (Matthew 4), He didn't ignore the needs He was experiencing. He acknowledged them, but also stated the truth of His Father's Word in response. When confronted with his hunger, He didn't change the subject or say, “I'm not hungry”, but spoke God's truth regarding His hunger – man does not live by bread alone. Every consecutive attack on his vulnerability was met with yet another scripture declaring God's Word to be the final word on the

subject, despite what Jesus saw or felt as a human being at that time. That is how He was able to victoriously rebuff His flesh's temptation to give in.

This solution is extremely counter-intuitive, though. Our first inclination is to either **ignore the problem** completely, or to **focus on the problem** by speaking and thinking about the problem continually. Neither of those extremes will ever work, though.

During my first Step Study, toward the end when I was meeting with my Sponsor, **I made a comment that I didn't have any problem with my mother.** I had just let all that stuff go. She turned and looked at me – I will **never** forget that raised eyebrow, incredulous expression – and she said one word. “Really?”

That “Really?” made me recognize that I had just glossed over my issues with my mother instead of dealing with them. If I just ignored them, they would go away. But, of course, they never did; they stayed right where they were affecting everything in my life, not just my relationship with her. So working through my feelings about and my relationship with my mother became the focus of my second Step Study.

However, I handled my relationship with food in the exact opposite way. I was obsessed with food. It’s all I could think about – eating food, **not** eating food, how many calories were in every bite and consumed by every movement, hating it, loving it, judging myself by the quantities I consumed or avoided. It was a miserable, **miserable** existence.

If I was in a “rule” phase, I would panic if we were going out to eat somewhere that might not have the ingredients on my “food list of the day”. I would get sick at the thought of trying on my form fitting clothes after I had been eating bad foods. The more I focused on my problem, the more panicked I got, so the more I ate (or purged).

It wasn't until I uncovered the root for my eating that I was able to stop the insanity cycle. My 24/7 obsession with food did absolutely **nothing** to fix my eating disorder. It was all wasted energy, every last bit of it!

As I've explained, **long term victory** over our flesh comes as we **replace the harmful lies** we have believed **with God's truth**, so our flesh reactions consequently die off.

In the meanwhile, our **short term victories** over our fleshly responses lie in the

combination of honestly **acknowledging** (not ignoring or obsessing over) **our problems and then speaking God's truth about them.** When we speak aloud God's truth upon every temptation of the flesh, we are **forced to pay attention** to what we are doing, and we **give ourselves an option to obey the Spirit** instead of just giving in to the flesh.

- **We build up our faith by hearing the truth of God's Word repeatedly.**

Faith comes by hearing, and hearing by the Word of God. Romans 10:17

- **As our faith grows, we start to act upon those truths.**

In the same way, faith by itself, if it is not accompanied by action, is dead. But someone will say, "You have faith; I have deeds." Show me your faith without deeds, and I will show you my faith by my deeds. James 2:17-18

- The more we act upon the truths, the more **we experience the power of those truths** to heal and deliver us from our fleshly cravings and fears.
He sent out his word and healed them, and delivered them from their destruction. Ps 107:20
- When we are **convinced** of the truth of His Word and experience it's **transforming power** to overcome our issues, **we will USE that spiritual power** more often to stop ourselves from giving in to the flesh, and more importantly, delve deep within ourselves to find and replace the lie.
For whatever God says to us is full of living power: it is sharper than the sharpest dagger, cutting swift and deep into our innermost thoughts and desires with all their parts, exposing us for what we really are. Hebrews 4:12 (TLB)

The hardest part of this process is simply starting it. It will feel weird and uncomfortable. Honestly, we are used to complaining to others, or wallowing in our hopelessness, or repeating our worries over and over to ourselves and others. **Stopping the mental bantering in our head and retraining our thought processes** to provide a scriptural response will be an uphill battle in the beginning, but it is worth the effort!

If you truly want to be free, you must stop focusing on the problem, on the flesh. Stop trying to stop drinking, eating, doing drugs, etc. You cannot win that battle permanently using only the flesh – the most you can ever expect is a temporary cease fire. But **you can't ignore the problem either** – you will just drag that problem around with you forever that way.

You need to **dig up the lie** you have believed which is fueling these actions. But in meanwhile, what do you do with your fleshly coping mechanisms? **Change your tactics**, surprise the enemy of your soul with a counter-intuitive attack.

ABC

Here is “The Holy But” strategy to deal with unhealthy coping mechanisms while you work on uncovering and replacing your lie system. It is broken down into an easy to understand acronym: **ABC**.

A – Acknowledge – Admit the issue with which you are struggling. It truthfully exists, so don't ignore or deny it. You need to face the reality of the situation before you can address it.

I want that chocolate cake right now...

I want a drink...

I want to have sex...

I want to buy that...

I don't want to get out of bed...

I want to scream at them...

B – But God says – Don't just tell yourself that you have a problem and accept that this is how it will always be. That leads to hopelessness, which leads to staying where you are and nothing ever changing. Tell yourself (and the enemy) that the story doesn't end with your problem – there is more to be considered, and **God's Word will take precedence in my heart and life.**

C – Counter – Counter it with the truth of God's Word. Think of yourself as a holy gun designed to kill the enemy. Your **bullets are the truths of scriptures. Your trigger is your faith** in the truth of those scriptures. But **speaking that truth actually pulls the trigger to release the power** of those truths. **Fill yourself with ammunition and SHOOT!**

If you don't have His Word hidden in your heart, then **start digging through the Bible**

to find scriptures that apply to your issue. Find songs that sing those truths and play them in your car, at home and at work. Send them to yourself as daily private messages through apps like [Jesus Text Me](#). Type or write them out and place them on your dashboard or computer monitor.

- I want that chocolate cake right now, **but God says** Penny's stomach cannot be her God. (Phil 3:19)
- I want a drink, **but God says** Penny is not to get drunk, but to be filled with the Spirit (Eph 5:18)
- I want to cut myself, **but God says** Penny's body is the temple of the Holy Spirit; Penny is not her own, but His. (1 Cor 6:19)
- I want to have sex, **but God says** that Penny's body is not meant for sexual immorality but for the Lord, and the Lord for Penny's body. (1 Cor 6:13)

- I don't want to get out of bed, **but God says** that Penny is to discipline her body and train it to do what God wants it to do. (1 Cor 9:27)
- I want to scream at them, **but God says** Penny is to get rid of all bitterness, rage and anger and instead to be kind, compassionate and forgiving, just as in Christ forgave Penny. (Eph 4:31,32)

****I have added several scripture statements in **Appendix A** to help you start countering your thoughts. Also note the use of my name in the Counters. It has been proven that referring to yourself as “you” or by name increases the effectiveness of these statements. You can learn more about this in the [Self Talk course](#) on my web site.*

Continue to speak the truth to yourself to lessen the frequency and intensity of your

coping mechanisms until you finally uncover and **replace the lie fueling your flesh response**. When the lie is eliminated, the **symptoms** you have struggled against will start to **disappear on their own**.

The relationship between my husband and I is light years better than it was in the beginning of our marriage. **We were so incredibly broken**, it is an act of God that we are still together. I left him twice in the first 10 years.

One of the things that used to make me extremely nervous was going out to dinner with him. Back then, he was always angry, negative and critical about everything, and he really didn't care for me much. We would go out to eat and he would completely ignore me, not talk to me, basically pretend I wasn't there. It made me absolutely sick to my stomach. I could do

nothing about his behavior, and back then, I didn't know what to do in response to it.

Recently, right before we were supposed to go out to dinner, my husband discovered that a gift card he had received as a Christmas present for our proposed restaurant was missing. He was very aggravated. I started getting sick to my stomach and very, very nervous. However, I couldn't quite put my finger on why.

Then I connected the dots. I was expecting him to be aggravated and negative and critical throughout dinner. I was expecting another evening of silent treatment.

I spoke to myself, **“I am feeling afraid, But God Says when I am afraid I will trust in you, in God whose Word I praise.”** I immediately felt a temporary release from

the fear. Every time it rose up, I said it again. We ended up having a nice dinner, so my ABC strategy kept me from remaining panicked when there was really nothing bad happening.

Have you ever seen a tree struck down by lightning or cut down? Do the leaves die immediately? Absolutely not. Although the tree has been disconnected from its source of life, **the leaves are the last thing to die.** There is still some sap stored up on which it can thrive.

It is the same with your flesh habits. Even once you completely believe the truth, **you still have patterns burned into your brain, muscle memory and possibly even chemical imbalances** to overcome by creating and practicing new healthier habits. You have to be diligent, even militant, in

protecting your new-found truth, and acting according to it.

It doesn't happen immediately– you have **lived with this lie most likely for DECADES**. Letting go of such a deeply entrenched and entwined lie is not easy, and the enemy will still dog you as you attempt to extract the lie from your life. But continue every day, because:

- if you no longer feel anxious, you don't need to soothe yourself with food.
- if you are no longer afraid, you no longer need to protect yourself through isolation.
- if you no longer feel worthless, then you don't have to harm yourself.

It is the only way to put to death the flesh by the Spirit and to be finally and fully free.

So how do I uncover and replace the lies causing this mess in the first place?

That is what Life Patterns are all about – uncovering the unstable foundations upon which your life has been built, and which have been affecting all of your thoughts, emotions and actions. If you are ready to delve into your past and find out what, where and when things went awry, to move from *“Crazified to Glorified!”*, then I encourage you to start with the Life Patterns course at <http://PennyHaynes.com/courses>.

If you have not yet become a member there, register for the free 30 day membership and learn all you can about how to RESET your Life Patterns. **Become a part of our Spiritual Community** with other members who are seeking their healing

as well. If you decide that you need more help, [contact me for group or individual ministry](#).

Settle in for the long haul, because you didn't get this way overnight, so you won't be healed overnight either. However, **you WILL be healed and set free** if you remain steadfast in the things you are taught. I continue to walk through this journey of self-discovery and healing every day, and I would love for us to walk this road together.

FOOTNOTES:

****I preached a [sermon](#) about how little time we had for God, and the adverse affect it had on us. When we don't spend time with Him, we don't get to know Him more intimately. If we don't feel intimate with Him, we won't be able to trust Him, and therefore probably won't obey Him.*

Conversely, the more time we spend getting to know him, the more intimate our relationship becomes, and the more we are willing to trust Him. As our faith grows, so does our obedience to love Him and love others. The issue is that we get so busy with life in this world that we just don't think about Him.

I thought, "How can I keep in communion with God all day? I'm busy with work and everything else every second of the day!"

Being a programmer, I thought, “If only there was a program that could send me messages throughout the day, maybe 3 times a day, to remind me to focus on God – like the religions that stop and pray 3 times a day. And it would have the capability for me to send myself personalized messages, reminders of my “aha” moments or scriptures that the Holy Spirit had pointed out He wanted me to hide in my heart.”

“What if it could come through text messages, so it was like Jesus Himself was texting me throughout the day like a friend, in everyday language, not just bible verses? But it would be connected to the underlying scriptures so I could get in scripture reading several times a day, too.” This was important because, if I’m honest, I see so much scripture, that when I get a daily scripture email, I basically just glance over

it, I don't really read every word of the verse.

*So God said, "Then go ahead and program it." And I spent \$1,000 developing [Jesus Text Me](#) and released it. It has completely changed my spiritual life, mostly because **I can only go a few hours astray before Jesus puts me back on course!** My mind is being transformed one text at a time through the scriptures, and I am **storing up an inventory of the Word of God** so that the Holy Spirit can bring them back up to my remembrance when I need it. If you feel this free tool would help you as well, please feel free to get the app on one of the App Stores or sign up for email or text messages.*

APPENDIX A – COUNTERING STATEMENTS & SCRIPTURES

**Note that in the first set of scriptures, I have changed the statements to refer to myself in the third person. Studies have shown that this will increase the effects of the statements in your ability to keep your perspective and have a more receptive and positive attitude toward yourself and your situations. Feel free to do that with the other statements as well.*

ANXIETY / WORRY / STRESS

I am worried about not having enough money to meet my bills, BUT GOD SAYS He knows Penny's needs and meets them

when Penny makes His Kingdom her primary concern. Matthew 6:25-33

I am so worried I will go without what I need, BUT GOD SAYS that Penny's God meets all of her needs. Philippians 4:19

I'm afraid of never getting what I want, or losing everything I have, BUT GOD SAYS that as Penny loses her life for Jesus' sake, she finds it. Matthew 10:39

My heart feels so heavy and anxious, BUT GOD SAYS that when Penny believes in Him and in Jesus, trouble will leave Penny's heart. John 14:1

I'm worried about not being able to provide for myself financially, BUT GOD SAYS that the Lord is Penny's good Shepherd. He provides for all of Penny's needs. Psalm 23:1

I'm afraid I'll do without what I need, BUT GOD SAYS that because Penny seeks the Lord with all her heart, Penny will lack no good thing Psalm 34:10

I keep thinking about everything that is stressing me out, BUT GOD SAYS that Penny can give her anxieties to God and trust that he'll take them because he loves Penny. This gives Penny peace. 1 Peter 5:7

I worry that I won't go to heaven, BUT GOD SAYS that someday Penny will be in heaven with her Father because Penny knows the way there – Jesus! John 14:6

I am so stressed out, BUT GOD SAYS, as Penny follows Jesus and walks with him, Penny will have peace. Luke 24:36

All I can see around me is problems, BUT GOD SAYS that Penny is to set her heart and mind on things above, not earthly

things. This gives Penny peace. Colossians 3:1-2

I am so stressed, I just can't think straight,
BUT GOD SAYS that He will keep Penny
in perfect peace when she trusts in Him and
fixes her thoughts on Him. Isaiah 26:3

FEAR

I am so scared about my situation, BUT GOD SAYS I am to trust Him at all times because he is my refuge. Psalm 62:8

I'm scared that God will ask me to do something or go somewhere that I won't like, BUT GOD SAYS that I need to follow Jesus, no matter where he leads me.
Matthew 6:20

I'm scared of witnessing to others about Jesus, BUT GOD SAYS that the Lord stands at my side and gives me strength to share his Good News with others. 2 Timothy 4:17

I'm scared of changing how I'm used to living, BUT GOD SAYS that as I lose my life for Christ's sake, I find true life in him.
Matthew 10:39

I am so scared, BUT GOD SAYS that I am protected by the name of Jesus. John 17:12

I'm afraid I won't be able to hear God's voice, BUT GOD SAYS that when Jesus knocks on my heart's door I will hear him, let him in and have fellowship with him. Revelation 3:20

I'm afraid I will mistake Jesus' voice for the enemy's voice, BUT GOD SAYS that because I follow Jesus, I know his voice and he personally directs my steps. John 10:3

I'm afraid of dying, BUT GOD SAYS that I do not have to fear death because it's my doorway to heaven. 1 Corinthians 15:55

I am afraid God is angry with me for my failures, BUT GOD SAYS that He is compassionate and merciful – slow to get angry and filled with unfailing love. Psalm 103:8

I'm scared about what might happen to me,
BUT GOD SAYS that I am not afraid or
discouraged because God goes before me
and is always with me. Deut 31:8

WEAK / POWERLESS

I feel so powerless, BUT GOD SAYS that the cross of Christ is my power. 1

Corinthians 1:17

I feel so weak, like I'll just keep giving in to temptation, BUT GOD SAYS that His power works best in my weakness. 2

Corinthians 12:9

I don't know if I'm strong enough to do this, BUT GOD SAYS that God is my refuge and strength, always with me and ready to help me in times of trouble. Psalm 46:1

I am so tired and weak right now, BUT GOD SAYS that He gives me strength when I am weary and increases my power when I am weak. Isaiah 40:29

I can't see myself having victory in the long run, BUT GOD SAYS that because I place

my hope in Him I can soar like an eagle, run
and not grow weary, walk and not be faint.
Isaiah 40:31

I feel so weak, like I'm about to fall apart,
BUT GOD SAYS that the power of God
works through me because his Holy Spirit
lives inside this jar of clay. 2 Corinthians 4:7

I am so impatient and weak, BUT GOD
SAYS that as I wait on the Lord and am
courageous, God will strengthen my heart.
Psalm 27:14

I feel like I am carrying the weight of the
world, BUT GOD SAYS that as I cast my
cares and burdens on God, He sustains me
and I have peace. Psalm 55:22

I feel like I can't go on this way, BUT GOD
SAYS that because I place my hope in the
Lord my strength is renewed. Isaiah 40:31

I feel as though I am under attack from the enemy, BUT GOD SAYS that His Spirit in me is greater than any other spirit in the world. He enables me to live a victorious life. 1 John 4:4

FEEL WORTHLESS / SELF-ESTEEM

I don't feel like I'm doing anything for God right now, BUT GOD SAYS that the fruit I produce brings great joy to my Father in Heaven. John 15:8

I feel like I can never get things right, BUT GOD SAYS I have been saved, not by works, but grace, and by His power I will be able to do good things for His Kingdom. Ephesians 2:9-10

I feel so broken and wrong, BUT GOD SAYS my faith makes me whole in spirit, soul and body. Mark 5:34

I feel so dirty and gross because of what I've been doing, BUT GOD SAYS that I am being made holy by God's truths. John 17:17

I feel so ashamed of myself for falling into temptation again, I don't feel worthy of going to God, even to repent, BUT GOD SAYS that I can approach God directly with freedom and confidence through faith in Jesus. Ephesians 3:12

I don't feel loved or lovable, BUT GOD SAYS that He continually pours out his love into my heart by the Holy Spirit. Romans 5:5

I just feel like there is something irreparably wrong with me, BUT GOD SAYS that I was made in the image of God. Genesis 1:27

I feel so ugly and ashamed of my appearance, BUT GOD SAYS that He does not look at my outward appearance. He looks at my heart. 1 Samuel 16:7

I just can't seem to get it all right, BUT GOD SAYS that I am to continue to work

out my full salvation as God works in me according to his good purpose. Philippians 2:12-13

I feel like my sinfulness disqualifies me from being a witness for Christ, BUT GOD SAYS that I am not to hide my light under a basket. I let it shine for all to see so everyone will praise my Father. Matthew 5:15-16

I cannot forgive myself for some of the things I have done, BUT GOD SAYS that He forgives my wrongdoings and never remembers my sins. Hebrews 8:12

I feel like I will always be messed up and empty, BUT GOD SAYS that I am a new person, complete in Christ. 2 Corinthians 5:17

I feel so dirty, BUT GOD SAYS that I am able to keep my ways pure by living according to God's Word. Psalm 119:9

I feel like I take one step forward and three steps back, BUT GOD SAYS that I can run along the paths of God's commands because He has set my heart free. Psalm 119:32

I just don't see myself ever changing, BUT GOD SAYS that He is faithful. He'll complete the good work that he has begun in me. Philippians 1:6

I don't feel worthy of serving God, BUT GOD SAYS that I am to thank Jesus for counting me faithful and putting me into ministry. 1 Timothy 1:12

DEPRESSION / SADNESS / HOPELESSNESS

I can't see myself being any different than I've always been, BUT GOD SAYS that He is able to do immeasurably more in my life than I could ever imagine. Ephesians 3:20

I look at my life and it depresses me, BUT GOD SAYS that I live by faith, not by sight. 2 Corinthians 12:7

I am just so sad, BUT GOD SAYS that as I follow Jesus and walk in his Way of Holiness, gladness and joy will overtake me. Isaiah 35:8-10

I don't feel like there is much in my life to be thankful for, BUT GOD SAYS that I give thanks to God because he is good and his love endures forever. Jeremiah 33:11

Life just always seems so hard, BUT GOD SAYS that because I've walked through Jesus' gate, I've found green pastures. John 10:9

I feel so distressed, BUT GOD SAYS that when I cry to Him for help and he hears my voice. Psalm 18:6

I just feel so low, BUT GOD SAYS that when I cry to Him for relief from the deepest pits of my life, he hears me. Lamentations 3:55-56

I can't see anything good in my life right now, BUT GOD SAYS that the Lord is good! I've experienced him. Psalm 34:8

I feel so hopeless, BUT GOD SAYS that I have a living hope through the resurrection of Jesus from the dead. 1 Peter 1:3

I feel so hopeless about my life ever changing, BUT GOD SAYS that because of what Christ did on the cross at Calvary, I'm able to have a new life. John 10:10

I struggle with negative feelings, BUT GOD SAYS that those don't come from God so I don't have to put up with them! 2 Timothy 1:7

I feel like I'll never stop sinning, BUT GOD SAYS that Jesus Christ gives me victory over sin and death. 1 Corinthians 15:57

CONFUSION

I just don't know what to do, BUT GOD SAYS when I call out to Him He answers me. He tells me things I wouldn't know otherwise. Jeremiah 33:3

I don't know what to do, BUT GOD SAYS that I have the anointing of Jesus, through the Holy Spirit. He teaches me truth and empowers me to live a full life. 1 John 2:27

I have trouble understanding the God's Word and applying it to my life, BUT GOD SAYS that He will reveal his spiritual truths to me by his Holy Spirit. 1 Corinthians 2:13

I don't understand a lot of scriptures that I read, BUT GOD SAYS that His Holy Spirit, who lives in me, will open my mind to the deep truths in God's Word. 1 John 2:27

I just can't figure things out on my own,
BUT GOD SAYS that my competence
comes from God. 2 Corinthians 3:5

I feel so stupid about the things of God,
BUT GOD SAYS that as I spend time with
people who are wise in the Lord, I will
become wiser. Proverbs 13:20

TEMPTATION

I am tempted to watch or listen to something that may lead to me giving in to temptation, BUT GOD SAYS I am to guard my heart because it determines the course of my life. Proverbs 4:23

I just want to do something for myself to feel better, regardless of the consequences, BUT GOD SAYS that I experience true life when I deny myself, turn from my selfish ways and follow Jesus. Matthew 16:24-25

I'm tempted to take something I want for myself outside of God's will and timing, BUT GOD SAYS that I cannot experience an abundant life outside of Jesus and the cross. Matthew 16:24

I struggle with obeying God, BUT GOD SAYS that I will have great joy when I obey

God's commands and remain in His love!
John 15:11

I really want to eat things that are bad for me, BUT GOD SAYS that I do not live by bread alone, but by every word that proceeds from the mouth of God. Matthew 4:4

I want to do things that I know are harmful to myself, BUT GOD SAYS that when I fear the Lord and shun evil, my body is healthy and my bones are nourished.
Proverbs 3:7-8

Sometimes I speak or act without thinking, BUT GOD SAYS that I am not to act thoughtlessly, but try to understand what the Lord wants me to do. Ephesians 5:17

No matter how much I consume, I still desire more, BUT GOD SAYS that He quiets my deep inner hunger because I am cherished by him. Psalm 17:14

I want to give in to temptation, BUT GOD SAYS that when Christ died I was set free from the power of sin. Romans 6:6

I struggle with saying angry words, BUT GOD SAYS that my kind words are sweet to the soul and healing to the bones of others. Proverbs 16:24

MY RELATIONSHIP WITH GOD

I feel so far away from God, BUT GOD SAYS that because Jesus died for my sins, I am no longer separated from God. If I just confess any sin Romans 5:10

I have trouble finding time in God's Word, BUT GOD SAYS that I am to love God's principles and meditate on them all day long. Psalm 119:97

I don't know how to love God or others in a healthy way, BUT GOD SAYS that the same love that He has for Jesus is in me. John 17:26

I don't even feel saved, BUT GOD SAYS that it is by the grace of God and his love that I am saved by my faith. Ephesians 2:5

I always make myself the most important person in my life, BUT GOD SAYS that I

am to worship the Lord my God and serve only him. Luke 4:8

I feel God is so disappointed in me, BUT GOD SAYS that because I have the desire to love and be faithful to Him, I have favor with God. Proverbs 3:3

I don't feel like God hears my prayers for wisdom, BUT GOD SAYS that when I humble myself before God in prayer, he hears me and I gain understanding. Daniel 10:12

I don't spend much time reading the Bible, BUT GOD SAYS that my faith, that saves and transforms me, comes by reading and understanding God's Word. Romans 10:12

I can't seem to memorize God's Word, BUT GOD SAYS that I will be like a tree, planted by streams of water. My life will bear fruit

and prosper because I meditate on God's Word. Psalm 1:1-2

Sometimes I start doubting God, BUT GOD SAYS that I need to stand firmly in my faith. Isaiah 7:9

I feel like every time I mess up, I have lost my salvation, BUT GOD SAYS that I have life, now & eternally, because of God's grace. It's not because of anything I have done. Eph 2:8-9

I don't think I know what true love is, BUT GOD SAYS that He is love and he is in me, so I can know and experience true love. 1 John 4:16

I sometimes struggle with believing the truth of the Gospel, BUT GOD SAYS that Jesus died and rose from the grave for me. I'm blessed because I believe this even though I have not seen him in the flesh. John 20:29

I don't feel saved, BUT GOD SAYS that because God's Spirit lives in me, my spirit is alive and I have true life. Romans 8:11

Thanks to

<http://www.faithandhealthconnection.org/110-affirmations-using-bible-verses/> for the basis of many of these scripture responses.



There's much more to life than living according to your emotions. I call that being CRAZIFIED. If you feel like a prisoner of your feelings and your behavior, then something has gone awry and needs to be faced. The problem is that we are afraid that, if we dig, we will have to feel emotions that we have been avoiding, and we are right.

God created you uniquely, with specific strengths, weaknesses and needs that He requires in order for you to fulfill His calling on your life. However, if you cannot control yourself long enough to surrender and submit to Him, how can you obey His directions for you and become more like Jesus, your hope of glory?

Let me help you go from CRAZIFIED to GLORIFIED by learning who God created you to be, and what Life Patterns you are reliving and need to alter so you can finally fulfill God's purpose for your life.

Penny Haynes, Pastoral Counselor

I help Christian women eliminate stress and gain self-control so they can fulfill God's purpose for their lives.

Learn more about how you can accelerate your healing by joining <http://PennyHaynes.com> for free now.