



FALSE BELIEFS	CONSEQUENCES OF FALSE BELIEFS	GOD'S SPECIFIC SOLUTION	RESULTS OF GOD'S SOLUTION
I must meet certain standards in order to feel good about myself.	The fear of failure; perfectionism; intensity about your own success; withdrawal from risks; manipulate others to help you succeed.	Because of justification, we are completely forgiven and fully pleasing to God. We no longer have to fear failure.	Freedom from the fear of failure; intensity about the right things: Christ and His Kingdom; love for Christ.
I must have the approval of certain others to feel good about myself.	The fear of rejection; please others at any cost; sensitive to criticism, withdrawal to avoid disapproval.	Because of reconciliation, we are totally accepted by God. We no longer have to fear rejection.	Freedom from the fear of rejection; willingness to be open and vulnerable; able to relax around others; willingness to take criticism; desire to please God no matter what others think.
Those who fail are unworthy of love and deserve to be punished.	The fear of punishment; punishing others; blame others when you fail; dry spiritual life.	Because of propitiation, we are deeply loved by God. We no longer have to fear punishment or punish others.	Freedom from the fear of punishment; patience and kindness toward others; being quick to forgive; deep love for Christ.
I am what I am. I cannot change. I am hopeless.	Inferiority feelings; destructive habits; hopelessness.	Because of regeneration, we have been made brand new, complete in Christ. We no longer need to experience the pain of shame.	Christ-centered self-confidence; joy, courage, peace; desire to know Christ.