

# Exchanging Guilt's Lies for Truth



*This resource is to help you change your self-talk around guilt and shame. Fill in the following statements and then replace them with the truth of God's Word. Meditate on these scriptures.*

LIE: I am responsible for my husband or loved one's death because

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*TRUTH: "It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery." - Galatians 5:1 (NIV)*

LIE: I should be ashamed of my grief because

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*TRUTH: "Jesus wept." - John 11:35 (NIV)*

LIE: I cannot make decisions on my own without my loved one because

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*TRUTH: "'If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given you.'" - James 1:5 (NIV)*

LIE: I should feel guilty about depending on others for

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*TRUTH: "He comforts us in all our troubles so that we can comfort others. When they are troubles, we will be able to give them the same comfort God has given us." - 2 Corinthians 1:3-4 (NLT)*

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Take some time to fill in these additional statements on your own. What scriptures can you meditate on to remind you of God's truth when these lies creep up in your mind?

LIE:

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*TRUTH: "Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come."- 2 Corinthians 5:17 (ESV)*

LIE:

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TRUTH:

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LIE:

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*TRUTH: "No weapon that is fashioned against you shall succeed, and you shall refute every tongue that rises against you in judgment. This is the heritage of the servants of the LORD and their vindication from me," declares the Lord."-Isaiah 54:17*

LIE:

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TRUTH:

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