**God’s Promises for Your Darkest Moments**

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| My Thoughts | God’s Promise |
| “It’s impossible” | All things are possible (Luke 18:27) |
| “I’m too tired” | I will give you rest (Matthew 11:28-30) |
| “Nobody really loves me” | I love you (John 3:16; 13:34) |
| “I can’t keep going” | My grace is sufficient (2 Cor 12:9; Psalm 91:15) |
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| “I can’t figure things out” | I will direct your steps (Prov 3:5-6) |
| “I can’t do it” | You can do all things (Philippians 4:13) |
| “I’m not able” | I am able (2 Corinthians 9:8) |
| “It’s not worth it” | It will be worth it (Romans 8:28) |
| “I can’t forgive myself” | I forgive you (1 John 1:9; Romans 8:1) |
| “I can’t manage” | I will supply all your needs (Philippians 4:19) |
| “I’m afraid” | I have not given you a spirit of fear (2 Tim 1:7) |
| “I’m always worried and frustrated” | Cast all your cares on Me (1Peter 5:7) |
| “I don’t have enough faith” | I’ve given everyone a measure of faith (Rom 12:3) |
| “I’m not smart enough” | I give you wisdom (1 Corinthians 1:30) |
| “I feel all alone” | I will never leave you or forsake you (Heb 13:5) |