

# ARE YOU OK?

NOVEMBER 9/10 | "WORTHLESSNESS & SHAME"

Lie: I AM NEVER GOING TO CHANGE

**Romans 7:18-20** | *And I know that nothing good lives in me, that is, in my sinful nature. I want to do what is right, but I can't. I want to do what is good, but I don't. I don't want to do what is wrong, but I do it anyway. But if I do what I don't want to do, I am not really the one doing wrong; it is sin living in me that does it.*

We should BATTLE for PROGRESS not PERFECTION, because PROGRESS is POSSIBLE.

**Romans 8:12-14** | *Therefore, dear brothers and sisters, you have no obligation to do what your sinful nature urges you to do. For if you live by its dictates, you will die. But if through the power of the Spirit you put to death the deeds of your sinful nature, you will live.*

Truth: I MAY NOT BE OK, BUT GOD IS FIGHTING FOR ME EVERYDAY!