

Part 4

Teens In Crisis

Handling thoughts of worthlessness

I. How do you handle those thoughts of worthlessness?

a. Stop them at the door with the truth

i. John 15:16

1. You did not choose Me but I choose you
2. You should go into the world and you should bear fruit
3. If God choose you He has a plan for you
4. you have to be secure in yourself – not concerned about what people think of you
5. anytime a thought comes to you that you don't have worth or value – those thoughts come from Satan

ii. Ephesians 1:3-5

1. He chose you to be part of the family of God before the foundation of the world
2. before God created the world – He knew you
3. He marked out beforehand – He planned your adoption – he wanted you to be His child
 - a. That gives you a lot of worth and a lot of value

iii. Psalms 139:13-17

1. I am fearfully and wonderfully made
2. you are special to God
3. God created you – He made you this way
4. you can't be preoccupied with self

II. How do I handle fear?

a. Understanding that God is sovereign

- i. Reign = rule
- ii. God rules over all

iii. We are not to live in fear

iv. II Timothy 1:7

1. God has not gives us a spirit of fear

2. He has given us power, love, and a sound mind – a mind under control

a. God is omnipotent

i. omni – all

ii. potent – power

b. God lives in you and God is love

i. I John 4:18 – there is no fear in love

ii. Fear comes from the devil

iii. Perfect love casts out fear because fear involves punishment or torment

iv. To be perfected in love is to know that God loves you

v. The thoughts that He has for you are thoughts of good and not for evil to give you a future and a hope

vi. Whatever comes into your life is filtered through fingers of love

vii. No one can touch me without God's permission

b. God's sovereignty

i. Daniel 4:34 – His kingdom is an everlasting kingdom

1. He does His will

2. none can stay God's hand

ii. Deuteronomy 32:39

iii. Psalm 56:3-4 – when I am afraid I will put my trust in Thee - what can man do to me when there is a God who is sovereign

iv. Psalm 56:11 – what can man do to me?

v. Romans 8:28-29 – God causes all things to work together for good to those who love Him

1. before the foundation of the world, I knew you, I choose you

2. everything in your life is going to work together for good to make you more in the image of His Son

3. you don't need to fear anything for God is in control

vi. Isaiah 14:24, 27

1. God is in control

2. I have a plan for your life

vii. Psalm 55:22 – cast your burden on the Lord and he will sustain you

viii. You need to take these truths and bring them to the door of your mind and let them answer the devil when he knocks