



### “Not Enough” Thoughts

Not Smart Enough

*“I don’t have answers.”*

Not Strong Enough

*“I feel weak.”*

Not Enough Skills

*“I can’t do this.”*

Not Brave Enough

*“I am afraid.”*

Not Enough Energy

*“I am tired.”*

Not Good Enough

*“I am not qualified.”*

Not Enough Help

*“I feel all alone.”*

Not Enough Calm or Peace

*“I am worried.”*

Not Enough Hope

*“I want to give up.”*

Not Enough Time

*“I can’t get it all done.”*

### God’s Truth

*“If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.” James 1:5*

*“He gives strength to the weary and increases the power of the weak.” Isaiah 40:29*

*“I can do all things through Christ who gives me strength.”  
Philippians 4:13*

*“Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go.” Joshua 1:9*

*“Come to me, all you who are weary and burdened, and I will give you rest.” Matthew 11:28*

*“Being confident of this, that He who began a good work in you will carry it on to completion until the day of Christ Jesus.”  
Philippians 1:6*

*“I will never leave you nor forsake you.”  
Hebrews 13:5*

*“Cast all your worries and cares to God, for he cares about you.” Peter 5:7*

*“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.” Galatians 6:9*

*“The heart of man plans his way, but the Lord establishes his steps.” Proverbs 16:9*