

FORCE IT --> HURT	FACE IT -->	HOPE
I fear scarcity.	I believe that God will provide.	My soul faints with longing for your salvation, but I have put my hope in your word. <i>Psalm 119:81</i>
I say "yes" to myself.	I say "yes" to God.	Show me your ways, O LORD, teach me your paths; guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long. <i>Psalm 25:4-5</i>
I ask "Why is this happening to me" to the point of narcissistic martyrdom and despair.	I take the question "Why is this happening to me" directly to God.	Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God. <i>Psalm 42:5</i>
I ignore, mis-use, and/or withhold the answer given by God.	I accept God's answer and trust Him to know best.	For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future. <i>Jeremiah 29:11</i>
I pick favorites.	I love unconditionally.	The LORD delights in those who fear him, who put their hope in his unfailing love. <i>Psalm 147:11</i>
I choose to stay in my comfort zone.	I accept challenges that will help me grow and change.	Though he slay me, yet will I hope in him; I will surely defend my ways to his face. <i>Job 13:15</i>
I take matters into my own hands.	I take my problems to God and leave them with Him.	The Lord is good to those whose hope is in him, to the one who seeks him; <i>Lamentations 3:25</i>
I expect other people to fill the empty places in my heart.	I turn to God to fill the empty places in my heart.	May the God of hope fill you with all joy and peace as you trust in him so that you may overflow with hope by the power of the Holy Spirit. <i>Romans 15:13</i>

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I promise to fix or take the blame for anything that goes wrong.	I allow others to experience the natural consequences of their choices.	For in this hope we were saved. But hope that is seen is no hope at all. Who hopes for what he already has? But if we hope for what we do not yet have, we wait for it patiently. Romans 8:24-25
I use intimate knowledge of a loved one against him or her.	I protect intimate knowledge to keep people and relationships safe.	Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. 1 Corinthians 13:6-7
I lie to justify my actions.	I tell the truth	I pray also that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in the saints, and his incomparably great power for us who believe. Ephesians 1:18-19
I try to avoid/prevent necessary pain and disappointment.	I learn to suffer with and for others.	Not only so, but we also rejoice in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. Romans 5:3-4
I try to escape the consequences of my actions.	I face the consequences of my actions and make amends.	. . . those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. Isaiah 40:31