

## CAN YOU LOVE YOURSELF?

Some of your heart attitudes are negative and some are positive. A negative heart attitude will bring about a series of negative responses in yourself and others, such as:

(1) negative reaction from others; (2) a deepening negativism in yourself; (3) an improper relationship to God; (4) an effect on your actions, and (5) poor health.

Read the list and put a check by eight of the heart problems that are most common to you. Write your definition of the word beneath it. Verify the meaning in a dictionary. Next, look up the Scripture verse, read it several times, savoring the intent, then write in your own words how you can use that verse to erase a negative idea. Memorize the Scriptures.

From this time on, anytime a negative heart attitude surfaces, remove it by quoting and acting according to the Bible verse you have memorized.

<u>Heart Problem</u>	<u>Scripture Solution</u>
1. Anger	Psalms 37:8
2. Anxiety	Philippians 4: 6, 7
3. Doubt	Matthew 21: 21, 22
4. Bitterness	Ephesians 4: 30-32
5. Envy	Colossians 3: 2
6. Fear	Psalms 34: 4
7. Guilt	Romans 8: 1
8. Irritability	Colossians 3: 15-17
9. Impatience	James 1: 2-4
10. Resentment	Romans 12: 19
11. Selfishness	Romans 15: 1-3
12. Depression	Matthew 5: 4
13. Stubbornness	Proverbs 29: 1