



## **Food for Thought**

### Healthy Spiritual Snacks for *The 7-Day Doubt Diet*

Healthy eating requires good planning, like packing healthy snacks to have in between meals. In the same way, we need to plan for healthy spiritual snacks from God's Word so we'll have easy access to truth! That way we can stay on track each day and keep losing the weight of our self-doubts.

In chapter 12 of [A Confident Heart](#) I've created a chart of thirty-one promises to replace our defeating doubts with God's empowering perspective. Here are a few to print and carry with you so you'll have easy access to some very healthy spiritual "food for thought!"

<b>When I Say</b>	<b>God Says</b>	<b>Powerful Promises</b>
I don't know what to do.	I will direct your steps.	Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight. (Prov. 3:5-6 NIV)
My life is too hard.	Let Me help you.	I will be with him in trouble, I will deliver him and honor him. (Ps. 91:15 NIV)
I can't do it.	Rely on My strength and you can do all that I've called you to do.	I have strength for all things in Christ Who empowers me. (Phil. 4:13 AMP)
I'm too afraid.	I have not given you a spirit of fear.	For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline. (2 Tim. 1:7 NLT)
I can't forgive myself.	I forgive you.	God is faithful and reliable. If we confess our sins, he forgives them and cleanses us from everything we've done wrong. (1 John 1:9 GW)

This was taken from a chart of thirty-one different doubts and promises in Chapter 12 of *A Confident Heart* by Renee Swope. Find out more or [click here to order your copy today!](#)



Renee Swope's passion is to lead women to live confidently in Christ. Through Biblical teaching, personal stories and powerful life applications she show us how to *rely on* and *live in* the power of God's promises in our everyday lives. For more information about Renee and her ministry, visit [www.ReneeSwope.com](http://www.ReneeSwope.com).