

## Putting into practice preaching the gospel to yourself

(from Kimm Crandall, *Christ in the Chaos: How the Gospel Changes Motherhood*, [Cruciform Press, 2013], Appendix, p. 115-20)

### For When You Blow It

1. His kindness leads me to repentance. (Romans 2:4)
2. He is not angry with me. (Romans 5:9)
3. He saved me when I was His enemy. (Romans 5:10)
4. Where sin abounds, grace abounds all the more. (Romans 5:20)
5. Sin is no longer my master. (Romans 6:14)
6. Nothing I do can separate me from His love. (Romans 8:38-39)
7. My sin has already been forgiven and nailed to the cross. (Colossians 2:13-14)
8. God is greater than my heart. (I John 3:19-20)
9. There is no more judgment against me. (Romans 8:1)

### For When You Feel Weak

1. It's OK to be weak! We can be content in our weakness because that is where God's strength is found. (2 Corinthians 12:10)
2. His grace is *always* sufficient and will always be poured out on you in your weakness. (2 Corinthians 12:9)
3. The Holy Spirit helps us in our weakness. (Romans 8:26)
4. He understands our weakness. (Hebrews 4:15)
5. He first loved us in our weakness, so we don't have to prove we are strong to earn His love. (Romans 5:6-7)
6. It is not until we see our weakness that we will praise His strength. (Psalm 118:13-15)
7. Our strength fails but His strength goes on forever. (Psalm 73:26)

### For When You Are Discouraged

1. Wait on the Lord and he will strengthen your heart. (Psalm 27:13-14 NKJV)
2. Wait for the Lord expectantly. (Psalm 130)
3. He bottles every tear. (Psalm 56:8)
4. His strength is mine. (Psalm 73:26)
5. He loves the brokenhearted. (Psalm 34:18)
6. He will not burden the discouraged heart. (Isaiah 42:3)
7. He is never discouraged even when we are. (Isaiah 42:4)
8. Even when we are discouraged and our faith is weak, he remains faithful to us. (2 Timothy 2:13)

### For When you Are Overwhelmed

1. God was *for* me before I could even speak His name, and He remains *for* me today. (Romans 8:30-32)
2. "It is finished" means I can rest in the finished work of Christ. There is nothing left to do [for salvation or for God's favor to me] that has not already been done. (Hebrews 4:3)
3. If God's grace was sufficient to fulfill the law through Christ, then God's grace is sufficient for me today. (John 1:16-17)
4. He will enable you to do what he has called you to do. (I Thessalonians 5:24)
5. He promises that He provides never-ending love and mercy each day. (Lamentations 3:22-23)
6. He holds everything together even when I cannot. (Colossians 1:17)
7. He promises to walk with us in trials and not let us get overwhelmed. (Isaiah 43:2)
8. He is gentle with mothers. (Isaiah 40:11)