

ANT Killer



THIS MONTH'S MEMORY VERSE:

But sanctify the Lord God in your hearts, and always be ready to give a defense to everyone who asks you a reason for the hope that is in you, with meekness and fear. **1 PETER 3:15 NKJV**

Write, in detail, the ANT (Automatic Negative Thought). **John 3:20-21**

Is that true? Yes or no? _____

John 8:31-32

Are you 100% sure it is true? Yes or no? _____

How does the thought make you feel? _____

Galatians 5:19-23

How would you feel if you did not have that thought? **Rom.1:17**

Describe the opposite! **Eph. 3:20-21** _____

Asking Jesus into your life is as easy as A-B-C

Gospel A-B-C's

Father, I **A**dmit that I am a sinner and that my sin has brought death and destruction into my life, my relationships with people, and my relationship with God. **Romans 3:23, 6:23**

I **B**elieve that Jesus died for my sins and that His death paid the penalty for my sins.

Romans 5:8

I **C**onfess or agree that Jesus is Lord, that He died and rose from the dead, and is able to forgive me of my sins. **Romans 10:9-10**

Jesus, I trust that You love me and can hear my prayer. By faith, I ask You to please forgive me and fill me with the Holy Spirit. I surrender my life to You. I pray this in Jesus' name. Amen.

**IF YOU UNDERSTOOD THAT PRAYER AND PRAYED TO ACCEPT JESUS' INVITATION
INTO A RELATIONSHIP, TEXT "SAVED" TO 52525.**