

5 Steps to Overcome Self-Doubt

1. Surrender

Cast your cares on the LORD and he will sustain you; he will never let the righteous fail. Ps 55:22, NIV

Surrender those thoughts and feelings to God. Let him have all of your frustrations and your worries.

2.Repent.

After you've surrendered, the next step is to repent. When frustration and discouragement set in, it's usually because things aren't happening the way we want them to. Our expectations haven't been met, or we're trying to do it in our own power and strength. Remember God has his own ways of doing things.

"For my thoughts are not your thoughts, neither are your ways my ways, saith the Lord. For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts..." (Isa 55:8-9, KJB)

We need to repent for not trusting God and letting him work things out his way.

3. Ask

I sought the Lord, and he answered me; he delivered me from all my fears. (Ps 34:4, NIV)

Now is the perfect time to ask for wisdom, understanding, clarity, patience, peace. Whatever it is you need, ask him for it. The answer may not come right away, but God will answer you.

4.Praise

I will bless the LORD at all times; his praise shall continually be in my mouth. Ps 34:1, ESV

Praise and prayer are probably the most underrated weapons in our arsenal. This is the perfect time to give God praise and to thank him for all that he's done and will do. After you've surrendered, repented, asked, and praised God you're probably feeling a little better. If I know the enemy, he'll be back.

Don't skip this next step!

5. Get into the word.

For the word of God is living and active and sharper than any two-edged sword, and piercing as far as the division of soul and spirit, of both joints and marrow, and able to judge the thoughts and intentions of the heart. Heb 4:12

The devil's job is to kill, steal and destroy (John 10:10) the calling God has placed on your life, family, or business. Whatever it is God has called you to do, he wants to take it. You are needed in God's kingdom to spread the good news over the world wide web! Don't let the enemy continue to sow seeds of discouragement and doubt in your mind. Rebuke him and expose him for the liar he is. Rebuke him with what? The word of God.

10 Bible Verses to Help You Overcome Self-Doubt

1. I can do all things through Christ who strengthens me. (Philp 4:13, NKJV)
2. ... 'Not by might nor by power, but by My Spirit,' says the LORD of hosts. (Zech 4:6,NASB)2
3. ...Be strong and courageous, and do the work. Do not be afraid or discouraged, for the Lord God, my God, is with you. He will not fail you or forsake you... (1 Chr 28:20,NIV)
4. "Do not be afraid; you will not be put to shame. Do not fear disgrace; you will not be humiliated... Isaiah 54:4
5. In him we were also chosen, having been predestined according to the plan of him who works out everything in conformity with the purpose of his will. (Eph 1:11, NIV)
6. "God is within her, she will not fall." — Psalm 46:5
7. "Perhaps this is the moment for which you have been created." — Esther 4:14
8. "You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven." — Matthew 5:14-16 (NIV)
9. My dear friends, stand firm and don't be shaken. Always keep busy working for the Lord. You know that everything you do for him is worthwhile. 1 Cor 15:58,CEV
10. You need to persevere so that when you have done the will of God, you will receive what he has promised. Heb 10:36,NIV