

Overcoming Blaming

"Whoever conceals his transgressions will not prosper, but he who confesses and forsakes them will obtain mercy."

Proverbs 28:13

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Overcoming Procrastination

"And whatsoever ye do, do it heartily, as unto the Lord, and not unto men; Knowing that of the Lord ye shall receive the reward of the inheritance: for ye serve the Lord Christ."

Proverbs 28:13

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Overcoming Emotional Eating

"In your anger do not sin": Do not let the sun go down while you are still angry, and do not give the devil a foothold."

Ephesians 4:26-27

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For Building Self-Esteem

"For you formed my inward parts; you knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well."

Psalms 139:13-14

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To Help With Self Control

"Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour."

1 Peter 5:8

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To Help You Focus

"Why were you searching for me?" he asked. "Didn't you know I had to be in my Father's house?"

Luke 2:49

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