

What I feel or think about myself

1. I am unworthy/unacceptable.
2. I am alone.
3. I feel like a failure/inadequate.
4. I have no confidence.
5. I feel responsible for my life.
6. I am confused/think I am going crazy.
7. I am depressed/hopeless.
8. I am not good enough/imperfect.
9. There is nothing special about me.
10. I don't have enough.
11. I am a fearful/anxious person.
12. I lack faith.
13. I am a weak person
14. I am defeated.
15. I am not very smart.
16. I am in bondage.
17. I am miserable.
18. I have no one to take care of me.
19. I am unloved.

20. I am unwanted/I don't belong to anyone.
21. I feel guilty.
22. I am a sinner.

23. I have no strength.

24. I can't reach God.
25. I feel condemned.
26. There is no direction/plan.

27. I feel like nothing will ever change.
28. I am afraid of Satan.
29. Sin overpowers me.
30. I live under standards of performance.
31. I have no spiritual inheritance.

32. I am afraid of death.

33. I feel lost/apart from God.
34. I have no abilities God could use.

What is true about me according to Scripture

1. I am accepted/worthy.
2. I am never alone.
3. I am adequate.
4. I have all the boldness/confidence I need.
5. God is responsible/faithful to me.
6. I have the mind of Christ.
7. I have all the hope I need.
8. I am perfect in Christ.
9. I have been chosen/set apart by God.
10. I have no lack.
11. I am free from fear.
12. I have all the faith I need.
13. I am strong in Christ.
14. I am victorious.
15. I have God's wisdom.
16. I am free in Christ.
17. I have God's comfort.
18. I am protected/safe.
19. I am very loved.

20. I have been adopted by God. I am His child.
21. I am totally forgiven/redeemed.
22. I have been declared holy, righteous, and justified. I am a saint.
23. I have God's power. I am indwelt with the Holy Spirit.
24. I have direct access to God as a believer-priest.
25. I am uncondemned/blameless.
26. I have been created for good works. God knows my way.
27. I've been given a brand new life.
28. I have authority over Satan.
29. I am dead to sin.
30. I am dead to the law.
31. a. I am an heir.
b. I have died with Christ/crucified with him/buried with Him.
c. I have been raised with Him.
32. I have been made alive with Christ. I will be in heaven.
33. I am assured of heaven.
34. I have been given spiritual gifts for His service.

Scripture References

1. Rom 15:7; Ps. 139; Eph. 1:4
2. Heb. 13:5b; Rom 8:38-39; Ps. 139, 149
3. 2 Cor. 3:5-6; Phil. 4:13
4. Prov 3:26, 14:26, 28:1; Heb. 10:19; Eph. 3:12
5. Phil. 1:6, 2:13; 2 Thess. 3:3; Ps. 138:8
6. 1 Cor. 2:16; 2 Tim. 1:7
7. Rom. 15:13; Ps. 16:11, 27:13, 31:24
8. Heb. 10:14; Col. 2:13
9. Ps 139, 1 Cor 1:30, 6:11; Eph. 1:4; Heb 10:10, 14
10. Phil. 4:19
11. Ps. 34:4; 2 Tim. 1:7; 1 Pet. 5:7, 1 Jn. 4:18
12. Rom. 12:3
13. Dan. 11:32; Ps. 37:34; Phil. 4:13
14. Rom. 8:37; 2 Cor. 2:14; 1 Jn. 5:4
15. Prov. 2:6-7; 1 Cor 1:30
16. Ps. 32:7; 2 Cor. 3:17; Jn. 8:36
17. Jn. 15:6, 16:7; 2 Cor. 1:3-4
18. Ps. 32:7
19. Jn. 15:9; Rom. 8:38-39; Eph. 2:4, 5:1; 1 Jn. 14:10-11
20. Rom 8:16-17; Gal. 4:5; Eph. 1:5; 1 Jn. 3:2
21. Ps. 103:12; Eph. 1:7; Col. 1:14, 20; Heb. 10:7
22. Rom 3:24; 1 Cor. 1:30, 6:11; 2 Cor. 5:21; Col. 2:14
23. Acts 1:8; Eph. 1:19, 3:16; Rom. 8:9-11

24. Eph. 2:6; 1 Pet. 2:5, 9
25. Jn. 3:18; Rom. 8:1
26. Ps. 37:23, 138:8; Jn. 10:10; Eph. 2:10

27. 2 Cor. 5:7
28. Col. 1:13; 1 Jn. 4:4; Rev. 12:11
29. Rom. 6:11
30. Rom. 6:14, 7:4-6
31. a. Rom. 8:16-17; Eph. 1:11, 14, 18; Gal. 4:7
b. Rom. 6:4-8; Gal. 2:20; Col. 2:12, 3:3

c. Rom. 6:4; Eph. 1:20, 2:6; Col. 3:1
32. Eph. 2:5; Col. 2:15; 2 Cor. 5:8

33. 1 Jn. 5:11-15; Jn. 10:27-30; 2 Cor. 5:8
34. 1 Cor. 12