

## Renew Your Mind With The Truth: Who I Am in Christ

I am ACCEPTED, SECURE & SIGNIFICANT

I am God's CHILD - But as many as received him, to them gave he power to become the sons of God, even to them that believe on his name. John 1:12

I am Christ's FRIEND - I have called you friends; for all things that I have heard of my Father I have made known unto you. John 15:15

I have been JUSTIFIED - Therefore being JUSTIFIED BY FAITH, we have PEACE WITH GOD through our Lord Jesus Christ. Romans 5:1

I am UNITED with the Lord, and I am ONE SPIRIT with Him - But he that is joined unto the Lord is one spirit. I Corinthians 6:17

I have been bought with a price: I BELONG to God. - know ye not that your body is the TEMPLE of the Holy Spirit which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore GLORIFY God in your body, and in your spirit, which are God's. I Corinthians 6:19-20

I am a member of Christ's BODY - Now ye are the body of Christ, and members in particular. I Corinthians 12:27

I have been ADOPTED as God's child - Having predestinated us unto the adoption of children by Jesus Christ to himself, according to the GOOD PLEASURE of his WILL. Ephesians 1:5

I have direct ACCESS to God through the Holy Spirit - For through him we both have access by one Spirit unto the Father. Ephesians 2:18

I have been FORGIVEN of all my sins - In whom we have REDEMPTION through his blood, even the FORGIVENESS of sins. Colossians 1:14

I am COMPLETE in Christ - And ye are COMPLETE in him, which is the head of all principality and power. Colossians 2:10

I am FREE from condemnation - There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the SPIRIT. For the LAW OF THE SPIRIT of life in Christ Jesus hath made me free from the law of sin and death. Romans 8:1-2

I am able to do great works for Christ - He that believeth on me, the works that I do shall he do also; and greater works than these shall he do; because I go unto my Father. John 14:12

I am more than a CONQUEROR - in all these things we are more than conquerors through him that loved us. Romans 8:37

I am part of a royal priesthood, God's special possession – But ye are a chosen generation, a royal priesthood, an holy nation, a peculiar people; that ye should shew forth the praises of him who hath called you out of darkness into his marvellous light I Peter 2:9

I am assured that all things work together for GOOD – And we know that all things work together for good to them that LOVE God, to them who are the called according to his purpose. Romans 8:28

I am free from all condemning charges against me – What shall we then say to these things? If God be for us, who can be against us? He that spared not his own Son, but delivered him up for us all, how shall he not with him also freely give us all things? Who shall lay any thing to the charge of God's elect? It is God that justifieth. Who is he that condemneth? It is Christ that died, yea rather, that is risen again, who is even at the right hand of God, who also maketh intercession for us. Romans 8:31-34

I cannot be separated from the LOVE OF GOD – Who shall separate us from the love of Christ? shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? As it is written, For thy sake we are killed all the day long; we are accounted as sheep for the slaughter. Nay, in all these things we are more than conquerors through him that loved us. For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord. Romans 8:35-39

I have been established, anointed and sealed by God – Now he which stablisheth us with you in Christ, and hath anointed us, is God; Who hath also sealed us, and given the earnest of the Spirit in our hearts. II Corinthians 1:21-22

I am CONFIDENT that the good work God has begun in me will be perfected – Being CONFIDENT of this very thing, that he which hath begun a GOOD WORK in you will perform it until the day of Jesus Christ Philippians 1:6

I am a citizen of HEAVEN – For our conversation is in heaven; from whence also we look for the Saviour, the Lord Jesus Christ Philippians 3:20

I am hidden with Christ in God – For ye are dead, and your LIFE is hid with Christ in God. Colossians 3:3

I have not been given a spirit of fear, but of POWER, LOVE and SELF-CONTROL – For God hath not given us the spirit of fear; but of power, and of love, and of a SOUND MIND. II Timothy 1:7

I can find GRACE and MERCY to help in time of need – Let us therefore come boldly unto the throne of grace, that we may OBTAIN MERCY, and find GRACE to help in time of need. Hebrews 4:16

I am born of God and the evil one cannot touch me – We know that whosoever is born of God sinneth not; but he that is begotten of God keepeth himself, and that wicked one toucheth him not. I John 5:18

I am FREE from sin – You have been set free from sin and have become slaves to God. Rom. 13:14

I have SELF-CONTROL – Christ take control of you, and don't think of ways to indulge your evil desires. Rom. 13:14

Whatever you are doing to try to live the Christian life and TRUST “Christ, who is your life”. Col. 3:4

Christ is my LIFE – I have been crucified with Christ and I no longer live, but Christ lives in me. The life I live in the body, I live by faith in the Son of God, who LOVED ME and gave himself for me. Gal.2:20

I am the SALT of the earth and the LIGHT of the world – Ye are the light of the world. A city that is set on an hill cannot be hid Matthew 5:13-14

I am a branch of the TRUE VINE, Jesus, a channel of His life – Now ye are clean through the word which I have spoken unto you. Abide in me, and I in you. As the branch cannot bear fruit of itself, except it abide in the vine; no more can ye, except ye abide in me. I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing. John 15:3-5

I have been chosen and appointed by God to bear fruit – Ye have not chosen me, but I have chosen you, and ordained you, that ye should go and bring forth fruit, and that your fruit should remain: that whatsoever ye shall ASK of the Father in my name, he may give it you. John 15:16

I am a personal, Spirit-empowered witness of Christ – But ye shall receive POWER, after that the Holy Ghost is come upon you: and ye shall be witnesses unto me both in Jerusalem, and in all Judæa, and in Samaria, and unto the uttermost part of the earth. Acts 1:8

I am a temple of God – Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? I Corinthians 3:16

I am a minister of reconciliation for God – Therefore if any man be in Christ, he is a NEW creature: old things are passed away; behold, all things are become new. And all things are of God, who hath reconciled us to himself by Jesus Christ, and hath given to us the ministry of reconciliation; To wit, that God was in Christ,

reconciling the world unto himself, not imputing their trespasses unto them; and hath committed unto us the word of reconciliation. Now then we are ambassadors for Christ, as though God did beseech you by us: we pray you in Christ's stead, be ye reconciled to God. For he hath made him to be sin for us, who knew no sin; that we might be made the righteousness of God in him. II Corinthians 5:17-21

I am a fellow worker with God - We then, as workers together with him, beseech you also that ye receive not the grace of God in vain. II Corinthians 6:1

I am seated with Christ in the heavenly realms - And hath raised us up together, and made us sit together in heavenly places in Christ Jesus Ephesians 2:6

I am God's workmanship, created for good works - For we are his workmanship, created in Christ Jesus unto GOOD WORKS, which God hath before ordained that we should walk in them. Ephesians 2:10

I may approach God with freedom and confidence - In whom we have BOLDNESS and access with CONFIDENCE by the faith of him. Ephesians 3:12

I can do all things through Christ who strengthens me! - I can do all things through Christ which STRENGTHENS me. Philippians 4:13

BY THE GRACE OF GOD I AM WHAT I AM - But by the grace of God I am what I am: and his grace which was bestowed upon me was not in vain; but I laboured more abundantly than they all: yet not I, but the grace of God which was with me. I Corinthians 15:10 And have put on the new man, which is renewed in knowledge after the image of him that created him Colossians 3:10

I am VICTORIOUS - Count yourselves dead to sin but ALIVE to God in Christ Jesus. Rom. 6:11 But thanks be to God, which giveth us the victory through our Lord Jesus Christ. I Corinthians 15:57

I am PATIENT - Be still before the Lord and WAIT patiently for him Ps. 37:7

I have PEACE - Those who enter God's REST also cease from their labors as God did from his. Heb. 4:10

I am focused on God - Let us fix our eyes on Jesus, the AUTHOR and PERFECTOR of our FAITH Heb. 12:2

God cares for me - Cast all your anxiety on him because he CARES for you 1 Pet. 5:7 Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. Phil. 4:6

## Negative Feelings

Self-seeking, self-righteous - Do not concern yourself with great matters or things too wonderful. Ps. 131:1

Critical, Judgment - Accept him whose faith is weak, without passing judgment. Rom. 14:1

Unhappy - Not that I speak in respect of want: for I have learned, in whatsoever state I am, therewith to be content. Philippians 4:11

Unloved - Behold, what manner of love the Father hath bestowed upon us, that we should be called the sons of God: therefore the world knoweth us not, because it knew him not. I John 3:1 But now thus saith the LORD that created thee, O Jacob, and he that formed thee, O Israel, Fear not: for I have redeemed thee, I have called thee by thy name; thou art mine. When thou passest through the waters, I will be with thee; and through the rivers, they shall not overflow thee: when thou walkest through the fire, thou shalt not be burned; neither shall the flame kindle upon thee. Since thou wast precious in my sight, thou hast been honourable, and I have loved thee: therefore will I give men for thee, and people for thy life. Isaiah 43:1-4

Weak - The LORD is my light and my salvation; whom shall I fear? the LORD is the strength of my life; of whom shall I be afraid? Psalms 27:1 the people that do know their God shall be strong, and do exploits. Daniel 11:32

Worthless - For he hath made him to be sin for us, who knew no sin; that we might be made the righteousness of God in him. II Corinthians 5:21

## Truth About Thoughts

Blasphemous Thoughts - We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ, 2 Cor 10:4-5

Condemning Thoughts - Therefore there is now no condemnation for those who are in Christ Jesus. Rom 8:1

Confusing Thoughts - for God is not a God of confusion but of peace, as in all the churches of the saints. 1 Cor.14:33

Fearful Thoughts - For God has not given us a spirit of fear, but of power and of love and of a sound mind. 2 Tim 1:7 For you have not received a spirit of slavery leading to fear again, but you have received a spirit of adoption as sons by which we cry out, " Abba! Father!" Haughty (prideful) Thoughts - Rom 8:15 Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves; 4 do not merely look out for your own personal interests, but also for the interests of others. Phil 2:3-4

Lying Thoughts - Therefore, laying aside falsehood, SPEAK TRUTH EACH ONE of you WITH HIS NEIGHBOR, for we are members of one another. John 8:44-45 " You are of your father the devil, and you want to do the desires of your father. He was

a murderer from the beginning, and does not stand in the truth because there is no truth in him. Whenever he speaks a lie, he speaks from his own nature, for he is a liar and the father of lies. Eph 4:25-26

Obsessive Thoughts - Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all comprehension (need to figure it out), will guard your hearts and your minds in Christ Jesus. Phil 4:6-7

Negative Thoughts - And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose. Rom 8:28

Jealous Thoughts - But if you have bitter jealousy and selfish ambition in your heart, do not be arrogant and so lie against the truth. 15 This wisdom is not that which comes down from above, but is earthly, natural, demonic. 16 For where jealousy and selfish ambition exist, there is disorder and every evil thing. James 3:14-16

Thoughts of Guilt and Shame - Christ redeemed us from the curse of the Law, having become a curse for us Gal 3:13 Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance and the sin which so easily entangles us, and let us run with endurance the race that is set before us, 2 fixing our eyes on Jesus, the author and perfecter of faith, who for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God. Heb 12:1-2

Suicidal Thoughts - "The thief comes only to steal and kill and destroy; I came that they may have life, and have it abundantly. Luke 9:56 for the Son of Man did not come to destroy men's lives, but to save them." ] John 10:10

Fantasy Thoughts - The God who made the world and all things in it, since He is Lord of heaven and earth, does not dwell in temples made with hands; 25 nor is He served by human hands, as though He needed anything, since He Himself gives to all people life and breath and all things; 26 and He made from one man every nation of mankind to live on all the face of the earth, having determined their appointed times and the boundaries of their habitation, Acts 17:24-27 O LORD, You have searched me and known me. 2 You know when I sit down and when I rise up; You understand my thought from afar. 3 You scrutinize my path and my lying down, And are intimately acquainted with all my ways. 4 Even before there is a word on my tongue, Behold, O LORD, You know it all. 5 You have enclosed me behind and before, And laid Your hand upon me. 6 Such knowledge is too wonderful for me; It is too high, I cannot attain to it. Ps 139:1-6

Perfectionistic/Legalistic Thoughts - Not that we are adequate in ourselves to consider anything as coming from ourselves, but our adequacy is from God, 6 who

also made us adequate as servants of a new covenant, not of the letter but of the Spirit; for the letter kills, but the Spirit gives life. 2 Cor3:5-6

Unprotected Thoughts - Finally, brethren, pray for us that the word of the Lord will spread rapidly and be glorified, just as it did also with you; 2 and that we will be rescued from perverse and evil men; for not all have faith. 3 But the Lord is faithful, and He will strengthen and protect you from the evil one. 2 Thess 3:1-3

Religious Thoughts - I am amazed that you are so quickly deserting Him who called you by the grace of Christ, for a different gospel; 7 which is really not another; only there are some who are disturbing you and want to distort the gospel of Christ. 8 But even if we, or an angel from heaven, should preach to you a gospel contrary to what we have preached to you, he is to be accursed! 9 As we have said before, so I say again now, if any man is preaching to you a gospel contrary to what you received, he is to be accursed! 10 For am I now seeking the favor of men, or of God? Or am I striving to please men? If I were still trying to please men, I would not be a bond-servant of Christ. Gal 1:6-10

Thoughts of Regret - 'For I know the plans that I have for you,' declares the LORD, 'plans for welfare and not for calamity to give you a future and a hope. Jer 29:11-12

Distracting Thoughts - Therefore, prepare your minds for action, keep sober in spirit, fix your hope completely on the grace to be brought to you at the revelation of Jesus Christ. Defensive Thoughts - 1 Peter 5:6-8 Therefore humble yourselves under the mighty hand of God, that He may exalt you at the proper time, 7 casting all your anxiety on Him, because He cares for you. 1 Peter 1:13-14

Angry Thoughts - Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. 32 Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you. Eph 4:31-32

People Pleasing - For am I now seeking the favor of men, or of God? Or am I striving to please men? If I were still trying to please men, I would not be a bond-servant of Christ. Gal 1:10

Thoughts of Loneliness - For I am convinced that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, 39 nor height, nor depth, nor any other created thing, will be able to separate us from the love of God, which is in Christ Jesus our Lord. Rom 8:38-39