Appendix A

Truth Statements

Practice saying these verses out loud to help renew your mind with God's Word:

- **I am a child of God:** "To all who believed him and accepted him, he gave the right to become children of God" (John 1:12, NLT).
- **God is good and does not withhold any good thing from me:** "The Lord will withhold no good thing from those who do what is right" (Psalm 84:11, NLT).
- **I am a joint heir with Christ:** "Since we are his children, we are his heirs. In fact, together with Christ we are heirs of God's glory" (Rom. 8:17, NLT).
- **I am a temple, a dwelling place of God:** "Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God?" (1 Cor. 6:19, NLT).
- **I am a new creation:** "Anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!" (2 Cor. 5:17, NLT).
- **God's wisdom and understanding has no limit:** "Great is our Lord and mighty in power; his understanding has no limit" (Psalm 147:5, NIV).
- **I am righteous and holy:** "Put on your new nature, created to be like God—truly righteous and holy" (Eph. 4:24, NLT).
- **I am a threat to the enemy:** "I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you" (Luke 10:19, NIV).
- **I am free from condemnation:** "There is no condemnation for those who belong to Christ Jesus" (Rom. 8:1, NLT).
- **I may approach God with confidence:** "Because of Christ and our faith in him, we can now come boldly and confidently into God's presence" (Eph. 3:12, NLT).
- **God is my protector and defender:** "The Lord is my protector; he is my strong fortress. My God is my protection, and with him I am safe. He protects me like a shield; he defends me and keeps me safe" (Psalm 18:2, GNT).
- **I am complete in Christ:** "You also are complete through your union with Christ, who is the head over every ruler and authority" (Col. 2:10, NLT).
- **I have been redeemed and forgiven from all of my sins:** "He has rescued us from the kingdom of darkness and transferred us into the Kingdom of his dear Son, who purchased our freedom and forgave our sins" (Col. 1:13–14, NLT).
- **I am of the light and no longer belong to the darkness:** "You are all children of the light and children of the day. We do not belong to the night or to the darkness" (1 Thess. 5:5, NIV).

- **I cannot be snatched from God's hand:** "I give them eternal life, and they will never perish. No one can snatch them away from me" (John 10:28, NLT).
- **I have peace:** "The Lord gives strength to his people; the Lord blesses his people with peace" (Ps. 29:11).
- **I am accepted:** "Accept one another, then, just as Christ accepted you, in order to bring praise to God" (Rom. 15:7).
- **I am more than a conqueror:** "In all these things we are more than conquerors through him who loved us" (Rom. 8:37).
- **God is faithful to all that He promises:** "The Lord is trustworthy in all he promises and faithful in all he does" (Psalm 145:13).
- **I am confident and fearless:** "For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline" (2 Tim. 1:7, NLT).
- **I am worthy of His love:** "They will walk with me, dressed in white, for they are worthy" (Rev. 3:4).
- **I am a delight to God:** "For the Lord takes delight in his people" (Ps. 149:4).
- **God's ways are right and perfect:** "God's way is perfect. All the Lord's promises prove true" (Psalm 18:3(NLT).
- **I am secure:** "Let the beloved of the Lord rest secure in him, for he shields him all day long, and the one the Lord loves rests between his shoulders" (Deut. 33:12).
- **I am loved unconditionally:** "Neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord" (Rom. 8:39).
- **I am gifted:** "We have different gifts, according to the grace given to each of us" (Rom. 12:6).
- **God is with me, will watch over me, and will not abandon me:** "So be strong and courageous . . . for t Lord your God will personally go ahead of you. He will never fail you nor abandon you" (Deut. 31:6, NLT).
- **I am created in the image of God:** "God created human beings in his own image" (Gen. 1:27, NLT).
- **I am a citizen of heaven:** "But we are citizens of heaven, where the Lord Jesus Christ lives. And we are eagerly waiting for him to return as our Savior" (Phil. 3:20, NLT).
- **God rejoices over me:** "[The Lord] will take great delight in you; in his love he will no longer rebuke you, but will rejoice over you with singing" (Zeph 3:17, NIV).
- **God is strong and fights on my behalf:** "For the Lord your God is going with you! He will fight for you against your enemies, and he will give you victory!" (Deut. 20:4, NLT)
- **I am seen and known:** "See, I have written your name on the palms of my hands" (Isaiah 49:16, NLT).