IF YOU ARE FEELING **STRESSED**, **ANXIOUS** OR **DEFEATED** AND WANT TO EXPERIENCE HIS **PEACE**, REGULARLY PRACTICE DECLARING THESE ALOUD:

- 1. I CAN DO EVERYTHING THROUGH HIM WHO GIVES ME STRENGTH (PHIL. 4:13).
- 2. GOD IS ABLE TO MAKE ALL GRACE ABOUND TO ME (2 COR. 9:8).
- 3. I AM ACCEPTED BY CHRIST (ROM. 15:7).
- 4. I HUNGER AND THIRST AFTER RIGHTEOUSNESS; I WILL BE FILLED (MATT. 5:6).
- 5. THE ANOINTING FROM GOD REMAINS IN ME (1 JOHN 2:27).
- 6. I AM A CHILD OF THE HEAVENLY FATHER (GAL. 4:5-7).
- 7. I AM AN HEIR OF GOD AND A CO-HEIR WITH CHRIST (GAL. 3:29; ROM. 8:17).
- 8. I AM ATTAINING TO THE WHOLE MEASURE OF THE FULLNESS OF CHRIST (EPH. 4:13).
- 9. I BELONG TO GOD (1 PET. 2:9).
- 10. I HAVE BEEN CALLED OUT OF DARKNESS INTO GOD'S MARVELOUS LIGHT (1 PET. 2:9).
- 11. I AM BLESSED WITH EVERY SPIRITUAL BLESSING (EPH. 1:3).
- 12. CHRIST IS MY LIFE (COL. 3:4).
- **13.** *I AM FREE* (ROM. 8:2).
- 14. I AM A FRIEND OF GOD (JOHN 15:14-15).
- 15. I AM PRECIOUS IN GOD'S SIGHT (ISA. 43:4).
- 16. I LACK NO WISDOM (JAMES 1:5).
- 17. I HAVE POWER, LOVE, & A SOUND MIND (2 TIM. 1:7).
- 18. I AM NOT CONDEMNED (ROM. 8:1).
- 19. I HAVE THE MIND OF CHRIST (1 COR. 2:16).
- 20. I AM FAVORED (PS. 5:12).
- 21. I AM GOD'S HANDIWORK (EPH. 2:10).
- 22. GOD WILL NEVER FORSAKE ME (HEB. 13:5).
- 23. I HAVE VICTORY THROUGH JESUS (1 COR. 15:57).



With The Holy Spirit

