

TRUE CONFESSIONS

*Bible answers for
everything!*



Colleen McLean

The Bible Version used in this book is the Modern King James Version, 1993 Green's Modern Translation. Other quotations used are from the 1984 BR New International Version (NIV) and The Message: Bible (MSG) in Contemporary Language © 2002 by Eugene Petersen.

Verses have been modified to fit the prayer format.

© Colleen McLean 2002

Introduction

We don't have to persuade God to heal us. God wants us to live and even fight from the victory Jesus gained for us at the cross. Jesus defeated the devil and disarmed him by His suffering, death and resurrection. He stripped them of every weapon, spiritual authority, and power to accuse us (Colossians 2:15). I like to imagine a devil as no bigger than a chicken scratching in the dirt whilst lying to and tormenting people because God is too big and powerful for him. Every person is an image bearer of God. But, only believers are sons and daughters of God (John 1:12), born again of incorruptible seed (1 Peter 1:23) and authority to bring down satan's dominions.

The Bible does not teach us how to cope with our problems; it teaches us how to walk in victory. That's how we overcome. We stand in the victory we already have in Jesus. We have the faith, the Name of Jesus, and weapons to fight with. In his letter to Ephesians 6:8–19, Paul informs us of the freely available armour of God so we can stand

firm against all the strategies of the devil and resist his lies. But we have to use it. There is no victory without a battle. The armour consists of the belt of truth, the breastplate of righteousness, the shoes of the gospel of peace, the shield of faith, the helmet of salvation, the Sword of the Spirit and prayer in the Spirit at all times. It is a battle in the spirit realm and not against people. Paul also reminds readers to be strong in the Lord and His mighty power.

There are seven pieces of armour. Five are defensive, and two are offensive. The belt of truth holds the scabbard for your sword and daggers. We must have truth, the word of God, which is the sword of the Spirit, because truth dispels darkness. That is what this ebook is all about—the Word of God in your mouth, overcoming the lies of the evil one. So the truth is the devil cannot fool you any more because you are armed with the truth of God's Word. The truth, you know, sets you free.

This book is a strategy to enable you to stand firm in that victory and resist the devil's lies. One hundred fifty answers to almost all of the hindrances, problems and issues that I could think of that we might face in life. Find yours and let God's Word renew your mind and strength.

CONTENTS

Introduction

Abandonment

Addiction

Aimlessness

Anger

Anguish

Anxiety

Argument

Attitude

Backsliding

Bad Language

Bad Memory

Bad Thoughts

Bitterness

Blasphemy

Blindness

Blockages

Confusion

Condemnation

Corruption

Cowardice

Danger

Deafness

Death

Debt

Deception

Defeat

Depravity

Depression

Deserted

Despair

Despondency

Destruction

Disadvantaged

Discouragement

Disease

Disgrace

Dismay

Disobedience

Disruption

Distraction

Distress

Divorce

Double-minded

Doubt

Downcast

Drunkenness

Envy

Extortion

False Accusation

Faltering Destiny

Faltering Vision

Famine

Favouritism

Fear

Finances

Foolishness

Forsaken

Fraud

Frustration

Greed

Grief

Guilt

Hard Heart

Hate

Helplessness

High Minded

Hindrances

Homosexuality

Hopelessness

Hurt

Hypocrisy

Idolatry

Ignorance

Immorality

Impatience

Imprisoned

Impurity

Inadequacy

Indecision

Infirmity

Insanity

Insecurity

Intimidation

Irreverence

Jealousy

Judgmental

Lack

Lack of Confidence

Lack of Faith

Lack of Motivation

Lawlessness

Loneliness

Low Self-Esteem

Lust

Malice

Marriage Problems

Negativity

Nerves on Edge

Obstacles

Occult

Opinionated

Past Living

Peril

Persecution

Pornography

Poverty

Pride
Prostitution
Rebellion
Regret
Rejection
Religion
Resentment
Resistance
Rumour
Satanism
Selfishness
Self-pity
Self-seeking
Shame
Shortcomings
Shyness
Sickness, Disease, Infirmary
Sin
Skepticism
Sleeplessness
Sorrow
Spiritual Blindness
Spiritual Deafness
Stress
Strife
Stubbornness
Suicide
Temptation
Terror
Timidity

Torment
Trouble
Unbelief
Unclean Thoughts
Unfaithfulness
Unforgiveness
Unworthiness
Violence
Vulnerability
Weakness
Wickedness
Witchcraft
Worldliness
Worry
Epilogue

Abandonment

God's Word says that the Lord my God goes with me, He will never leave me nor forsake me (Deut 31:6), and that God created me, formed me and redeemed me. Therefore, I am called by my name, and I am His (Isa 43:1). I am not abandoned. I hope in the Lord, I am of good courage. My heart is strong (Psa 27:14).

Addiction

God's Word says that I am of God. I have overcome because He who is in me is greater than he who is in the world (1 John 4:4), and I am strengthened with power through God's Holy Spirit. (Eph 3:16). Therefore, I am an overcomer. I will not be brought under the power of any addictive, stupid thing (1 Cor 6:12–13).

Aimlessness

God's Word says that He knows me far better than I do. He has called me according to His purposes (Rom 8:27–30), and, like Jesus, I aim to do the work God has set for me and to finish it (John 4:34). Therefore, I am well able to finish the work God has set me. I am not like the man who laid the foundation and was not able to finish (Luke 14:29). God will complete what He has begun in me. (Rom 8:30). I will not quit. I will stay

with God, trust in Him, and believe all the way (Heb 10:39).

Anger

God's Word says that real wisdom, God's wisdom, begins with a holy life and is characterised by getting along with others. It is gentle and reasonable, overflowing with mercy and blessings. Not hot one day and cold the next, not two-faced (James 3:17). Therefore, I do not give full vent to anger. I do not go to bed angry (Eph 4:26 MSG). I am a new person, who according to God was created in righteousness and true holiness (Eph 4:24). I am a wise person, and a wise person keeps himself/herself under control (Prov 29:11).

Anguish

God's Word says that, even though I walk through the valley of the shadow of death, I will fear no evil, for my God is with me. His rod and His staff comfort me. (Psa 23:4) (Psalm 29:11). I am blessed and comforted by God Himself. (Matt 5:4). Therefore, I am calm, having faith and love and the hope of salvation (1 Thess 5:8). I am justified by faith alone, therefore, I have peace with God (Rom 5:1).

Anxiety

God's Word says that if I seek first the kingdom of God and His righteousness, then all these things shall be added to me (Matt 6:33). Therefore, in everything, instead of worrying, I tell God how great He is. I say thanks, and I let God know my concern (Phil 4:6). I am anxious about nothing because I know that God works everything out for my good, and I love Him (Rom 8:28).

Argument

God's Word says that death and life are in the power of the tongue (Prov 18:21), that pride, foolishness, and stupid arguments produce quarrels. But wisdom is found in me, who takes advice (Prov 13:10). Therefore, I am kind to everyone, able to be taught as well as able to teach. I gently instruct in the hope that God will bring others to know Him (2 Tim 2:23-25).

Attitude

God's Word says that God's grace is enough for me (2 Cor 12:9). Therefore, in this thing I conquer through God who loves me (Romans 8:37). I put on humility and God gives grace to me (1 Peter 5:5). Whatever I do, I can do it through Christ (Php 4:13). I seek to have inner beauty, gentleness and graciousness, which God delights in (1 Peter 3:4 MSG).

Backsliding

God's Word says that God will heal my backslidings (Jer 3:22), and that "the just shall live by faith", but if I draw back God has no pleasure in me (Heb 10:38). Therefore, I am now, not one to quit, but of those who believe and go on with God (Heb 10:39). I do not cast away my confidence which has great reward, for I have need of patience, so that after I have done the will of God I might receive the promise (Heb 10:36). I will not quit, I will stay with God and trust in Him and believe all the way (Heb 10:39).

Bad Language

God's Word says that I belong to a chosen generation, a royal priesthood, a holy nation, and a people set apart so that I might speak of the praises of Him, who has called me out of darkness into His marvellous light (1 Peter 2:9). Therefore, I keep to the pattern of sound words spoken in faith and love in Christ Jesus (2 Tim 1:13).

Bad Memory

God's Word says that God has not given me the spirit of fear, but of power and of love and of a sound mind (2 Tim 1:7), and that God's Word is a lamp to my feet and a light to my path (Psalm 119:105). Therefore, I will never forget the Commandments of the Lord, for with them God has given me life (Psalm 119:93). My mind is renewed from the inside (Eph 4:23-24).

Bad Thoughts

God's Word says that God has created in me a clean heart and put the Holy Spirit in me (Psalm 51:10). Therefore, because God's Word is established in me, I meditate on good things. I think on the works of God, I speak of His doings (Psa 77:12). I meditate on whatever things are true, honest, right, pure, lovely, whatever things are of good report (Php 4:8).

Bitterness

God's Word says that I have not come to a mountain that is burning with fire, to darkness, gloom and storm. But I have come to Mount Zion, to the heavenly Jerusalem,

the city of the living God. I have come to thousands upon thousands of angels in joyful assembly, to the church of the firstborn, whose names are written in heaven. I have come to God, the judge of all men, to the spirits of righteous men made perfect, to Jesus the mediator of a new covenant, and to the sprinkled blood that speaks a better word than the blood of Abel (Heb 12:18-25). Therefore, I listen and heed the Word of God planted in me. I am joyful, I thank God, I worship Him with reverence and awe, for my God is a consuming fire(Heb 12:28-29).

Blasphemy

God's Word says that I have put off anger, wrath, malice, blasphemy and shameful speech. (Col 3:7-8). I now confess Jesus Christ before men, and the Bible says that because I do, Jesus himself will confess me before God the Father. (Matt 10:32). Therefore, I hold fast to the pattern of sound words spoken in faith and love in Christ Jesus. (2 Tim 1:13).

Blindness

God's Word says that Jesus took on Himself my weaknesses and bore my sicknesses (Matt 8:17), and that the prayer of faith cures me (James 5:16). Therefore, I prosper, I am healthy. My mind and emotions are healthy and prosperous. (3 John 1:2).

Blockages

God's Word says that I have overcome because Jesus in me is greater than anything, and because I belong to God, I have already won (1 John 4:4). Therefore, I shout the shout of victory, and blockages come down flat. I press toward the goal for the prize of the upward call of God in Christ Jesus (Phil 3:14).

Confusion

God's Word says that God is not the author of confusion, but of peace (1 Cor 14:33), and that my God will instruct me and teach me in the way I should go. God's Word also says that God will counsel me, and His eye is on me (Psa 32:8). Therefore, I am taught by God I have peace.

Condemnation

God's Word says that there is no condemnation to me because I am in Christ Jesus (Rom 8:1), and that as far as the east is from the west, so far have my sins been removed from me (Psa 103:12). I have perfect liberty (Psa 32:8), and forgiveness of all my sins (Col 2:13). I do not have to live below my best, but I live according to the Spirit of life, which has made me free from the law of sin and death. (Rom 8:1-2).

Corruption

God's Word says that God supplies seed to the sower and bread for eating and that He supplies, multiplies and increases the fruits of my righteousness (2 Cor 9:10). Therefore, I am blessed in everything. I can give generously (2 Cor 9:11).

Cowardice

God's Word says that I have God's Word in my heart, I ask God, and it will be done for me (John 15:7), and that God gives his angels charge over me, and He keeps me in all my ways (Psa 91:11). Also that God will never leave me nor forsake me never. The Lord is my helper. Therefore, I fear not what man shall do to me (Heb 13:5-6). I live by faith and fear not. I am strong in the Lord, and in the power of his might (Eph 6:10). I will not quit, I

will stay with God and trust in Him and believe all the way (Heb 10:39).

Danger

God's Word says that my God will give His angels charge over me and keep me in all my ways (Psa 91:11), and that the name of the Lord is a strong tower. Therefore, I run to Him and I am safe. (Prov 18:10). I say of the Lord, He is my refuge and my fortress, my God, in Him I trust (Psa 91:2).

Deafness

God's Word says that Jesus himself bore my sickness in his own body on the cross (1 Peter 2:24, Matt 8:17), and that the prayer of faith will cure me. The Lord shall raise me up, and if I have committed sins, they will be forgiven me (James 5:15). Therefore I prosper, I am healthy and my mind and my emotions are healthy (3 John 1:2). Jesus' wounds became my healing (1 Peter 2:24).

Death

God's Word says that the Holy Spirit who dwells in me raised Jesus from the dead and also makes my body alive (Rom 8:11), and God gives me victory over death through Jesus Christ (1 Cor 15:57). Therefore, I shall not die, but live and declare the works of the Lord (Psa 118:17).

Debt

God's Word says that I have been redeemed from the curse of the Law, by Jesus being made a curse for me. Therefore, Abraham's blessing comes to me (Gal 3:13-14), and I have life and have it abundantly (John 10:10). I am abundantly blessed financially.

Deception

God's Word says that no one makes a fool of God, and what a person plants, he will harvest (Gal 6:7), and that My God will teach me the Way to go. God's Word also says that God is full of pity, gracious, long-suffering and rich in mercy and truth (Psa 86:15). Therefore, I rejoice and fear the Name of the Lord (Psa 86:11). I walk in truth. I am a disciple indeed, I know the truth, and the truth makes me free (John 8:30-32).

Defeat

God's Word says that I more than conquer through Him who loves me (Rom 8:37), and that God gives me the victory through Christ Jesus. (1 Cor 15:57). Therefore, I am victorious. I thank God who gives me the victory. I take the whole armour of God. I withstand the evil day, having done all to stand, I stand. I am not defeated (Eph 6:13-14).

Depravity

God's Word says that God is not a God who enjoys wickedness (Psa 5:4), and that on the cross, Jesus defeated depravity, made a show of it publicly, and triumphed over it (Col 2:15). God's Word also says that, goodness and mercy follow me all the days of my life. Therefore, I dwell in the house of the Lord. (Psa 23:6). I am established in righteousness and true holiness (Eph 4:24).

Depression

God's Word says that God has given me the oil of joy for mourning, the garment of praise for depression. Therefore, I am called a tree of righteousness. I am the planting of the Lord, that He might be glorified (Isa 61:3). I sing to the Lord, I shout joyfully to the Rock of my Salvation. I come before His presence, saying thank you and shouting joyfully to Him. For the Lord is the great God and great king above all gods (Psalm 95:1-2). I am joyful.

Deserted

God's Word says that when my mother and father forsake me, the Lord takes me up (Psa 27:10), and God will never leave me. Not at all will He forsake me, never! (Heb 13:5). Therefore, I seek the face of

the Lord, not the face of self-pity. My hope is in God. I will praise Him, my Saviour and my God (Psa 43:5). I am loved and not deserted.

Despair

God's Word says if I humble myself under God's mighty hand, He will exalt me in due time, and that if I cast my care onto Him, He will care for me. (1 Peter 5:6-7). Therefore, I do not moan within myself, I hope in God. (Psalm 43:5). The love of God has been poured out in my heart. (Rom 5:5). I look to Jesus the Author and Finisher of my faith. (Heb 12:2). I will not quit, I will stay with God and trust in Him and believe all the way. (Heb 10:39).

Despondency

God's Word says that God gives me the power to hold myself calm in the days of adversity (Psa 94:13), and that I have not received the spirit of being despondent, but I have received the Spirit of adoption by which I cry, Abba! Father! Daddy! (Rom 8:15). Therefore, I will not succumb to the pressure of despondency. I inflame anew the gift of God, which is in me by the laying on of hands. (2 Tim 1:6). I will not quit, I will stay with God and trust and believe all the way. (Heb 10:39).

Destruction

God's Word says that wide is the gate and broad is the way that leads to destruction (Matt 7:13). Therefore, I confess that I am not of this way, but I am of those who believe, do not quit, and trust all the way. (Heb 10:39 MSG). For my weapons are mighty through God to the pulling down of destructive strongholds (2 Cor 10:3-4).

Disadvantaged

God's Word says that God's favour surrounds me as with a shield (Psalm 5:12), and that I am no longer a slave, but a son. Therefore, I am an heir of God through Jesus Christ (Gal 4:7). God works for my good because I love Him and I am called according to His purpose (Rom 8:28). I let patience have her perfect work in me, that I may be perfect, entire and lack nothing. (James 1:4).

Discouragement

God's Word says that I will reap a harvest if I do not give up (Gal 6:9). Therefore, I do not cast away my confidence, which has great reward (Heb 10:35). I do not lose heart in doing good things, for at the proper time, I reap a harvest.

Disease

God's Word says that Jesus paid the price for me to be without disease; He took the punishment that makes me whole (Matt 8:17) (Isa 53:5).

Therefore, I am not willing to be sick; I am willing to be well; I am healed in Jesus Name.

Disgrace

God's Word says that God helps me, and I am not disgraced. Therefore, I set my face like flint. I know that I will not be put to shame (Isa 50:7 NIV).

Dismay

God's Word says that I am not to fear or be dismayed, for my God makes me strong. Yes, He helps me and upholds me with his right hand (Isa 41:10). Therefore, I overcome dismay, I am strengthened in faith, I am of God, He is greater in me than anything, especially dismay (1 John 4:4).

Disobedience

God's Word says that I walk according to God's commands, obediently, and His command is that I walk in love. (2 John 1:6). Therefore, I walk worthy of the Lord, I abide in God's love. I obey his commands. (John 15:10).

Disruption

God's Word says that the kingdom of God is not a matter of disrupting, of eating and drinking. Therefore, I have righteousness, peace and joy in the Holy Spirit (Rom 14:17).

Distraction

God's Word says that I have a victorious life, the resurrection life. Therefore, I act like it. I seek those things that are where Christ is. I am purpose-driven, I am alert to what God is doing, not of things on the earth, for my old life is dead, and my new life is real life (Col 3:1-3).

Distress

God's Word says that God brought me up out of the miry clay and set my feet upon a rock. Therefore, I have sureness in my steps, a new song in my mouth. I give praise to God, and many shall see it and trust in the Lord (Psa 40:2-3).

Divorce

God's Word says that we are of one mind, having compassion, tenderhearted and friendly, never giving evil for evil. Therefore, we bless each other, knowing that we are called to each other so that we might inherit God's blessing. (1 Peter 3:8- 9). We love one another fervently out of a pure heart. We are obedient to God because we have been born again of incorruptible seed, through the living Word of God (1 Peter 1:22-23). We are joined together by God, and what God has joined, let not man separate (Matt 19:16). We will not quit, we will stay with God and trust in Him and believe all the way.

Double minded

God's Word says that if I cast my burden on the Lord, He will keep me, He will never allow me to waver (Psa 55:22), and that God is always true and faithful to His Word (Rev 21:5). Therefore, I am single-minded in the things of God. I am moved only by what God's Word says.

Doubt

God's Word says that God's purpose shall stand and that God will do all His pleasure. Indeed, God has spoken it; He will bring it to pass. Yes, God has purposed it and He will also do it! (Isa 46:10-11). Therefore, I keep a firm grip on God's promises, without wavering, for He ALWAYS keeps His Word (Heb 10:23). I do not doubt, but believe that what I say will come to pass (Mark 11:22-24).

Downcast

God's Word says that I hope in God and I will praise Him my Saviour and my God (Psa 43:5), and that God is my shield, my glory, the One who lifts up my head (Psa 3:3). Therefore, I am not downcast, I do not moan within myself. I am lifted up.

Drunkenness

God's Word says that I have been rescued from the dominion of drunkenness and brought into the kingdom of God (Col 1:13), and that it is no longer I that live but Christ who lives in me. Therefore, I am complete in God (Col 2:10). I am filled with the Holy Spirit, not with wine. I live my life through faith in the Son of God, who loved me and gave himself for me. (Gal 2:20).

Envy

God's Word says that a heart at peace gives life to the body (NIV) (Prov 14:30), and that if I have anything against anyone, I forgive so that my Father in Heaven may forgive me (Mark 11:25). Therefore, I forgive. I let the peace of God rule in my heart (Col 3:1).

Extortion

God's Word says that because I refuse to bribe a brother or sister I will never be shaken (Psa 15:5 NIV), and that because I walk righteously, speak what is right, reject gain from extortion, keep my hand from accepting bribes, stop my ears against plots of murder and shut my eyes against contemplating evil, I will dwell on the heights and my refuge is the mountain fortress (Isa 33:15-16 NIV). Therefore, my bread is supplied, and water does not fail me (Isa 33:15-16 NIV).

False Accusation

God's Word says I will never be shaken. Therefore, there is no slander on my tongue. I do my neighbour no wrong. I cast no slur on my fellow man (Psa 15:3). No weapon formed against me prospers and every word that rises against

me in judgment, I condemn. This is my inheritance, and my righteousness is from God. ((Isa 54:17 NIV). I am the righteousness of God (2 Cor 5:21)

Faltering Destiny

God's Word says that God, who began a good work in me, will perform it until the day of Jesus Christ (Php 1:6). Therefore, I am being renewed day by day. Grace is available to me (2 Cor 4:16). I am sealed with the Holy Spirit of promise (Eph 1:13). I am complete in Jesus, who is Head of all principality and power (Col 2:10). God's purpose shall stand and God will do all His pleasure in me, indeed God has spoken it, He will bring it to pass in my life. Yes, God has purposed it and He will also do it! (Isa 46:10-11). God's Word accomplishes in me what God sent it to do. (Isa 55:11). I will not quit, I will stay with God, I will trust in Him, and I will believe all the way (Heb 10:39). I will not faint or lose courage. I will fulfil the destiny God has planned for me.

.

Faltering Vision

God's Word says that my vision has an appointed time, and that it will not tarry (Hab 2:2-3).

Therefore, I press toward the goal for the prize of the upward call of God in Christ Jesus (Phil 3:14). I write my vision and I make it plain that I may run with it. Yes, and even though it lingers, I wait for it because it will surely come (Hab 2:2-3). I speak to my vision now in Jesus' Name. I command it to open for me.

Famine

God's Word says that His eye is on me to keep me alive in famine (Psa 33:18-20). God will supply all my needs according to His riches in glory by Christ Jesus (Phil 4:19). Therefore, my hope is in God's mercy. My nourishment is supplied (Isa 33:15-16).

Favouritism

God's Word teaches that God has chosen those who are poor in the eyes of the world to be rich in faith, to inherit the kingdom he promised those who love him (James 2:5 NIV) and that there should be no divisions in the body of Christ. Therefore, I care equally for everyone (John 17:21), and I am rich in faith.

Fear

God's Word says that even though I walk through the valley of the shadow of death, God is with me (Psa 23:4). Therefore, I do not fear man or what he may do to me. I am safe. I put my trust in the Lord (Prov 29:25). I have not received the spirit of fear, but I have received the Spirit of adoption by which I cry, Abba! Father! Daddy! (Rom 8:15). He who is in me is greater than he who is in the world (1 John 4:4). With God in me, I have nothing to fear.

Finances

God's Word says that Jesus was rich, yet for my sake he became poor, in order that I might be made rich (2 Cor 8:9) and that the Lord, my Redeemer, the Holy One of Israel, teaches me to profit. Therefore, I am led in the way that I should go (Isa 48:17). I make my way prosperous, I deal wisely, and I have good success. God's Word does not depart from my mouth; I meditate in it day and night. I am careful to do according to all that is written in it (Josh 1:8). I set my affections on God's Word and give it first place in my life.

Foolishness

God's Word says that if I lack wisdom, I should ask God for it, and God will give it to me liberally (James 1:5), and that the Lord gives me wisdom, out of his mouth come knowledge and understanding (Prov 2:6). Therefore, I set my heart to know and the search out wisdom, and to know the wickedness of foolishness (Ec 7:25).

Forsaken

God's Word says that Jesus promised to be with me always, even to the end (Matt 28:20), and that God will never leave me nor forsake me (Heb 13:5). Therefore, neither death nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, nor height, nor depth, nor any other created thing, shall be able to separate me from the love of God in Christ Jesus (Rom 8:38-39).

Fraud

God's Word says that if I give, it will be given to me, good measure, pressed down and shaken together and running over, shall be put in my bosom. For the same measure that I give, it will be measured back to me (Luke 6:38). Therefore, I am a good person, my steps are ordered by the Lord and He delights in me (Psa 37:23). I give good things and it is given to me.

Frustration

God's Word says that God keeps me in perfect peace. (Isa 26:3). Therefore, I say of the Lord, my refuge and my fortress, my God, in Him I trust (Psa 91:2).

Greed

God's Word says that godliness with contentment brings happiness (1 Tim 6:5-6). Therefore, I walk righteously, speak what is right, reject gain from extortion, keep my hand from accepting bribes, I stop my ears against plots of murder. I shut my eyes against contemplating evil, I dwell on the heights, my refuge is the mountain fortress, and I am nourished (Isa 33:15-16). I choose godliness. I have grace from God abounding toward me. I give generously to every good work (2 Cor 9:8).

Grief

God's Word says that Jesus bore my grief and carried my sorrow (Isa 53:4). Therefore, I am blessed. I am comforted by God Himself (Matt 5:4). Grief does not settle on me.

Guilt

God's Word says that Jesus paid the price for me to be without guilt, He took the punishment that makes me whole (Isa 53:5). Therefore, I am not guilty. I am redeemed, cleansed, made holy and acquitted in the Name of the Lord Jesus and by the Spirit of God (1 Cor 6:11). I do not have to live under the burden of a guilty heart.

Hard Heart

God's Word says that God so loves me that He sent Jesus to die for me (John 3:16), and that if I humble myself before the Lord, He will lift me up (James 4:10). Therefore, my heart is soft to God. My hope is in the Lord. I am of good courage, and God makes my heart strong in Him. (Psalm 27:14).

Hate

God's Word says that hatred stirs up fights, but love covers all sins, and that Jesus commanded me to love the Lord my God with all I have, my heart, my strength, my mind, and to love my neighbour as myself (Luke 10:27). Therefore, I have love for all.

Helplessness

God's Word says that God works out everything for my good, and I am chosen. My life has been predestined according to the plan of God (Eph 1:11 NIV). I am sealed with the Holy Spirit of promise (Eph 1:13 NIV). God blesses me and surrounds me with favour as with a shield (Psa 5:12 NIV). Therefore, I have a purpose and a destiny. God is my help and my shield (Psalm 33:20). I run the race set before me. I am not helpless.

High Minded

God's Word says that grace has been given to everyone, not just me, and I set my mind to be right-minded because God has dealt to every person the measure of faith (Rom 12:3), and that if I put on humility, God will give grace to me (1 Peter 5:5). Therefore, I refuse to think more highly of myself than I ought (Rom 12:3).

Hindrances

Because God's Word abides in me, I am strong. I overcome hindrances. (1 John 2:14). I am of God. He who is in me is greater than he who is in the world. (1 John 4:4). Therefore, I shout the shout of victory, and hindrances come down flat. I press toward the goal for the prize of the upward call of God in Christ Jesus (Phil 3:14).

Homosexuality

God's Word says that from the beginning of the creation God made male and female (Mark 10:6). I have turned from darkness to light and from the power of Satan to God. I have received forgiveness for all my sins. I now have a place among those who are sanctified by faith in Jesus (Acts 26:18 NIV). Therefore, I put off the old person, according to the way I lived before, which was corrupt, according to deceitful lusts. I am renewed in my mind. I put on the new person, who, according to God, was created in righteousness and true holiness. (Eph 4:22-24). I am fearfully and wonderfully made by God (Psa 139:14), I am complete in Jesus (Col 2:10).

Hopelessness

God's Word says that because I put my hope in God, He will make my heart stronger (Psa 31:24), and that the God of hope will fill me with all joy and peace. Therefore, I abound in hope through the power of the Holy Spirit, who lives in me (Rom 15:13). I put my hope in God, for I will yet praise Him, my Saviour and my God (Psa 42:11).

Hurt

God's Word says that if I humble myself under God's mighty hand, He will exalt me in due time, and if I cast all my anxiety onto God, He will care for me. Therefore, my heart is comforted. I am established in every good word and work (2 Thess 2:17). I am loved by God, I have everlasting consolation and good hope (2 Thess 2:16.).

Hypocrisy

God's Word says that God is greater than my heart, and He knows all things. (1 John 3:20). Therefore, I bless others. I do not give back evil for evil, and I inherit blessing (1 Peter 3:9). I follow peace and holiness. I will see the Lord (Heb 12:14). I love life and see good days (1 Peter 3:10).

Idolatry

God's Word says that I am called to give to the Lord the glory due His name. Therefore, I worship the Lord in the beauty of holiness (Psa 29:2). I worship the Lord my God, Him only shall I serve" (Luke 4:8).

Ignorance

God's Word says that the Word has been implanted in me (James 1:21). Therefore, I cry out for knowledge. Therefore, I lift my voice for understanding and search for knowledge as for hidden treasure. I understand the fear of the Lord, and I find the knowledge of God. For the Lord gives me wisdom, out of His mouth come knowledge and understanding (Prov 2:3-6).

Immorality

God's Word says that I am clothed with the Lord Jesus Christ (Rom 13:13). Therefore, I am clothed with righteousness. I am holy unto the Lord. I do not think about how to gratify the desires of the sinful nature (Rom 13:14 NIV). I count myself dead to sin but alive to God in Christ Jesus (Rom 6:11 NIV).

Impatience

God's Word says that I am strengthened with all power according to God's glorious might. Therefore, I have great endurance and patience. I joyfully thank the Father, who makes me strong enough to take part in everything He has for me (Col 1:11-12 NIV).

Imprisoned

God's Word says that I am born again. I have the Spirit of God dwelling in me, and where the Spirit of the Lord is, there is liberty (2 Cor 3:17).

Therefore, I have perfect freedom. I take my stand and will not let anyone control me so that I lose my freedom of choice (Gal 5:1).

Impurity

God's Word says that His will for me is to be holy. (1 Thess 4:3). Therefore, I pay attention to God's commandments! My peace is like a river. My righteousness is like the waves of the sea. (Isa 48:18). I am holy. I have a clean heart and a right spirit in me (Psalm 51:10).

Inadequacy

God's Word says that my God will take care of all my needs according to His generosity through Jesus (Php 4:19). Therefore, I can make it through anything in the One who makes me who I am. (Php 4:13 MSG). In all things I more than conquer through Him who loves me (Rom 8:37). I mind my own business and work with my own hands so that I may lack nothing (1 Thess 4:11-12).

Indecision

God's Word says that Jesus knows me. Therefore, I hear the voice of Jesus, and I follow Him. He gives me eternal life. I shall not perish, nor shall anyone pluck me out of His hand (John 10:27-28). I have no fear of sudden disaster, for the Lord is my confidence and He keeps my foot from being snared. (Prov 3:25-26). I am not anxious; instead of worrying, I pray, I let God know my concerns, and the peace of God, which surpasses all understanding, guards my heart and mind through Christ Jesus (Php 4:6-7).

Infirmity

God's Word says that Jesus paid the price for me to be without disease; He took the punishment that makes me whole (Matt 8:17) (Isa 53:5).

Therefore, I am not willing to be sick; I am willing to be well. I am healed. I prosper and am healthy; my mind and emotions are healthy (3 John 1:2).

The prayer of faith cures me. The Lord raises me up, (James 5:15). The stripes of Jesus heal me. I am healed and made whole. (1 Peter 2:24).

Insanity

God's Word says that God has not given me the spirit of fear, but of power and of love and of a sound mind (2 Tim 1:7). God wants me to be loving and sensible. Therefore, I am in Christ, I am a new person; old things have passed away; behold, all things have become new (2 Cor 5:17). I have perfect balance and stability in my life. I am calm, having put on faith and love. I have the sure hope of salvation (1 Thess 5:8). I have a right mind. I prosper, I am healthy. My mind and emotions are healthy (3 John 1:2).

Insecurity

God's Word says that the name of the Lord is a strong tower, and that the Lord God will make my darkness light (Psa 18:28). Therefore, I run to the Lord. I am safe (Prov 18:10). By my God, I run through a troop and leap over a wall. My God is my shield. I trust in Him (Psa 18:28-30). I am secure in all my ways.

Intimidation

God's Word says that the peace of God passes all understanding. Therefore, my heart and mind are kept through Christ Jesus (Php 4:7). I am calm, having put on faith and love and the hope of salvation (1 Thess 5:8). I am not anxious about anything, I let God know my concerns, I thank Him so much, and I have peace (Php 4:6).

Irreverence

God's Word says that the world will be established; it shall not be moved; and God shall judge the peoples in uprightness and truth (Psalm 96:10 NIV). Therefore, I give to the Lord the glory due His name and strength. I worship the Lord in the beauty of holiness. I will say among the nations, the Lord reigns (Psalm 96:6-9). For the Lord is the Great God, and the great King above all gods (Psalm 95:3).

Jealousy

God's Word says that where envy and strife are there is confusion and every foul deed. But the wisdom of God is pure, then peaceable, gentle, full of mercy, good fruits, without partiality and without hypocrisy. Therefore, the fruit of right living is sown by me. I am of those who bring peace, not jealousy and strife. (James 3:16- 18).

Judgmental

God's word says that if I humble myself before the Lord, He will lift me up (James 4:10), and that there is one Lawgiver, who is able to save and to destroy (James 4:12). Therefore, I do not speak against another. For with the same measure I judge it shall be measured to me (Luke 6:38).

Lack

I make a decision to know the entire truth of the saving Gospel of Jesus Christ. Therefore, I am led into all truth by the Holy Spirit. I fear no more for I lack nothing. (Jer 23:4). I give to the poor. I shall not lack (Prov 28:27). My God shall supply all my needs according to His generosity (Phil 4:9). The Lord, He is my Shepherd. I shall not want (Psa 23:1). My God is able to do exceeding abundantly above all that I ask or think, according to the power that works in me.(Eph 3:20).

Lack of Confidence

God's Word says that my weapons are mighty through God to pull down the stronghold of fear (2 Cor 10:4), and that I am a joint heir with Jesus. Therefore, I have the spirit of wisdom and understanding. I have the spirit of counsel and might. I have the spirit of knowledge and of the fear of the Lord (Isa 11:1-3). Therefore, I am confident and in this lack I conquer.

Lack of Faith

God's Word says that God has dealt to every person the measure of faith. Therefore, I do not think of myself more highly than I ought, but I set my mind to be right-minded. I meditate and hear the Word of God (Rom 12:3, Rom 10:17). My faith does not stand in the wisdom of men, but in the power of God (1 Cor 2:5).

Lack of Motivation

God's Word says that because I overcome, I will inherit all things, and God is my God. Therefore, I am God's son (Rev 21:7). I fan into flame the gift of God in me (2 Tim 1:6 NIV). I throw off everything that hinders me and the sin that so easily entangles me. I run with perseverance the race marked out for me (Heb 12:1 NIV). I am an achiever.

Lawlessness

God's Word says that Jesus disarmed lawlessness, made a show of it publicly and triumphed over it at the cross. Therefore, I submit to God. I resist lawlessness, and it must flee from me (James 4:7).

Loneliness

God's Word says that God is with me. He will not fail me nor forsake me (Joshua 1:5). Thank you, Lord! Therefore, I am chosen to an inheritance in God. I am predestined according to God's purpose, who works things out for me according to His will (Eph 1:11). I am not alone. I am strong and of good courage. I am not afraid, neither am I dismayed, for the Lord my God is with me in all places wherever I go (Joshua 1:9).

Low Self-Esteem

God's Word says that God is my strength and power, He makes my way perfect (2 Sam 22:33), and that I am in Christ Jesus, and in Him I have grace, wisdom, righteousness, sanctification and redemption (1 Cor 1:30, Eph 1:7). Therefore, I am a son of God through faith in Jesus (Gal 3:26). I am God's workmanship created to do good works, which God has set up for me (Eph 2:10). I put on the new person, who according to God is righteous and holy (Eph 4:23-24). I thank God, who always causes me to succeed in Christ (2 Cor 2:14). I will not quit, I will stay with God and trust and believe all the way (Heb 10:39).

Lust

God's Word says that the world passes away, and the lust of it, but because I do the will of God, I abide forever (1 John 2:17). Therefore, my mind is renewed, I put off the old man who was corrupt according to deceitful lusts (Eph 4:22-24). I put on the new man, who, according to God, was created in righteousness and true holiness (Eph 4:22-24).

Malice

God's Word says that I have put off anger, wrath, malice, blasphemy and shameful speech. Therefore, I am renewed in knowledge according to the image of God who created me. I am the elect of God. I am holy and loved, and I put on a new way of life, tender feelings of compassion, kindness, humbleness, quiet strength and discipline (Col 3:8, 10-12). The peace of God rules in my heart. (Col 3:15).

Marriage Problems

God's Word says that our marriage should be honoured by all and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral. (Heb 13:4). Therefore, we trust in the Lord with all our hearts and lean not on our own understanding. In all our ways we

acknowledge God and He directs our paths (Prov 3:5-6). As for us and our house, we will serve the Lord (Joshua 24:15).

Negativity

God's Word says that out of the abundance of the heart the mouth speaks (Matt 12:34), and that no weapon that is formed against me shall be blessed. Therefore, I condemn every word that rises against me in wrong judgment. This is my inheritance, my righteousness is from God (Isa 54:17). I am born again of incorruptible seed, through the living Word of God (1 Peter 1:23). I have the spirit of faith, I believe and I speak accordingly (2 Cor 4:13). I hold fast the profession of my faith without wavering, for He who promised is faithful to me (Heb 10:24).

Nerves on Edge

God's Word says that God will keep me in perfect peace because my mind is stayed on Him and because I trust in Him (Isa 26:3). Therefore, I trust in the Lord forever, in His everlasting strength (Isa 26:4).

Obstacles

God's Word says that it is not by might, nor by power, but by His Spirit (Zec 4:6 NIV). Therefore, I am armed with strength; my way is made perfect (Psalm 18:32 NIV). With God's help, I advance against a troop and with my God, I scale a wall (Psalm 18:29 NIV). I speak to the mountain of obstacles in Jesus' Name, and I command them to move.

Occult

God's Word says that because I submit myself to God and resist evil, evil flees from me (James 4:7), and that evil in all its forms has been stripped of power, and Jesus himself made a public show of it and triumphed over it (Col 2:15). Therefore, I am kept in perfect peace. My mind is stayed on Him (Isa 26:3). The Word of God abides in me and I overcome (1 John 2:14).

Opinionated

God has rescued me from a dead-end life. He has set me into the Kingdom of the Son He loves (Col 1:13). Therefore, I let go of all opinions which does not line up with the Word of God. I humble myself before the Lord, and God will lift me up (James 4:10) and give me grace. (1 Peter 5:5). I have grace, in which I stand, I shout praise to God (Rom 5:2).

Past Living

God's Word says that all those old things from my past have passed away. Therefore, I am in Christ, I am a new creation, all those old things in my life have become new and everything is from God, I am reconciled to God through Jesus Christ (2 Cor 5:17-18).

Peril

God's Word says that God will deliver me because He has set His love on me (Psalm 91:9-11, 14), and that He will cover me with protection, under his wings I will find refuge; and His faithfulness will be my shield and rampart. Therefore, peril shall not harm me because I have made the Most High my dwelling place. No evil shall befall me, nor shall any plague come near me. For God gives his angels charge over me to keep me in all my ways (Psalm 91:4).

Persecution

God's Word says 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 me from the love of God which is in Christ Jesus my Lord (Rom 8:39). Therefore, I am not separated from the love of Christ, even in tribulation, or persecution, or famine, or nakedness, or peril, or sword (Rom 8:35). I am never separated from the love of Christ.

Pornography

God's Word says that the world passes away and the lust of it, but he who does the will of God lives forever (1 John 2:17), and that the statutes of the Lord are right, they cause the heart to rejoice and the commandments of the Lord are pure, giving light to the eyes (Psa 19:8). Therefore, I have a clean heart and a right spirit in me (Psalm 51:10). I set my eyes on whatever things are true, honest, right, pure, and whatever things are of good report, I think on these things (Php 4:8.).

Poverty

God's Word says that Jesus though he was rich, for my sake became poor, in order that I might be made rich (2 Cor 8:9). Therefore, I am redeemed from the curse of poverty, and I can receive Abraham's blessing the same way he did, by believing. I am in Christ. I am Abraham's seed, and an heir (Gal 3:13,14,16,29). God is able to make all grace abound toward me. I abound to every good work (2 Cor 9:8). I am willing and obedient. I eat the good of the land (Isa 1:19).

Pride

God's Word says that by humility and the fear of the Lord, come riches, honour and a satisfying life (Prov 22:4), and that if I put on humility, God will give grace to me (1 Peter 5:5). Therefore, I am humble and I have riches and honour.

Prostitution

God's Word says that if I become the kind of person God can use, I shall be honourable, sanctified, useful, and prepared for every good work (2 Tim 2:21). Therefore, I am washed, and sanctified in the Name of the Lord Jesus and by the Spirit of God (1 Cor 6:11). I put my trust in the Lord. He will never let me be put to shame (Psa

71:1). I flee youthful lusts. I follow righteousness, faith, love, and peace. I call on the Lord with a pure heart (2 Tim 2:22).

Rebellion

God's Word says that whoever is wise will observe rebellion and they shall understand the mercies of the Lord (Psa 107:43), and that the wisdom from God is pure, peaceable, gentle, easy to be entreated, full of mercy, good fruits, without partiality and hypocrisy (James 3:17). Therefore, I am wise. I speak the wisdom of God (1 Cor 2:7).

Regret

God's Word says that I will not be disappointed. Therefore, I hope in God (Isa 49:23 NIV), I put my trust in Him. I will not quit. I will stay with God and trust and believe all the way. (Heb 10:39).

Rejection

God's word says that I am precious and honoured in His sight, and I am loved. Therefore, I am not rejected by God. I will not be thrown out. (John 6:37). I do not fear, for God is with me. I am called, formed and created by God for His glory. (Isa 43:7). I trust in God. I am safe (Prov 29:25).

Religion

God's Word says that the hour is right now, when true worshipers shall worship the Father in spirit and truth, for the Father seeks those who worship Him, and that God is spirit and they who worship Him must worship in spirit and truth (John 4:23-24 NIV). God's Word also says that the kingdom of God is not a matter of eating and drinking, but of righteousness, peace and joy in the Holy Spirit (Rom 14:17 NIV). Therefore, I worship God in spirit and truth. I have perfect liberty.

Resentment

God's Word says that I have an inheritance that is incorruptible, undefiled and unfading, reserved in Heaven for me (1 Peter 1:4). Therefore, I walk by faith, not by sight. (2 Cor 5:7). I live to the Lord, and if I die, I die to the Lord. So, whether I live or die, I belong to the Lord (Rom 14:8). I will not turn my back on God because He never gives up on me, for there is no way he can be false to himself (2Tim 2:13 MSG).

Resistance

Because God's Word is established in me, I forget what is behind and strain toward what is ahead, I press on towards the goal to win the prize for which God has called me heavenwards in Christ Jesus (Php 3:13-14 NIV). I make God my refuge. I inherit the land. I possess my holy mountain (Isa 57:13-14 NIV). I shout the shout of victory, and all resistance comes down flat.

Rumour

God's Word says that the Lord is my strength, my fortress, my deliverer; my God, my rock, my shield, the horn of my salvation, and my high tower. Therefore, I call on Him, who is worthy to be praised. I trust in Him. I am saved from my enemies. (Psalm 18:2-3). No rumour that is formed against me shall be blessed, and every word that shall rise against me in wrong judgment, I condemn. (Isa 54:17).

Satanism

God's Word says that I am in covenant with Almighty God. (Gen 9:9). Therefore, I tread on serpents and scorpions and nothing shall by any means hurt me. (Luke 10:19). I have the gifts of the Holy Spirit. I overcome, because He who is in me is greater than any work of Satan. (1 John

4:4). My weapons are mighty in God to pull down satanic strongholds. (2 Cor 10:4). I worship, bow down and kneel before the Lord God my maker. With gladness, I come before His presence with singing. I will praise you, O Lord, my God, with all my heart. I will glorify your name forever, for there is none like you (Psalm 95:6, 86:12).

Selfishness

God's Word says that because I give, it is given to me; a good measure pressed down and shaken together and running over, is given to me. For with the same measure that I measure, it is measured to me again (Luke 6:38). Therefore, whatever I do, I do it heartily as to the Lord and not to men, knowing that from the Lord I shall receive the reward of inheritance (Col 3:23-24). I am exceedingly generous. I give, and it is given to me.

Self-pity

God's Word says that I have been raised up with Christ. Therefore, I seek those things which are above. I am mindful of God things, not on distractions of this world, especially my own troubles, for my old life is gone, I am now living the new life in Jesus, which is hidden in God (Col 3:3). I inflame anew the gift of God which, is in me by the laying on of hands (2 Tim 1:6). I look to Jesus, the

author and finisher of my faith, and not my own troubles (Heb 12:2) I will not quit, I will stay with God and trust and believe all the way (Heb 10:39).

Self Seeking

God's Word says that if I humble myself before the Lord, He will lift me up. (James 4:10).

Therefore, I live in accordance with the Spirit. I set my mind on what the Spirit desires. (NIV) (Rom 8:5). I watch. I am on my guard against all kinds of greed because my life is not defined by what I have or what I earn (Luke 12:15).

Shame

God's Word says that Jesus took my shame on the cross. (NIV) (Isa 53:10). Therefore, I believe in Him. I am clean. I am made holy. I am justified in the Name of the Lord Jesus and by the Spirit of my God. (1 Cor 6:11). I am not ashamed of the gospel, for it is the power of God for the salvation of everyone who believes. (NIV) (Rom 1:16). I am fit for what God has called me to be. (The Message Bible). What I do amounts to something in God (2 Thess 1:11 NIV).

Shortcomings

God's Word says that Jesus took on Himself my weaknesses and bore my sicknesses (Matt 8:17), and that God's grace is enough for me. Also, God's strength comes to me in my weaknesses. Therefore, I quit focusing on the handicap. I appreciate the strength of God at work in me (2 Cor 12:9). I will not quit, I will stay with God and trust and believe all the way (Heb 10:39).

Shyness

God's Word says that the Lord is my light and my salvation; who shall I fear? The Lord is the strength of my life; of whom shall I be afraid? (Psalm 27:1). Furthermore, God's Word says that the fear of man brings a snare. Therefore, I trust in the Lord, and I am safe (Prov 29:25). I fear the Lord my God, I serve Him, and I hold fast to Him. I swear by His Name (Deut 10:20).

Sickness, Disease, and Infirmary

God's Word says that Jesus paid the price for me to be without disease; He took the punishment that makes me whole (Matt 8:17) (Isa 53:5). Therefore, I am not willing to be sick; I am willing to be well. I am healed. I prosper. I am healthy. My mind and emotions are healthy (3 John 1:2).

Lord raises me up, and if I have committed sins, I know they are forever forgiven me (James 5:15; Eph 1:7). I am healed by the stripes of Jesus. I am healed and made whole (1 Peter 2:24).

Sin

God's Word, the wages of sin is death, but the gift of God is eternal life through Jesus Christ (Rom 6:23). Therefore, I am not living under the tyranny of sin. I am living in the freedom of God, under grace (Rom 6:14 MSG). I have been crucified with Christ. I have been made free from sin. I have become a slave to God. I have fruit to holiness and, in the end, everlasting life (Rom 6:22-23). I thank you, God, and rejoice that you are not counting or holding my sins against me (2 Cor 5:19). I am totally forgiven forever of all my sins, even those I have not committed yet (Eph 1:7; Col 2:13) because Jesus took all my sins away (1 John 3:5).

Skepticism

God's Word says that faith for Salvation comes to me by hearing and trusting in the Word of God (Rom 10:17), and that by taking a long and thoughtful look at what God has created, I can see the mystery of His divine being, for God has clearly revealed things to me (Rom 1:19-20).

Sleeplessness

God's Word says that God will give me rest when I am burdened (Matt 11:28) and that I have the promise of rest from working for my salvation. Therefore, I'm glad from the inside out, ecstatic; I've pitched my tent in the land of hope (Acts 2:26). I stretch myself out, I sleep, then I am up again, rested, tall and steady (Psa 3:4 MSG).

Sorrow

God's Word says that the blessing of the Lord is rich, and God adds no sorrow with it (Prov 10:22). Therefore, I am the ransomed of the Lord, everlasting joy is on my head, and sorrow and sighing flee away (Isa 35:10). My heart rejoices. No one will take my joy from me (John 16:22). I draw the line now against ungodly sorrow in my life. I rejoice.

Spiritual Blindness

God's Word says that the Lord opens my eyes and raises me up when I am bowed down (Psalm 146:8), and that God is my lamp, and He lightens my darkness (2 Sam 22:29). Therefore, God will bring me by a way I knew not. He will lead me by paths I have not known. He will make darkness

light before me, and crooked things straight. God will do these things. He will not forsake me (Isa 42:16). My eyes are anointed with salve, and I see (Rev 3:18).

Spiritual Deafness

God's Word says that the ears of the deaf shall be unstopped (Isa 35:5), and that God is not slow concerning His promise, as some count slowness, but is long-suffering toward me, not willing that I should perish, but that I should come to repentance (2 Peter 3:9). Therefore, I repent. I have ears to hear his voice. I know his voice and He knows my name (John 10:27).

Stress

God's Word says that times of refreshing come from the presence of the Lord (Acts 3:19). Therefore, I am filled with joy and peace in believing. I abound in hope. I have the energy of the Holy Spirit (Rom 15:13). I am bold. I enter into the Holy of Holies by the Blood of Jesus. (Heb 10:19). I am refreshed. I am not anxious about tomorrow, for tomorrow shall be anxious for its own things (Matt 6:34).

Strife

God's Word says that God's wisdom begins with a holy life and is characterised by getting along with others. It is gentle, reasonable, overflowing with mercy and blessings, not hot one day and cold the next, not two faced. (James 3:17-18).

(The Message Bible). Therefore, I am full of mercy. I let the peace of God rule in my heart. I get along with people. I treat others with dignity and honour. (James 3:17).(Message Bible). I enjoy life.

Stubbornness

God's Word says that if I listen carefully to the voice of the Lord and observe all His commandments, the Lord my God will set me on high above all nations of the earth. Therefore, I listen to voice of the Lord my God. Blessings come on me and overtake me. (Deut 28:1-2). I soften my heart towards God. I confess that Jesus is Lord. I believe that God raised Him from the dead. I am saved. (Rom 10:9). I will not quit. I will stay with God and, trust in Him and believe all the way. (Heb 10:39).

Suicide

God's Word says that I am in Christ and that God Himself has delivered me from death and kept my feet from falling (Psalm 56:13). Therefore, I am justified by faith. I have peace with God through Jesus Christ (Rom 5:1). I am a new creation. All those old things have passed away. All things in my life have become new. I am reconciled to God through Christ (2 Cor 5:17-18 NIV). I walk before God in the excitement of living (Psalm 56:13 NIV) .I will not die but live and proclaim what the Lord has done for me (Psalm 118:17 NIV). I cast my burden on the Lord, and He keeps me; He never allows me to waver. (Psalm 55:22). I will not quit, I will stay with God, I trust in Him and believe a

Temptation

God's Word says that my God is faithful. He will not let me be tempted beyond what I can bear. Therefore, I can stand up under anything. My God provides a way out for me (1 Cor 10:13 NIV). I have a high priest who is able to sympathise with my weaknesses. (NIV) (Heb 4:15). I count myself dead to sin but alive to God in Christ Jesus (Rom 6:11 NIV).

Terror

God's Word says that terror shall not come near me because I am established in righteousness (Isa 54:14). Therefore, I do not fear the terror by night. Nor the arrow that flies by day, for God gives his angels charge over me. God keeps me in all my ways and the angels bear me in their hands (Psalm 91:5, 11, 12).

Timidity

God's Word says that God has not given me a spirit of fear, but of power, love and a sound mind (2 Tim 1:7), and that I belong to a kingdom that cannot be shaken. Therefore, I have grace, by which I serve God acceptably with reverence and godly fear (Heb 12:28). I am calm. I have faith, love and salvation (1 Thess 5:8). I am strong in the Lord, in the power of His might (Eph 6:10). I have a firm grip on God's promises, for He always keeps His Word. (Heb 10:23 MSG). I will not quit, I will stay with God, trust in Him and believe all the way (Heb 10:39).

Torment

God's Word says that the Angel of the Lord camps around about me and delivers me. (Psalm 34:7). Therefore, I call on the Lord. He hears my voice. He saves me and rescues me. (Psalm 55:17, 18).

I cast my burden on the Lord. He keeps me; He never allows me to waver (Psalm 55:22). I have great peace.

Trouble

God's Word says that God is my refuge and strength, an ever-present help in time of trouble (NIV) (Psalm 46:1), and that God sends His Word, heals me and delivers me from pitfalls (Psa 107:19-20). Therefore, I am saved out of my trouble. I will not fear, for those who are with me are more than those who would bring trouble (2 Kings 6:16).

Unbelief

God's Word says that if I pray believing I could have what I say (Mark 11:23), and that God is not slack concerning his promises toward me, nor is He willing that I should perish. (2 Peter 3:9). Therefore, I hold fast the profession of my faith without wavering, for he who promised is faithful. (Heb 10:23). I do not cast away my confidence which has great reward (Heb 10:35). I will not quit, I will stay with God and trust in Him and believe all the way (Heb 10:39).

Unclean Thoughts

God's Word says that the word is very near me, in my mouth and in my heart, so that I may do it (Deut 30:14). Therefore, I have a clean heart. God has put a right spirit in me (Psalm 51:10). I flee youthful lusts. I follow righteousness, faith, love and peace, with those who call on the Lord out of a pure heart (2 Tim 2:22).

Unfaithfulness

God's Word says that the Lord preserves the faithful (Psalm 31:23), and God says of me, well done, good and faithful servant, because I have been faithful over a few things, God will make me ruler over many things (Matt 25:23). Therefore, I draw near to God. I am full of faith, being presentable both inside and outside (Heb 10:22). I receive the promise. (Heb 10:36). God, who calls me, is faithful, and He will do it (1 Thess 5:24). I am a good and faithful servant. I will not quit, I will stay with God and trust in Him and believe all the way. (Heb 10:39).

Unforgiveness

God's Word says that if I forgive, my heavenly Father will also forgive me (Matt 6:14), and that if I judge not, I shall not be judged, and if I do not condemn, I shall not be condemned, and if I forgive I shall be forgiven (Luke 6:37). Therefore, I am kind to others and forgiving, even as God, for Christ's sake, has forgiven me (Eph 4:32).

Unworthiness

God's Word says that if I received Jesus and believed in His name, then God gave me the right to be His child (John 1:12), and that God's purpose shall stand. God will do all His pleasure. Indeed, God has spoken it, and He will bring it to pass in me. Yes, God has purposed it and He will also do it in me! (Isa 46:10- 11). Therefore, I am blameless. I am a breath of fresh air in this squalid and polluted society. I shine as a light in the dark (Php 2:15 MSG). I am a son of God through faith in Christ Jesus (Gal 3:26). God's supernatural favour surrounds me like a shield this very moment (Psalm 5:12). I am counted worthy of the Kingdom of God. It is by grace that I am saved through faith; it is not of myself. Salvation is a gift of God (Eph 2:8). God has made me worthy. He has created me to do the good work he has set for me

to do (Eph 2:10). Now I can do it. God has made me alive together with Christ. He has raised me up and made me to sit together in the heavenlies with Christ Jesus.(Eph 2:3-6).

Violence

God's Word says that the fruit of the Spirit is: love, joy, peace, long-suffering, kindness, goodness, faith, meekness, self-control; against such things there is no law (Gal 5:22-23).

Therefore, I am no longer a child of wrath but a child of God who is rich in mercy, has made me alive together with Christ. He has raised me up and made me sit together in the heavenlies with Christ Jesus (Eph 2:3-6). I let the peace of God rule in my heart. I do not give full vent to anger, and I do not go to bed angry (Eph 4:26 MSG).

Vulnerability

God's Word says that the Lord is my hope. Therefore, I am kept safe (Prov 3:26). I trust in the Lord with all my heart. I lean not on my own understanding. In all my ways I acknowledge Him and He shall direct me (Prov 3:5-6). I will not quit. I will stay with God and trust and believe all the way (Heb 10:39).

Weakness

God's Word says that it is God who gives me strength and makes my way perfect (Psalm 18:32), and that the Lord is my strength and my shield. Therefore, my heart trusts in God. I am helped and the Lord blesses me with peace (Psalm 28:7, 29:11). I greatly rejoice with song. I will praise Him. I am strong in the Lord and in the power of His might. I put on the whole armour of God. I stand against the wiles of the devil (Eph 6:10-11). I will not quit, I will stay with God and trust in Him and believe all the way (Heb 10:39).

Wickedness

God's Word says that God hates wickedness. Therefore, I am anointed with the oil of gladness (Psalm 45:7). I have authority over wickedness and nothing shall by any means hurt me (Luke 10:19). I do not wrestle against flesh and blood, but against spiritual wickedness in high places. My weapons are mighty through God to the pulling down of the strongholds of wickedness (2 Cor 10:4). Furthermore, I would rather be a doorkeeper in the house of my God than dwell with the ungodly. (Psalm 84:10 NIV).

Witchcraft

God's Word says that Jesus Himself disarmed witchcraft and made a public spectacle of it, and triumphed over it by the cross (Col 2:15 NIV), and that God's way is perfect, the Word of the Lord is tried (Psalm 18:30). Therefore, my old life has passed away, all things have become new (2 Cor 5:17). I have authority over witchcraft and all the works of darkness (Luke 10:19). I am safe. God is my shield. I trust in Him.

Worldliness

God's Word says that my new life is righteous and holy (Eph 4:24), and that I was not called to be impure but to live a holy life (1 Thess 4:7 NIV). Therefore, I have the Spirit of God in me. He causes me to walk in God's statutes. I keep His judgments and do them (Eze 36:27). I do the will of God. I abide forever (1 John 2:17). I live a pure and holy life.

Worry

God's Word says that it is the Father's good pleasure to give me the kingdom. (Luke 12:32). Therefore, I will not worry. I will seek the kingdom of God, and all these things will be added to me. (Luke 12:31). I will not be anxious about anything, instead of worrying I pray. I thank God. I let Him

know of my concerns, and the peace of God which passes all understanding, keeps my heart and mind through Christ Jesus (Php 4:6-7).

To finish

John 15:7 says,

“if you abide in Me, and My Words abide in you, you shall ask what you will, and it shall be done to you.”

And

Isaiah 55:11 says,

“So shall My Word be, which goes out of My mouth; it shall not return to Me void, but it shall accomplish what I please, and it shall certainly do what I sent it to do.”

Epilogue

Ephesians 6:17 Paul writes the sword of the Spirit, which is the Word of God in our mouths. It is an aggressive, offensive weapon. The belt holds everything together. The breastplate protects your heart. Your shoes protect your feet. The helmet protects your head. The shield protects your whole person. But the sword is for attacking. God's Word in your mouth can cut the devil to pieces. Hebrews 4:12 says, "For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discernor of the thoughts and intents of the heart." The declared Word of God is a sword that is sharper than any two-edged sword. A two-edged sword can cut both ways. Today, it is like a laser; it can cut in any direction with precision. The sword of the Spirit can cut the devil to pieces. Jesus faced the devil and used His sword. Jesus said to His enemy, the devil, "It is written!" Matthew 4:4, "But He answered and said, **It is written**, "Man shall not live by bread alone, but by every word that proceeds out of the mouth of God."

Matthew 4:7

"Jesus said to him, **It is written** again, "You shall not tempt the Lord your God."

Matthew 4:10

"Then Jesus said to him, Go, Satan! For **it is written**, "You shall worship the Lord your God, and Him only you shall serve."

Release the Word of God with your mouth and declare its power in your life. Jesus spoke these scriptures out loud. In the midst of feeling intimidated, declare that God's Word says that God has not given me a spirit of fear, but of power, love and a sound mind (2 Tim 1:7), and that I belong to a kingdom that cannot be shaken. Therefore, I have grace, by which I serve God acceptably with reverence and godly fear (Heb 12:28). I am calm. I have faith, love and salvation (1 Thess 5:8). I am strong in the Lord, in the power of His might (Eph 6:10). I have a firm grip on God's promises, for He always keeps His Word (Heb 10:23 MSG). I will not quit. I will stay with God, trust in Him and believe all the way (Heb 10:39).

Jesus is triumphant over Satan and his dark forces of evil. Look at Ephesians 1:20–23—
"Which He worked in Christ in raising Him from the dead, and He seated Him at His right hand in the heavenly, far above all principality and authority and power and dominion, and every name being named, not only in this world, but also in the coming age. And He has put all things under His feet and gave Him to be Head over all things to the church, which is His body, the fullness of Him who fills all in all."

Now look at this: Ephesians 2:6 says, "And has raised us up together and made us sit together in the heavenlies in Christ Jesus." This is how God sees us: seated with His Son in heavenly places far above every principality and power. Far above every demon. Notice we are seated in Jesus. The devil wants us to think we are on our own and, therefore, powerless.

Romans 10:8 says, "But what does it say? "THE WORD IS NEAR YOU, IN YOUR MOUTH AND IN YOUR HEART" (that is, the Word of faith which we preach)" God's Word declared in your mouth can be better understood by your mind and heart,

which will renew your mind to live in His ways.

Verse 9: "That if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved."

Give time in your prayer life to declare the Word of God over yourself. To declare is to 'make known.' Make the truth known to yourself and the powers of darkness, and because you know that truth about yourself, you must now stand firm in it. Preach to yourself and allow the Word of God to renew your mind, resulting in transformation and being made new in the attitude of your mind (Ephesians 4:23 NIV).

Much love

Colleen