

**ബഹുമാന**  
**POSITIVE**  
**CONFESSIONS**  
**FOR LIFE TRANSFORMATION**  
**ബഹുമാന**

**TRACEY L. MOORE**

## ***Positive Confessions for Life Transformation***

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All Scripture quotations are from the King James Version of the Bible.

## **Greetings in the Name of the Lord!**

*The following pages contain positive affirmations that I confess over my life on a regular basis. I encourage you to choose those that resonate with you (or make up your own). Start confessing them over your own life daily. Please be sure to review the supporting scriptures from the King James Version of the Bible that are included with each entry.*

*Job 22:28 says, “Thou shalt also decree a thing, and it shall be established unto thee: and the light shall shine upon thy ways.” Romans 4:17 tells us to be like God who “... calleth those things which be not as though they were.” Therefore, it’s time to get your mouth in gear! Start to decree these affirmations that are packed with the Word of God, and expect your life to change for the better.*

*May God Bless You!*

*Tracey*



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**☞ POSITIVE CONFESSIONS ☞**  
**CAN CHANGE YOUR LIFE!**  
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# AFFIRMATIONS

**WITH THE HELP OF THE HOLY SPIRIT,  
ACCORDING TO GOD'S WORD, I CONFESS THAT  
ALL OF THE STATEMENTS BELOW ARE MY  
REALITY:**

## PEACE AND JOY

I AM RIGHTEOUS, GLAD, AND REJOICE BEFORE  
MY GOD.

I AM CONTINUOUSLY HAPPY AND JOYFUL.

### **Psalm 68:3**

But let the righteous be glad; let them rejoice before God: yea, let them exceedingly rejoice.

I HAVE PEACE WHICH SURPASSES ALL  
UNDERSTANDING.

### **John 14:27**

Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.

### **Philippians 4:6-7**

Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

I STAY PEACEFUL AT ALL TIMES BECAUSE I TRUST GOD, AND MY MIND IS STAYED ON HIM.

**Isaiah 26:3**

Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.

**GRATITUDE**

I AM THANKFUL AND GRATEFUL IN ALL CIRCUMSTANCES.

**I Thessalonians 5:18**

In every thing give thanks: for this is the will of God in Christ Jesus concerning you.

I DO EVERYTHING WITHOUT COMPLAINING, ARGUING OR MURMURING, AND I SHINE LIKE A LIGHT IN THE UNIVERSE AS I HOLD OUT THE WORD OF LIFE.

**1 Corinthians 10:10**

Neither murmur ye, as some of them also murmured, and were destroyed of the destroyer.

**Philippians 2:14-16**

Do all things without murmurings and disputings: That ye may be blameless and harmless, the sons of God, without rebuke, in the midst of a crooked and perverse nation, among whom ye shine as lights in the world; Holding forth the word of life ....

**HOME**

MY HOME IS ORDERLY, AND MY SURROUNDINGS ARE SERENE AND PEACEFUL.



**1 Corinthians 14:40**

Let all things be done decently and in order.

**Colossians 2:5**

For though I be absent in the flesh, yet am I with you in the spirit, joying and beholding your order, and the stedfastness of your faith in Christ.

## I OWN MY OWN HOME THAT GOD HAS PROVIDED.

**Deuteronomy 6:10-12**

And it shall be, when the LORD thy God shall have brought thee into the land which he sware unto thy fathers, to Abraham, to Isaac, and to Jacob, to give thee great and goodly cities which thou buildedst not, ...houses full of all good things, which thou filledst not, and wells digged, which thou diggedst not, vineyards and olive trees, which thou plantedst not; when thou shalt have eaten and be full; Then beware lest thou forget the LORD, which brought thee forth out of the land of Egypt, from the house of bondage.

**II Samuel 7:10**

Moreover I will appoint a place for my people ..., and will plant them, that they may dwell in a place of their own, and move no more...

**Isaiah 65:21**

And they shall build houses, and inhabit them; and they shall plant vineyards, and eat the fruit of them.

## I LIVE IN BEAUTIFUL SURROUNDINGS, AND I LOVE COMING HOME.

## EVERYDAY IS LIKE A VACATION AT MY HOUSE.

**Proverbs 24:3-4**

Through wisdom is an house builded; and by understanding it is established: And by knowledge shall the chambers be filled with all precious and pleasant riches.

## **WORK**

I AM GOOD AT WHAT I DO, AND I LOVE WHAT I DO.

I FIND SATISFACTION IN MY WORK.

**Ecclesiastes 3:13**

And also that every man should eat and drink, and enjoy the good of all his labour, it is the gift of God.

**Ecclesiastes 5:18**

Behold that which I have seen: it is good and comely for one to eat and to drink, and to enjoy the good of all his labour that he taketh under the sun all the days of his life, which God giveth him: for it is his portion.

## **FINANCES**

GOD HAS GIVEN ME THE POWER TO GET WEALTH AND GIVE GENEROUSLY TO THE KINGDOM.

**Deuteronomy 8:18**

But thou shalt remember the Lord thy God: for it is He that giveth thee power to get wealth, that he may establish His covenant which he sware unto thy fathers, as it is this day.

**II Corinthians 9:8**

And God is able to make all grace abound toward you; that ye, always having all sufficiency in all things, may abound to every good work.

GOD SUPPLIES ALL MY NEEDS, AND I LACK NOTHING.

**Deuteronomy 8:7-9**

For the LORD thy God bringeth thee into a good land, a land of brooks of water, of fountains and depths that spring out of valleys and hills; A land of wheat, and barley, and vines, and fig trees, and pomegranates; a land of oil olive, and honey; A land wherein thou shalt eat bread without scarceness,

thou shalt not lack any thing in it; a land whose stones are iron, and out of whose hills thou mayest dig brass.

**Psalm 23:1**

The Lord is my Shepherd; I shall not want.

**Philippians 4:19**

But my God shall supply all your need according to his riches in glory by Christ Jesus.

## **FAVOR**

MY INFLUENCE IS ENLARGED, GOD'S HAND IS UPON MY LIFE, AND HE IS KEEPING EVIL FAR FROM ME.

**I Chronicles 4:10**

And Jabez called on the God of Israel, saying, Oh that thou wouldest bless me indeed, and enlarge my coast, and that thine hand might be with me, and that thou wouldest keep me from evil, that it may not grieve me! And God granted him that which he requested.

SOMETHING GOOD IS HAPPENING TO ME.

I AM RIGHTEOUS AND BLESSED, AND THE FAVOR OF GOD SURROUNDS ME LIKE A SHIELD.

**Psalm 5:12**

For thou, Lord, wilt bless the righteous; with favour wilt thou compass him as with a shield.

I SEE GOD'S FAVOR IN MY LIFE EVERYDAY BECAUSE I KNOW THAT HE HAS THOUGHTS OF GOOD AND NOT EVIL TOWARDS ME; HE WILL GIVE ME AN EXPECTED END.

**Jeremiah 29:11**

For I know the thoughts that I think toward you, saith the Lord, thoughts of Peace, and not of evil, to give you an expected end.

**SUCCESS**

I AM BLESSED, PROSPEROUS AND SUCCESSFUL IN EVERY AREA OF MY LIFE BECAUSE I SPEAK THE WORD, MEDITATE ON IT, AND DO WHAT IT SAYS.

**Joshua 1:8**

This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.

**III John 1:2**

Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.

**Psalms 118:25**

...O Lord, I beseech thee, send now prosperity.

GOD IS WITH ME AND PERFORMS EXCEEDING AND ABUNDANTLY ABOVE WHAT I ASK OR THINK.

**Ephesians 3:20**

Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us.

I DO EVERYTHING GOD WILLS FOR ME TO DO THROUGH CHRIST WHO STRENGTHENS ME.

**I Samuel 10:7**

And let it be, when these signs are come unto thee, that thou do as occasion serve thee; for God is with thee.

**Ecclesiastes 9:10**

Whatsoever thy hand findeth to do, do it with thy might; for there is no work, nor device, nor knowledge, nor wisdom, in the grave, whither thou goest.

**Philippians 4:13**

I can do all things through Christ which strengtheneth me.

**I SEEK GOD, I WORK, AND HE PROSPERS ME AND GIVES ME SUCCESS.**

**Psalms 1:1-3**

Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. But his delight is in the law of the LORD; and in his law doth he meditate day and night. And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper.

**II Chronicles 26:5**

And he sought God in the days of Zechariah, who had understanding in the visions of God: and as long as he sought the LORD, God made him to prosper.

**II Chronicles 31:21**

And in every work that he began in the service of the house of God, and in the law, and in the commandments, to seek his God, he did it with all his heart, and prospered.

**I AM GETTING BETTER AND BETTER EVERYDAY AND IN EVERY WAY.**

**Haggai 2:9**

The glory of this latter house shall be greater than of the former, saith the Lord of host.

**MY “NIGHT” IS BECOMING LIKE THE “NOONDAY.”**

**Isaiah 58:10-11**

Then your light will rise in the darkness, and your night will become like the noonday.... You will be like a well watered garden, like a spring whose waters never fail.

I AM BLESSED MORE IN THE LATTER PART OF MY LIFE THAN THE FIRST.

**Job 42:12**

The Lord blessed the latter part of Job's life more than the first.

**HEALING**

I WALK IN DIVINE HEALTH ALL THE DAYS OF MY LIFE.

I AM HEALED BY THE STRIPES OF JESUS.

**Isaiah 53.5**

But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed.

I AM RESTORED TO HEALTH AND HEALED OF ALL MY AFFLICTIONS.

**Jeremiah 30:17**

For I will restore health unto thee, and I will heal thee of thy wounds, saith the LORD.

**Psalms 34:19**

Many are the afflictions of the righteous: but the LORD delivereth him out of them all.

I AM FORGIVEN OF ALL MY INIQUITIES AND HEALED OF ALL MY DISEASES.

**Psalms 103:2-5**

Bless the Lord, O my soul, and forget not all his benefits: Who forgiveth all thine iniquities; Who healeth all thy diseases; Who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies; Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's.

I RECEIVE THE SENT WORD OF GOD, JEHOVAH  
RAPHA, AND I AM HEALED.

**Exodus 15:26**

...I am the LORD that healeth thee.

**Psalm 107:20**

He sent his word, and healed them, and delivered them from their  
destructions.

I WILL HAVE A LONG, SATISFYING LIFE.

**Job 5:26**

Thou shalt come to thy grave in a full age, like as a shock of corn cometh in  
his season.

**Psalm 91:16**

With long life I will satisfy him, and show him My salvation.

## **RELATIONSHIPS**

I HAVE A LOVING FAMILY WITH GOOD FAMILY  
TIES.

I LIVE PEACABLY AND IN UNITY WITH EACH OF  
MY FAMILY MEMBERS, AND MY RELATIONSHIPS  
ARE BLESSED.

**Romans 12:18**

If it be possible, as much as lieth in you, live peaceably with all men.

I AM WILLING AND ABLE TO PROVIDE FOR THE  
NEEDS OF MY FAMILY MEMBERS.

**I Timothy 5:8**

But if any provide not for his own, and specially for those of his own house,  
he hath denied the faith, and is worse than an infidel.

I HAVE GOOD CHRISTIAN FRIENDS THAT ARE  
DIVINE CONNECTIONS FROM GOD.

**Psalm 133:1-3**

Behold, how good and how pleasant it is for bretheren to dwell together in unity! It is like the precious ointment upon the head, that ran down upon the beard, even Aaron's beard: that went down to the skirts of his garments; As the dew of Hermon, and as the dew that descended upon the mountains of Zion: for there the Lord commanded the blessing, even life for evermore.

I APPRECIATE THE PRESENCE OF MY FRIENDS IN  
MY LIFE, AND I REALIZE THAT I AM NOT  
AN ISLAND UNTO MYSELF.

**Ecclesiastes 4:9-12**

Two are better than one; because they have a good reward for their labour. For if they fall, the one will lift up his fellow: but woe to him that is alone when he falleth; for he hath not another to help him up. Again, if two lie together, then they have heat: but how can one be warm alone? And if one prevail against him, two shall withstand him; and a threefold cord is not quickly broken

MY FRIENDS AND I SHARPEN EACH OTHER. WE  
HELP EACH OTHER BE THE BEST THAT WE CAN  
BE.

**Proverbs 27:17**

Iron sharpeneth iron; so a man sharpeneth the countenance of his friend.

I LOVE AND HAVE GOOD RELATIONSHIPS WITH  
MY NEIGHBORS.

**Romans 13:9**

...Thou shalt love thy neighbour as thyself.

I AM HAPPILY SINGLE. I LOVE MY LIFE.



**I Corinthians 7:27-28**

Art thou bound unto a wife? seek not to be loosed. Art thou loosed from a wife? seek not a wife. But and if thou marry, thou hast not sinned; and if a virgin marry, she hath not sinned. Nevertheless such shall have trouble in the flesh: but I spare you.

**I AM HAPPILY MARRIED. I LOVE MY LIFE.**

**Ecclesiastes 4:9-12**

Two are better than one; because they have a good reward for their labour. For if they fall, the one will lift up his fellow: but woe to him that is alone when he falleth; for he hath not another to help him up. Again if two lie together, then they have heat: but how can one be warm alone? And if one prevail against him, two shall withstand him; and a threefold cord is not quickly broken.

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**MY MARRIAGE IS UNIFIED, BLESSED, ADULTERY-FREE, AN EXAMPLE TO THE WORLD, HAS A GOD ORDAINED PURPOSE FOR BOTH ME AND MY SPOUSE, AND GLORIFIES GOD.**

**I Corinthians 7:2**

Nevertheless, to avoid fornication, let every man have his own wife, and let every woman have her own husband.

**Hebrews 13:4**

Marriage is honourable in all, and the bed undefiled: but whoremongers and adulterers God will judge.

**I AM ONE WITH MY SPOUSE, AND SATAN CAN'T SEPARATE US.**

**Genesis 2:24**

Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh.

**Matthew 19:6**

What God has joined together, let man not separate.

## **DISCIPLINE**

I WITHDRAW TO A SOLITARY PLACE AND SPEND TIME ALONE WITH GOD IN PRAYER AND FELLOWSHIP EVERYDAY.

**Mark 1:35**

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place where he prayed.

**Matthew 14:23**

After He had dismissed them, He went up on a mountainside by Himself to pray. When evening came, He was there alone.

**Luke 5:16**

But Jesus often withdrew to lonely places and prayed.

I AM FREE FROM PROCRASTINATION.

I DO THINGS RIGHT AWAY.

I STAY FOCUSED ON THE TASKS BEFORE ME BECAUSE I DON'T KNOW WHAT TOMORROW WILL BRING FORTH.

**Proverbs 27:1**

Boast not thyself of tomorrow; for thou knowest not what a day may bring forth.

I AM SELF-CONTROLLED AND DISCIPLINED IN EVERY AREA OF MY LIFE.

**Titus 1:8**

...Be hospitable, one who loves what is good, ...self-controlled, upright, holy and disciplined.

MY LIFE RUNS LIKE A WELL-OILED MACHINE,  
AND I HAVE RIGHTEOUSNESS AND PEACE  
BECAUSE I HAVE BEEN TRAINED BY DISCIPLINE.

**Hebrews 12:11**

No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.

## **SELF-ESTEEM**

I AM FREE FROM INFERIORITY/INTIMIDATION.

I SEE MYSELF AS EQUAL IN WORTH, VALUE AND  
STATUS TO EVERY HUMAN BEING ON THIS  
PLANET.

I AM IMPARTIAL AND REFUSE TO JUDGE MYSELF  
WITH EVIL THOUGHTS AND VIEW MYSELF AS  
INFERIOR TO ANYONE.

**James 2:3-9**

If you show special attention to the man wearing fine clothes and say, "Here's a good seat for you," but say to the poor man, "You stand there" or "sit on the floor by my feet," have you not discriminated among yourselves and become judges with evil thoughts?...If you show favoritism, you sin and are convicted by the law as lawbreakers.

I AM ON THE SAME LEVEL WITH ALL OF MY  
BROTHERS AND SISTERS, AND GOD IS MY  
MASTER AND MAKER.

**Matthew 23:8**

But you are not to be called “Rabbi,” for you have only one Master and you are all brothers.

**Proverbs 22:2**

Rich and poor have this in common: The Lord is the Maker of them all.

## I COMPARE MYSELF TO NO ONE.

**Galatians 6:3**

If anyone thinks he is something when he is nothing, he deceives himself. Each one should test his own actions. Then he can take pride in himself, without comparing himself to somebody else.

**II Corinthians 10:12**

When they measure themselves by themselves and compare themselves with themselves, they are not wise.

## JUDGMENT

I AM A MERCIFUL PERSON (JUST AS MY FATHER IS MERCIFUL), AND I REFRAIN FROM JUDGING MYSELF AND OTHERS, LOOKING DOWN ON OTHERS, AND PERCEIVING MYSELF AS SUPERIOR TO ANYONE.

**Luke 6:36**

Be merciful, just as your Father is merciful.

I PRAY FOR OTHERS WHEN I AM TEMPTED TO JUDGE THEM.

**Matthew 7:1-2**

Do not judge, or you too will be judged. For in the same way you judge others, you will be judged, and with the measure you use, it will be measured back to you.

**Roman 14:4-10**

Who are you to judge someone else's servant? To his own master he stands or falls. And he will stand, for the Lord is able to make him stand.... You then, why do you judge your brother? Or why do you look down on your brother? For we will all stand before God's judgment seat.

I DO JUSTLY, LOVE MERCY AND WALK HUMBLY WITH MY GOD.

**Micah 6:8**

He has showed you, O man, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.

## **FORGIVENESS**

I AM ABLE TO EMPATHIZE WITH PEOPLE, FORGIVE THEM QUICKLY, AND REFUSE TO BELIEVE THAT THAT THEY ARE INTENTIONALLY TRYING TO HURT ME.

**Luke 23:34**

Jesus said, "Father, forgive them, for they do not know what they are doing."

OFFENSE ROLLS OFF MY BACK, AND I AM HARD TO OFFEND.

I AM PATIENT, AND I BEAR WITH OTHERS.

**Colossians 3:13**

Bear with each other and forgive whatever grievances you many have against one another. Forgive as the Lord forgave you.

I FORGIVE QUICKLY AND EASILY, JUST AS CHRIST FORGAVE ME.

**Ephesians 4:22**

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

I CHOOSE TO COVER AND OVERLOOK OFFENSES,  
AND I WILL PROMOTE LOVE.

**Proverbs 17:9**

He who covers over an offense promotes love, but whoever repeats the matter separates close friends.

**Proverbs 19:11**

A man's wisdom gives him patience; it is to his glory to overlook an offense.

## **EMOTIONAL HEALING**

I AM FREE FROM ALLOWING PEOPLE'S  
THOUGHTS, OPINIONS, WORDS, ACTIONS, AND  
PERCEPTIONS OF ME TO DETERMINE HOW I  
PERCEIVE AND FEEL ABOUT MYSELF.

I AM APPROVED BY GOD, ONLY SEEK TO PLEASE  
HIM, AND I AM THE SERVANT OF CHRIST ALONE.

**Galatians 1:10**

Am I now trying to win the approval of men, or of God? Or am I trying to please men? If I were still trying to please men, I would not be a servant of Christ.

I AM THE RIGHTEOUSNESS OF GOD, AND FEEL  
GOOD ABOUT MYSELF AT ALL TIMES  
REGARDLESS OF MY PERFORMANCE, WHAT  
HAPPENS TO ME, HOW OTHERS TREAT ME, OR  
THE EXPERIENCES I ENCOUNTER.

**II Corinthians 5:21**

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.

I AM HEALED IN MY EMOTIONS.

I AM AN EMOTIONALLY WHOLE PERSON BY FAITH.

**Matthew 9:22**

...[B]e of good comfort; thy faith hath made thee whole.

I AM FABULOUS, AWESOME, AND FEARFULLY AND WONDERFULLY MADE.

I AM A MARVELOUS WORK OF GOD, AND I KNOW IT WELL.

**Psalm 139:14**

I will praise thee; for I am fearfully and wonderfully made. Marvelous are thy works; and that my soul knoweth right well.

I HAVE NO REASON TO EVER BE AFRAID BECAUSE I HAVE A TRUE REVELATION OF MY WORTH AND VALUE TO GOD; HE LOVES ME AND HAS REDEEMED ME WITH THE PRECIOUS BLOOD OF CHRIST.

**I John 4:18**

There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love.

**Matthew 10:29-31**

Are not two sparrows sold for a penny? Yet no one of them will fall to the ground apart from the will of your Father. And even the very hairs of your head are all numbered. So don't be afraid; you are worth more than many sparrows.

**I Peter 1:18**

For you know that it was not with perishable things such as silver or gold that you were redeemed from the empty way of life handed down to you from your forefathers, but with the precious blood of Christ, a lamb without blemish or defect.

MY SELF ESTEEM IS “BULLET PROOF.”

I HAVE POWER OVER ALL THE POWER OF THE ENEMY, NOTHING AND NO ONE SHALL HURT ME, AND NO WEAPON THE ENEMY FORMS AGAINST ME THROUGH OTHERS SHALL PROSPER.

**Luke 10:19**

Behold, I give you power to tread on serpents and scorpions and over all of the power of the enemy and nothing shall by any means hurt you.

**Isaiah 54:17**

No weapon that is formed against you shall prosper, and every tongue that shall rise against you in judgment you shall condemn. This is the heritage of the servants of the Lord, and their righteousness is of me, saith the Lord.

I AM PRESERVED FROM ALL EVIL AND DELIVERED FROM EVERY EVIL WORK OF THE ENEMY.

**Psalms 121:7**

The Lord will preserve thee from all evil: He will preserve thy soul.

**II Timothy 4:18**

The Lord will deliver me from every evil work and will preserve me unto his heavenly kingdom.

I COMPLETELY AND TOTALLY LIKE, LOVE, AND ACCEPT MYSELF UNCONDITIONALLY, AND GOD ACCEPTS ME IN THE BELOVED.

**Romans 13:9**

You shall love your neighbor as yourself.



**Ephesians 1:6**

To the praise and glory of His grace, wherein He hath made us accepted in the beloved.

**SEXUALITY**

I AM STRONG IN MY SPIRIT AND ABLE TO OVERCOME SEXUAL TEMPTATIONS OF ALL KINDS AT ALL TIMES; GOD WILL NOT ALLOW ME TO BE TEMPTED BEYOND MY CAPABILITY TO RESIST, AND HE IS FAITHFUL TO ALWAYS MAKE A WAY OF ESCAPE FOR ME.

**I Corinthians 10:13**

There hath no temptation taken you but such as common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.

I HONOR GOD WITH MY BODY, AND I FLEE SEXUAL IMMORALITY BECAUSE MY BODY IS THE TEMPLE OF THE HOLY SPIRIT.

**I Corinthians 6:18-20**

Flee from sexual immorality. All other sins a man commits are outside his body, but he who sins sexually sins against his own body. Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your body.

**HEALTH HABITS**

I MAKE MY BODY MY SLAVE AND PERSEVERE IN EXERCISING 3 TIMES PER WEEK.

**I Corinthians 9:27**

... I beat my body and make it my slave....

I STRENGTHEN THE MUSCLES IN MY CORE, ARMS AND LEGS; I LIFT WEIGHTS WHEN I WORK OUT.

**Proverbs 31:17**

[The Virtuous Woman] girdeth her loins with strength, and strengtheneth her arms.

I WALK ON MY TREADMILL 30-45 MINUTES PER DAY, 3 TIMES PER WEEK, IN THE STRENGTH THAT CHRIST GIVES ME.

**Philippians 4:13**

I can do all things through Christ who strengthens me.

**Hebrews 12:1**

Let us run with perseverance the race marked out for us.

I DRINK 8 GLASSES OF WATER A DAY.

I EAT A HEALTHY DIET, AND I RESOLVE TO NOT DEFILE MYSELF WITH UNWHOLESOME FOOD.

I TAKE MY SUPPLEMENTS EVERYDAY.

**Daniel 1:8**

But Daniel resolved not to defile himself with the royal food and wine.

I REFUSE TO DESTROY MY BODY, THE SACRED TEMPLE OF GOD, BECAUSE THE SPIRIT OF GOD RESIDES IN ME.

**I Corinthians 3:16**

Don't you know that you yourselves are God's temple and that God's Spirit lives in you? If anyone destroys God's temple, God will destroy him; for God's temple is sacred, and you are that temple.

## **WITNESSING**

I HAVE A PASSION FOR SHARING MY FAITH, AND I HAVE RECEIVED THE POWER OF THE HOLY SPIRIT TO WITNESS TO PEOPLE ON A REGULAR BASIS WITHOUT RESERVATION.

**Acts 1:8**

But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.

I AM RIGHTEOUS, BOLD AS A LION, AND HAVE A BURDEN FOR LOST PEOPLE THAT MOVES ME TO WITNESS REGULARLY WITHOUT GIVING THOUGHT TO WHAT PEOPLE THINK ABOUT ME.

**Proverbs 28:1**

The righteous are as bold as a lion.

I AM EFFECTIVE AT SHARING MY FAITH AND MAKING DISCIPLES OF PEOPLE THAT I MEET BECAUSE I RECOGNIZE THAT GOD IS WITH ME, AND HE EMPOWERS ME BY HIS SPIRIT.

**Matthew 28:19**

Therefore, go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely, I will be with you always, to the very end of the age.

## **THE TONGUE**

I AM A POSITIVE PERSON.

I ALWAYS SPEAK WORDS OF LIFE AND ENCOURAGEMENT TO MYSELF AND OTHERS, AND I KEEP THE WORD IN MY MOUTH.

**Joshua 1:8**

This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then shalt have good success.

I SPEAK THINGS THAT ARE TRUE, HONEST, JUST, PURE, LOVELY, AND OF A GOOD REPORT.

I THINK ON ONLY VIRTUOUS AND PRAISEWORTHY THINGS.

**Philippians 4:8**

Finally, bretheren, whatsoever things are true ...honest ... just ... pure ... lovely ...of good report; if there be any virtue, and if there be any praise, think on these things.

I EAT THE GOOD FRUIT THAT RESULTS FROM THE POSITIVE POWER OF MY TONGUE.

**Proverbs 18:21**

Life and death are in the power of the tongue: and they that love it shall eat the fruit thereof.

I KEEP MY TONGUE FROM EVIL AND MY LIPS FROM SPEAKING GUILE.

**I Peter 3:10**

For he that will love life, and see good days, let him refrain his tongue from evil and his lips that they speak no guile.

I KEEP CORRUPT COMMUNICATION FROM COMING OUT OF MY MOUTH, AND MY SPEECH EDIFIES AND MINISTERS GRACE TO THOSE WHO HEAR ME.

**Ephesians 4:29-31**

Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers. And grieve not the Holy Spirit of God, whereby ye are sealed unto the day of redemption. Let all bitterness, and wrath, and anger, and clamour and evil speaking, be put away from you ....

**FAITH**

I AM FULL OF THE FAITH THAT GOD HAS IMPARTED TO ME, AND IT ALLOWS ME TO BELIEVE THAT HE WILL HELP ME TO OVERCOME INSURMOUNTABLE ODDS.

**Romans 12:3**

God has dealt to every man the measure of faith.

I AM ABLE TO BELIEVE GOD FOR THE MIRACULOUS, THINGS THAT ARE HUGE, EXTREMELY HARD, AND LOOK VIRTUALLY IMPOSSIBLE IN THE NATURAL REALM.

**Matthew 17:20**

If you have the faith the size of a mustard seed, you will say to this mountain, "Move from here to there," and it will move, and nothing shall be impossible to you.

I BELIEVE THAT GOD CAN DO EXCEEDING ABUNDANTLY ABOVE ALL I CAN ASK OR THINK, ACCORDING TO HIS POWER THAT WORKS IN ME,

## AND ALL THINGS ARE POSSIBLE TO ME.

**Ephesians 3:20**

Now unto Him who is able to do exceeding abundantly above all we ask or think, according to his power that works in us.

**Matthew 19:26**

Jesus looked at them and said, "With man this is impossible, but with God; all things are possible."

## I EASILY BELIEVE GOD FOR THE THINGS THAT I ASK FOR IN PRAYER.

**Mark 11:22-24**

Have faith in God, Jesus answered. I tell you the truth, if anyone says to this mountain, 'Go, throw yourself into the sea, and does not doubt in his heart, but believes that what he says will happen, it will be done for him. Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.

**Genesis 18:14**

Is anything too hard for the Lord?

**Mark 9:23**

If thou canst believe, all things are possible to him that believeth.