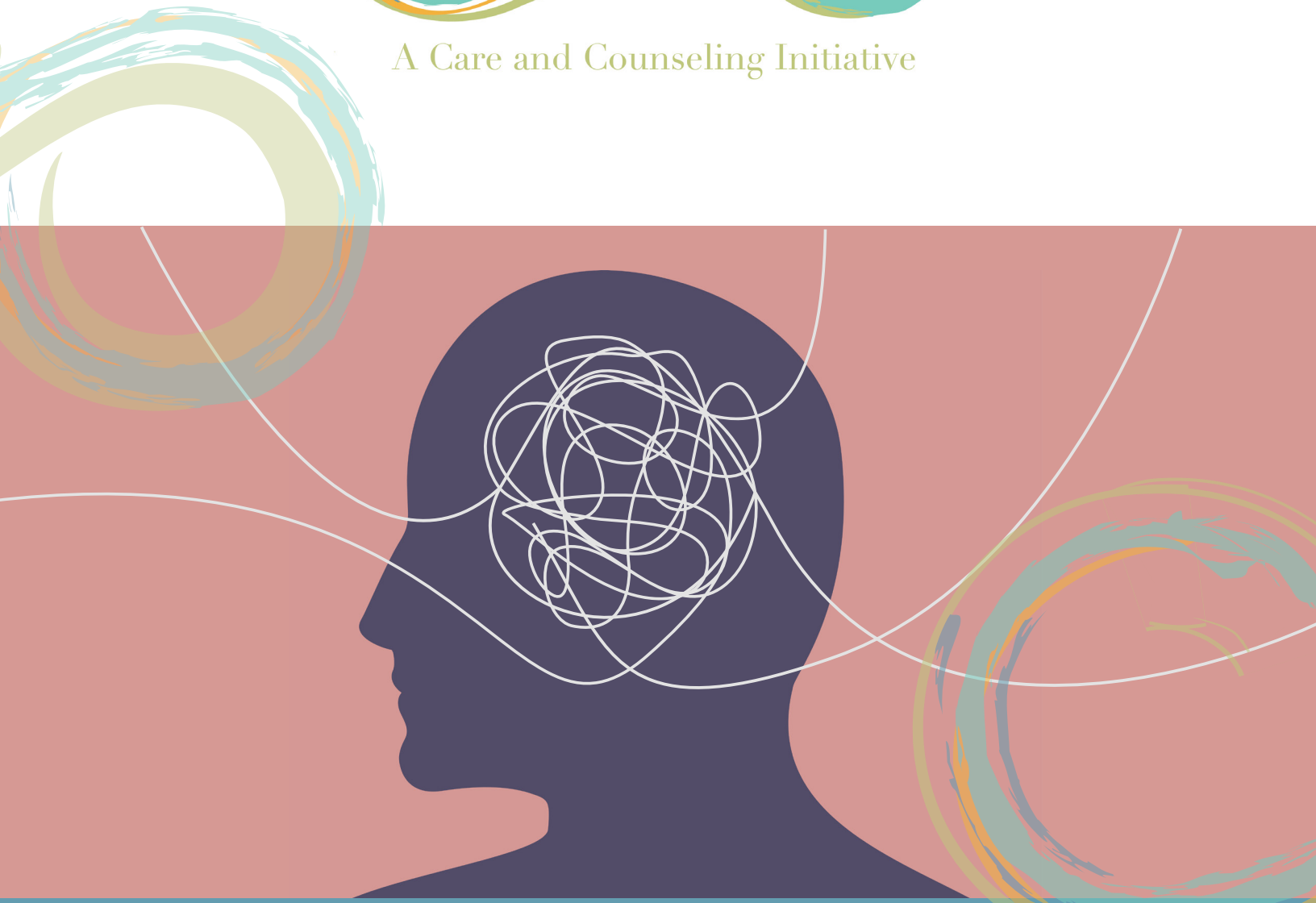




A Care and Counseling Initiative



Chasing Truth and Taking Thoughts Captive

a counseling model for renewing our minds



Charis is an Urban Alliance initiative. www.urbanalliance.com

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*Through Charis,
Urban Alliance
works with churches
and Christian
organizations to help
them communicate
about mental health
in ways that offer
hope and create
safe environments
where people feel
comfortable seeking
help.*

Many people who are struggling with their relational, emotional and mental health do not receive the support they need. They often do not know where to turn for help, or are embarrassed to acknowledge they are struggling. Additionally, a lack of resources in the community, poverty and stigma are barriers that keep people from receiving help.

Research shows that the church is one of the most common places people go to seek help when they are struggling emotionally. This is why it is so important for pastors and care providers to be equipped to offer care and connect people to appropriate help. Many churches offer support groups, care ministries or pastoral care. And, professional counselors who offer care from a Christian perspective provide services in the community.

Through Charis, Urban Alliance works with churches and organizations to help them communicate about mental health in ways that offer hope and create safe environments where people feel comfortable seeking help. Urban Alliance also equips care providers to respond sensitively, effectively connect people who are seeking care to appropriate support, and provide care, so they may cope well and heal.

The Charis website is a tool, managed by Urban Alliance, that can be used by individuals and organizations to help connect people in need of support to high-quality professional counselors, support groups and specialized support services offered from a Christian perspective.

These collaborative efforts have helped hundreds of people overcome barriers and more effectively cope, have ongoing support, strengthen their relationships, experience hope, joy and peace, and persevere despite life's challenges.

To learn more about Charis, visit www.urbanalliance.com/charis.
To visit the Charis website, visit www.charisnetworkct.org.

Introduction

Did you know that there is a strong connection between a person's thoughts, feelings, and actions? Beliefs about ourselves, our situations, the world, and God have a significant impact on our emotions and behaviors. Scripture is clear that an important part of being spiritually healthy is regularly examining our thoughts and aligning them with God's truth.

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. (Philippians 4:8)

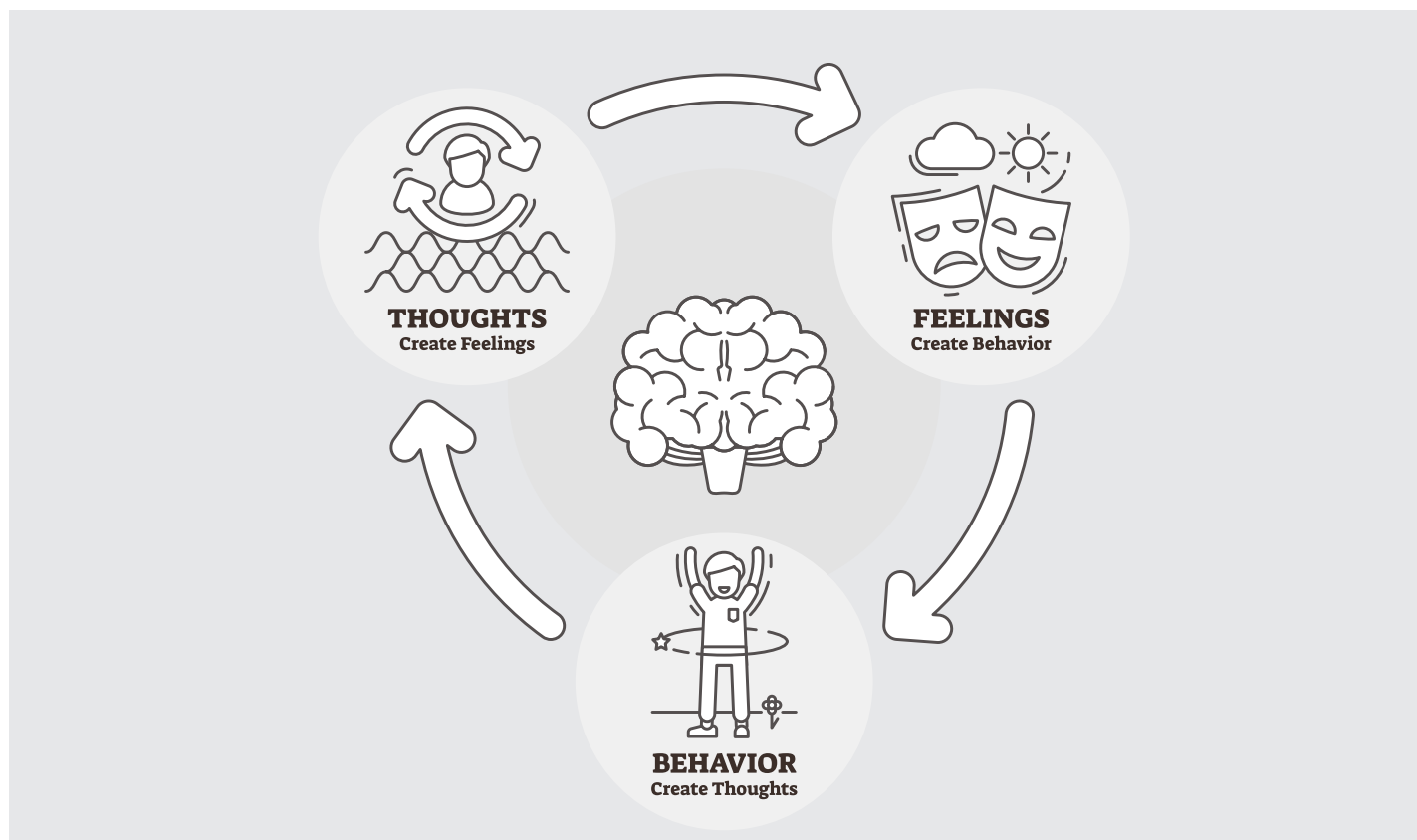
For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. (Romans 8:5-6)

Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect. (Romans 12:2)

We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. (2 Corinthians 10:5)

This booklet will provide an overview of a counseling model called Rational Emotive Behavioral Therapy (REBT), common problematic thinking patterns, and practical tools that can be used personally, in lay-care, and counseling settings to identify unhealthy thinking patterns and replace them with healthier ones.





Using REBT to Replace Negative Thoughts

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Rational Emotive Behavioral Therapy (REBT) is a counseling model that helps people understand this connection between a person’s thoughts, feelings, and actions. According to this model, a person’s thoughts in any given situation influences their emotions and actions.

REBT helps a person identify self-defeating thoughts and feelings, challenge the rationality of those thoughts and feelings, and replace them with healthier, more productive beliefs. While there are some world view differences between traditional REBT and Christianity, many of the concepts and techniques can be helpful for care providers and counselors. This model outlines six steps that can be followed to help a person identify and replace unhealthy thinking.

Identifying Negative Thoughts (A, B, C)

According to this model, the events in a person's life (A) result in thoughts or beliefs about the event (B), and those thoughts or beliefs result in emotions and actions (C):

A = Activating event or situation that we experience

B = Beliefs or thoughts about the situation

C = Consequence, or how we feel or act based on these beliefs

Different people can experience the same activating event and have very different thoughts and emotions/reactions to it. For example:

Person One:

A (Activating situation) = A friend does not return your call

B (Beliefs or thoughts) = I must have done something to upset them; I am such a horrible person

C (Consequence/effect) = Anxious, upset, depressed, and avoids friend

Person Two:

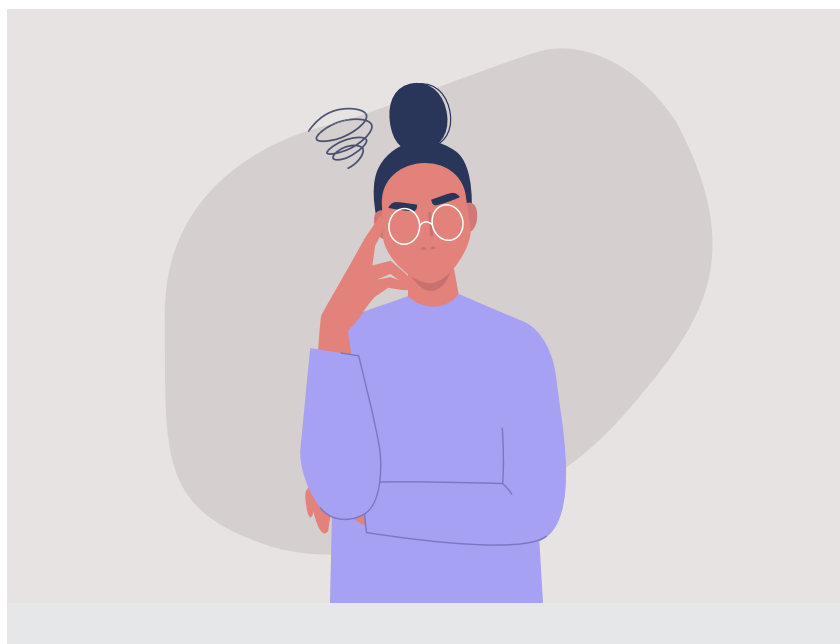
A (Activating situation) = A friend does not return your call

B (Beliefs or thoughts) = They're probably just really busy, I hope they are okay

C (Consequence/effect) = Neutral, concern, and calls friend again

This example shows how two people can experience the same situation and have very different reactions to the event based on how they interpret or evaluate the situation.

People who have a difficult time evaluating situations in a balanced and healthy way are more likely to struggle with depression, anxiety, and relationships in general. They tend to have negative thoughts and beliefs that fuel negative emotions and unhealthy or maladaptive behaviors.



Replacing Negative Thoughts (D, E, F)

Counselors and care-providers can help people identify beliefs and debate them when they are irrational or unhealthy (D), incorporate more effective beliefs (E), and experience more functional emotions (F).

D = Debating Negative Beliefs

After recognizing a negative or unhelpful thought, the next step is to debate it. Important questions to ask include, “Is this thought helping me or causing trouble?” and “Where is the evidence to support this thought?” Scripture can be used as the final authority to define truth and can be used to debate thoughts. The goal of debating thoughts is to help a person determine if they should continue thinking the thought or replace it with a different thought. If a person is depressed and having a difficult time debating their thoughts, they may invite another person to help them.



E = Effective/Helpful Thoughts and Beliefs

Once a person has debated a thought and determined that it needs to be replaced, they are ready to begin identifying a healthier and more helpful thought. When possible, Scripture can be used to replace unhealthy thoughts with new thoughts that more accurately reflect truth.

F = New and More Functional Emotions and Behaviors

Once unhealthy thoughts are replaced with healthy ones, a person will likely start to experience more positive emotions and react to situations in more helpful ways. It often takes time and practice to fully adopt a new and healthier way of thinking. People need to commit to regularly reminding themselves what is true and asking the Holy Spirit to speak the truth to their heart so they know it deeply.

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Example: David and Goliath

The story of David and Goliath (1 Samuel 17) can be used to demonstrate the principles of **REBT**. In this story, the nation of Israel was called to fight the Philistine army. Jesse was a man who had twelve sons. David was the youngest of Jesse's twelve sons and stayed back to tend to the family's sheep while the older sons went to war. A great Philistine giant named Goliath who stood over nine feet tall, came to the front of the Philistine battle line each day for forty days and mocked the Israelites and their God. Goliath called to them to fight, but King Saul and the Israelites were scared and did nothing.

It is at this point in the story that the important role that thoughts and beliefs play in a person's emotions and behaviors becomes evident. David's brothers (and all of the Israelites in the battle) were afraid and did not want to fight. However, when David finds out about Goliath, he has the opposite reaction. He felt courage and motivation and volunteered to fight the giant.

So, what was the difference between David and the rest of the Israelites? The answer is that their thoughts and beliefs about the situation were very different. The Israelites saw the size and strength of Goliath and believed they would be killed if they fought him. They viewed the situation using worldly logic and concluded the giant was too big and strong to be defeated. David saw the giant, but remembered the size and strength of his God. David says, "The Lord who rescued me from the paw of the lion and the paw of the bear will rescue me from the hand of this Philistine." (1 Samuel 17:37). His beliefs about the power of his God, gave him courage to fight the giant.

This story demonstrates how people with different thoughts and beliefs have very different emotions and reactions to the same situation.



*“The Lord who
rescued me from the
paw of the lion and
the paw of the bear
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the hand of this
Philistine.”*

(1 Samuel 17:37).

Core Beliefs

Sometimes a person finds that there are beliefs about themselves and their situations that emerge across situations. These themes in thinking often reflect core beliefs or enduring beliefs about oneself, others, the world, or God that usually originate in early childhood. Core beliefs can be healthy, for example, “God loves me” or “I can trust close friends to care for me.” Or, they can be unhealthy, such as, “I am not worthy of love” or “I can’t trust anyone.” Core beliefs are like a lens that filters how a person makes sense of their experiences.

When a person finds they have core beliefs that do not align with scripture, it is very important to replace them with beliefs that reflect God’s truth. Sometimes it is hard to do this alone. Some people find it helpful to share unhealthy core beliefs with mature friends who can offer encouragement, prayer, and reminders of the truth contained in God’s Word. Counselors can also help people identify and replace unhealthy core beliefs.

All people have core beliefs about themselves, relationships, the world, and God. How a person completes the following statements provides valuable information about their core beliefs:

I am...
People are...
The world/future is...
God is...



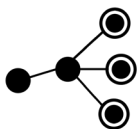
10 Cognitive Distortions

Cognitive distortions are habitual ways of thinking that are often inaccurate and negatively biased. Cognitive distortions usually develop over time in response to adverse events or patterns learned early in life. There are at least 10 common distorted thinking patterns that have been identified by researchers. David Burns, MD, a pioneer in cognitive behavioral therapy, identifies 10 forms of cognitive distortions in his 1999 book, “The Feeling Good Handbook.” The most commonly used cognitive distortions include:



1. Polarized Thinking:

Sometimes called black and white/all or nothing thinking, polarized thinking involves habitually thinking in extremes, such as right or wrong, good or bad, success or failure. For example, seeing all experiences as either successes or failures. This thinking is unhelpful because often reality exists between the extremes.



2. Overgeneralization:

Drawing a conclusion about one event and then incorrectly applying that conclusion to other situations. For example, a person separates from his partner and assumes it means they will never date again or be married.



3. Mental Filter:

Focusing on a single negative piece of information and excluding all positive ones. For example, focusing on a single negative comment made by a boss and discounting all of the positive ones.



4. Disqualifying the Positive:

Acknowledging positive experiences and feedback, but rejecting them rather than embracing them. For example, a person receives positive feedback about a performance, but rejects the idea they performed well and assumes their friend was simply flattering them.



5. Personalization:

Assigning personal blame disproportionate to the level of control a person realistically has in a given situation. For example, blaming yourself for things that are not your fault or assuming you've been intentionally excluded.



6. Jumping to Conclusions:

Drawing conclusions with little evidence. There are two subtypes: mindreading or inferring a person's possible or probable (usually negative) thoughts from his or her behavior and nonverbal communication and “fortune-telling” or predicting the outcome.s of events.



7. Magnification (Catastrophizing) or Minimizations:

Magnification is giving too much weight or emphasis to something negative (failure, weakness, threat). Minimization is giving less weight or emphasis on something positive (strength, success, kindness). Catastrophizing is assuming the worst-case scenario when faced with an unknown. For example, a person takes a high school exam and assumes they will fail and never get into a good college.



8. Emotional Reasoning:

Assuming that feelings expose the true nature of things. For example, allowing feelings of shame to define a person as worthless. Or, "I feel stupid, so I am stupid."



9. Making "Must" or "Should" Statements:

Expecting the world to be different than it is or maintaining a posture of demandingness in regard to others and situations. Must and should statements are problematic because they cause people to feel upset at themselves and others when they fall short.



10. Labeling:

Reducing oneself or others to a single (usually negative) characteristic or descriptor. It is often linked to a single event or behavior. For example, a person who feels like a failure because they did not get the job they hoped for.



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be used as the
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Challenging and Changing Negative Beliefs and Cognitive Distortions

Once a negative belief or cognitive distortion is identified, the following techniques can be used to challenge and change it. These techniques can be used in combination. Often it takes time and new experiences to fully integrate new beliefs and a new way of thinking. David Burns outlines a number of strategies that can be used to challenge irrational beliefs and cognitive distortions in “The Feeling Good Handbook.”

1. Identify the Belief or Cognitive Distortion:

Using the REBT model, track events (A), beliefs or thoughts (B), emotions and behaviors (C). This often involves reflecting on and keeping track of thoughts in a journal to identify how often you use them, in which type of situation, and which you use most often. This is a first step in addressing any negative belief or cognitive distortion. Once it is identified it can be helpful to consider where it came from. Sometimes a person can identify early or adverse experiences contributing to the thought or cognitive distortion.

Reflection Questions: *Consider a situation that made you upset. What emotion did you feel? What were your thoughts or beliefs? What did you believe about yourself? What did you believe about your situation? When did you start believing this or thinking in this way? What healthy belief might you replace it with? What scripture can you use to support this belief? If you fully believed the healthy belief, what would be different in your life? (Consider how you would feel, behave, relate to other people)?*

2. Examine the Evidence:

Imagine yourself to be a lawyer who must document evidence to bring before a judge. Examine each thought and consider whether the thought reflects an opinion or fact. Then determine the evidence you have to support the thought. Scripture can be used as evidence. Many find it helpful to identify Bible verses to support healthier ways of thinking or that challenge cognitive distortions.

Examining evidence is particularly helpful for negative thoughts or cognitive distortions that draw conclusions without evidence or with faulty evidence, such as a mental filter, disqualifying the positive, overgeneralization, jumping to conclusions, magnification or minimization, emotional reasoning and labeling.

*“For the word of
God is alive and
active. Sharper
than any double-
edged sword, it
penetrates even to
dividing soul and
spirit, joints and
marrow; it judges
the thoughts and
attitudes of the
heart.”
Hebrews 4:12*

3. Double Standard Method:

Often “self-talk” is harsh and critical when compared with how we would speak to a close friend. Address yourself with the same encouragement, kindness, grace, and compassion you would for a friend. This is helpful for cognitive distortions that are harsh, critical, or judgmental towards oneself.

4. Thinking in Shades of Gray:

Instead of thinking in all or nothing terms, consider evaluating things on a scale of 1 to 100. This is helpful for polarized thinking. For example, on a scale of 1-100 how awful was the interaction?

5. Experiment Method:

Imagine yourself to be a scientist conducting an experiment to test whether or not your negative or irrational thought has merit. This goes further than examining the evidence and challenges a person to take action to test it. For example, if a person believes she is no longer liked by her friends, she might reach out to them and try to initiate lunch. Experiments create opportunities for new experiences and additional data.

6. Survey Methods:

Using this method, a person seeks the opinions of others regarding whether their thoughts and attitudes are realistic. They may ask friends, family members, pastors or leaders, or read books or articles. It is important to select people who are mature, wise, and discerning. This goes farther than examining the evidence and bringing in more opinions and information to test the thought or belief.

7. The Semantic Method:

When a person uses “should” statements they are often applying unwritten rules for others. Consider replacing “should” with, “It would be nice if...” or “I would prefer...” This small change can make a big difference as “should” statements make people feel angry, resentful, guilty, or ashamed. This is helpful for “must” or “should” statements.

8. Re-attribution:

In re-attribution, a person identifies external factors and other individuals who contributed to the problem or event. This is particularly helpful for personalization and blaming cognitive distortions where a person is taking full responsibility for things that are not entirely their fault.

*“Do not be
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(Romans 12:2)*

A REBT Prayer Model

The following prayer model aligns with an REBT approach for identifying an unhealthy belief and replacing it with one that aligns with Scripture. Using this prayer model, the unhealthy belief is referred to as an ungodly belief because it stands in contradiction to Scripture.

This prayer model walks a person through six steps:

1. Identify and confess agreement with the belief
2. Forgive people who contributed to the belief. Often there are interactions with people who contribute to the formation of an ungodly belief. It is helpful when a person identifies the roots and offers forgiveness.
3. Ask for and receive God's forgiveness
4. Renounce (which means formally declare abandonment of) and break agreement with (a choice to walk away from and no longer believe) the ungodly belief
5. Take an active role (accept, believe and receive) in replacing the ungodly belief with a belief that aligns with Scripture.
6. Identify and meditate on Bible verses that support this new belief.



Taking Thoughts Captive Prayer

Lord, I acknowledge that my beliefs and thinking patterns have a profound impact on my emotions and actions. Please help me to renew my mind daily and align my thoughts and beliefs with the truth that is in your Word.

1. I confess that I believe the ungodly belief that _____.

2. I forgive and release those who have contributed to my forming this ungodly belief. I forgive (name those people).

3. Lord, forgive me for forming this belief, for allowing it to impact my emotions, choices, and actions. Forgive me for any ways I have judged myself and others because of this belief. I receive Your forgiveness.

4. I renounce and break agreement with this ungodly belief that _____.

5. I choose to accept, believe, and receive the Godly belief that _____.

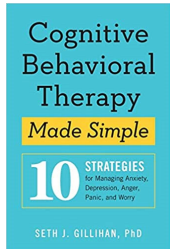
Lord, I choose to participate with You and ask that You renew my mind and transform me. I pray that Your Holy Spirit helps me to deeply know this truth so that it permeates my mind, heart, and soul.

6. Identify and meditate on Scripture that support the new belief.

*“We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.
(2 Corinthians 10:5)*



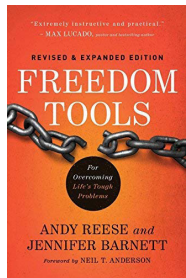
Helpful Resources



Seth J. Gillihan

Cognitive Behavioral Therapy Made Simple: 10 Strategies For Managing Anxiety, Depression, Anger, Panic, And Worry

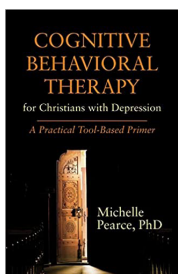
Get lasting relief from anger, panic, stress, and other mood-related conditions by applying the principles of cognitive behavioral therapy to your daily life. From writing down your goals to addressing negative thought patterns, this accessible, easy-to-understand cognitive behavioral therapy book gives you everything you need to let the healing begin in one convenient CBT workbook. Learn to grow as a person, overcome challenges, and boost your overall health and well-being.



Andy Reese and Jennifer Barnett

Freedom Tools

With these simple freedom tools, learn how to facilitate healing in others with confidence through intimate and caring conversations. In these pages Andy and Jennifer give you the practical understanding and simple tools to do just that. You can fill even your casual conversations with the gentle yet transforming power of Jesus Christ. Here is what you need to confidently step out to bring peace, give grace and help others experience renewal.



Michelle Pearce PhD

Cognitive Behavioral Therapy for Christians with Depression: A Practical Tool-Based Primer

For anyone in the helping profession, whether as mental health professionals or religious leaders, this question is bound to arise. Many mental health professionals feel uncomfortable discussing religion, while many religious leaders feel uncomfortable referring their congregants to professionals who have no knowledge of their faith, nor intent to engage with it. Cognitive Behavioral Therapy for Christian Clients with Depression is a practical guide for mental health professionals and pastoral counselors who want to learn



David Burns

Feeling Great: The Revolutionary New Treatment for Depression and Anxiety

In Feeling Great, Dr. David Burns reveals that our negative moods do not result from what's wrong with us, but rather--what's right with us. And when you listen and suddenly hear what your negative thoughts and feelings are trying to tell you, suddenly you won't need them anymore, and recovery will be just a stone's throw away.

Citations:

1. Beck, J. S. (2020). *Cognitive behavior therapy* (3rd ed.). Guilford Press.
2. Burns, D. D. (1981). *Feeling good: The new mood therapy*. New York, N.Y: Penguin Books.
3. Ellis, A., & Joffe-Ellis, D. (2011). *Rational emotive behavior therapy*. First edition. Washington, DC: American Psychological Association.
4. Gillihan, S. (2018). *Cognitive Behavioral Therapy Made Simple: 10 Strategies For Managing Anxiety, Depression, Anger, Panic, And Worry*. Emeryville, CA : Althea Press.
5. Kendall, P. C., & Kriss, M. R. (1983). *Cognitive-behavioral interventions*. In: C. E. Walker, ed. *The handbook of clinical psychology: theory, research and practice*, pp. 770–819. Homewood, IL: Dow Jones-Irwin.

Identifying and Replacing Negative Thoughts

According to this model, the events in a person's life (A) result in thoughts or beliefs about the event (B), and those thoughts or beliefs result in emotions and actions (C):

Consider a situation that caused distress and answer the following questions:

A = Activating event

What happened?

B = Beliefs or thoughts

What were your thoughts about the event?

C = Consequence

What emotions did you feel? What did you do?

Evaluate the thoughts and beliefs described above.

What evidence do you have to support the thoughts/beliefs? Do they align with Scripture? Do they reflect a cognitive distortion? Would other people agree with the thought/belief?

If the evidence does not support the belief, it does not align with Scripture, or if you used a cognitive distortion, replace the thought.

Consider a new healthier thought, that can be used to replace the old one.

Find a thought with evidence to support it, that aligns with Scripture and does not reflect a cognitive distortion.

If you fully believed the new thought, how would you feel? What would you do differently?

See if you can find Scripture to support the new thought.

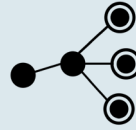
10 Cognitive Distortions

Cognitive distortions are habitual ways of thinking that are often inaccurate and negatively biased. Cognitive distortions usually develop over time in response to adverse events or patterns learned early in life and fuel anxiety and depression.



Polarized Thinking:

Involves habitually thinking in extremes such as good/bad, right/wrong, success/failure.



Overgeneralization:

Drawing a conclusion about one event and then incorrectly applying that conclusion to other situations.



Mental Filter:

Focusing on a single negative piece of information and excluding all positive ones.



Disqualifying the Positive:

Acknowledging positive experiences and feedback, but rejecting or minimizing them.



Personalization:

Assigning personal blame disproportionate to the level of control a person realistically has in a given situation.



Jumping to Conclusions:

Drawing conclusions with little evidence (e.g. mindreading or fortune-telling).



Magnification/Minimization:

Giving too much weight to something negative, too little weight to something positive, or assuming the worst-case scenario.



Emotional Reasoning:

Assuming that feelings expose the true nature of things.



Making "Must" or "Should" Statements:

Expecting people or the world to be different than it is.



Labeling:

Reducing oneself or others to a single (usually negative) characteristic or descriptor.

Replacing Negative Thoughts

Try One of These Proven Strategies to Challenge Negative Thinking!

Double Standard Method: Often “self-talk” is harsh and critical when compared with how we would speak to a close friend. Address yourself with the same encouragement, kindness, grace, and compassion you would for a friend.

Experiment Method: Imagine yourself to be a scientist conducting an experiment to test whether or not your negative or irrational thought has merit. Try something new to see if the outcome is different than what you expected.

Survey Methods: Ask other people what they think about your thought. You may choose friends, family members, pastors or leaders, or read books or articles. It is important to select people who are mature, wise, and discerning.

The Semantic Method: Consider replacing “should” with, “It would be nice if...” or “I would prefer...” This small change can make a big difference as “should” statements make people feel angry, resentful, guilty, or ashamed.

Prayer: Use the prayer model on this handout to replace thoughts that do not align with Scripture. It is often helpful to pray with another person, and together come into agreement with the new thought that better reflects the truth contained in God’s word.

“We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

(2 Corinthians 10:5)

Prayer for Taking Ungodly Beliefs Captive

Lord, I acknowledge that my beliefs and thinking patterns have a profound impact on my emotions and actions. Please help me to renew my mind daily and align my thoughts and beliefs with the truth that is in your Word.

1. I confess that I believe the ungodly belief that _____.

2. I forgive and release those who have contributed to my forming this ungodly belief. I forgive (name those people).

3. Lord, forgive me for forming this belief, for allowing it to impact my emotions, choices, and actions. Forgive me for any ways I have judged myself and others because of this belief. I receive Your forgiveness.

4. I renounce and break agreement with this ungodly belief that _____.

5. I choose to accept, believe, and receive the Godly belief that _____.

Lord, I choose to participate with You and ask that You renew my mind and transform me. I pray that Your Holy Spirit helps me to deeply know this truth so that it permeates my mind, heart, and soul.

6. Identify and meditate on Scripture that support the new belief.

I am...

I am God's child (John 1:12)
I am chosen and dearly loved (Colossians 3:12)
I am blameless (1 Corinthians 1:8)
I am set free (Romans 8:2; John 8:32)
I am forgiven (Ephesians 1:8; Colossians 1:14)
I am safe (1 John 5:18)
I have purpose (Ephesians 1:9 & 3:11)
I have hope (Ephesians 1:12)
I am included (Ephesians 1:13)
I am the righteousness of God (2 Corinthians 5:21)
I am part of God's kingdom (Revelation 1:6)
I am healed from sin (1 Peter 2:24)
I am no longer condemned (Romans 8:1, 2)
I am not helpless (Philippians 4:13)
I am overcoming (1 John 4:4)
I am persevering (Philippians 3:14)
I am protected (John 10:28)
I am born again (1 Peter 1:23)
I am a new creation (2 Corinthians 5:17)
I am delivered (Colossians 1:13)
I have been justified (Romans 5:1)
I am Christ's friend (John 15:15)
I belong to God (1 Corinthians 6:20)
I am a member of Christ's Body (1 Corinthians 12:27)
I am assured all things work together for good (Romans 8:28)
I have been established, anointed and sealed by God (2 Corinthians 1:21-22)
I am a citizen of heaven (Philippians 3:20)
I am hidden with Christ in God (Colossians 3:3)
I have not been given a spirit of fear, but of power, love and self-discipline (2 Timothy 1:7)
I am born of God and the evil one cannot touch me (1 John 5:18)
I am blessed in the heavenly realms with every spiritual blessing (Ephesians 1:3)
I am chosen before the creation of the world (Ephesians 1:4, 11)
I am holy and blameless (Ephesians 1:4)
I am adopted as his child (Ephesians 1:5)
I am given God's glorious grace lavishly and without restriction (Ephesians 1:5,8)
I am in Him (Ephesians 1:7; 1 Corinthians 1:30)
I have redemption (Ephesians 1:8)
I am sealed with the promised Holy Spirit (Ephesians 1:13)
I am a saint (Ephesians 1:18)
I am salt and light of the earth (Matthew 5:13-14)
I have been chosen and God desires me to bear fruit (John 15:1,5)
I am a personal witness of Jesus Christ (Acts 1:8)
I am redeemed from the curse of the Law (Galatians 3:13)
I am qualified to share in His inheritance (Colossians 1:12)
I am confident that God will perfect the work He has begun in me (Philippians 1:6)

*“For the word of
God is alive and
active. Sharper
than any double-
edged sword, it
penetrates even to
dividing soul and
spirit, joints and
marrow; it judges
the thoughts and
attitudes of the
heart.”*

Hebrews 4:12

I am...

I am raised up with Christ (Ephesians 2:6; Colossians 2:12)
I am seated with Christ in the heavenly realms (Ephesians 2:6)
I have been shown the incomparable riches of God's grace (Ephesians 2:7)
God has expressed His kindness to me (Ephesians 2:7)
I am God's workmanship (Ephesians 2:10)
I have been brought near to God through Christ's blood (Ephesians 2:13)
I have peace (Ephesians 2:14)
I have access to the Father (Ephesians 2:18)
I am a member of God's household (Ephesians 2:19)
I am secure (Ephesians 2:20)
I am a holy temple (Ephesians 2:21; 1 Corinthians 6:19)
I am a dwelling for the Holy Spirit (Ephesians 2:22)
I share in the promise of Christ Jesus (Ephesians 3:6)
God's power works through me (Ephesians 3:7)
I can approach God with freedom and confidence (Ephesians 3:12)
I know there is a purpose for my sufferings (Ephesians 3:13)
I can grasp how wide, long, high and deep Christ's love is (Ephesians 3:18)
I am completed by God (Ephesians 3:19)
I can bring glory to God (Ephesians 3:21)
I have been called (Ephesians 4:1; 2 Timothy 1:9)
I can be humble, gentle, patient and lovingly tolerant of others (Ephesians 4:2)
I can mature spiritually (Ephesians 4:15)
I can have a new attitude and a new lifestyle (Ephesians 4:21-32)
I can be kind and compassionate to others (Ephesians 4:32)
I can forgive others (Ephesians 4:32)
I can understand what God's will is (Ephesians 5:17)
I can give thanks for everything (Ephesians 5:20)
I don't have to always have my own agenda (Ephesians 5:21)
I can honor God through marriage (Ephesians 5:22-33)
I can parent my children with composure (Ephesians 6:4)
I can be strong (Ephesians 6:10)
I have God's power (Ephesians 6:10)
I can stand firm in the day of evil (Ephesians 6:13)
I am dead to sin (Romans 1:12)
I am not alone (Hebrews 13:5)
I am growing (Colossians 2:7)
I am His disciple (John 13:15)
I am prayed for by Jesus Christ (John 17:20-23)
I am united with other believers (John 17:20-23)
I am not in want (Philippians 4:19)
I possess the mind of Christ (1 Corinthians 2:16)
I am promised eternal life (John 6:47)
I am promised a full life (John 10:10)
I am a light to others, and can exhibit goodness, righteousness and truth (Ephesians 5:8-9)

*For those who live
according to the flesh set
their minds on the things
of the flesh, but those
who live according to the
Spirit set their minds on
the things of the Spirit.
For to set the mind on
the flesh is death, but
to set the mind on the
Spirit is life and peace.*

(Romans 8:5-6)