



SCRIPTURES
FOR LIVING IN FREEDOM

The secret to living in freedom lies within the truth of God's Word. The Scriptures will strengthen your spirit. In dark times, the Word will illuminate your path; it will encourage you in trials; it will empower you to say no to temptation; and it will transform your heart and mind to think and feel like Jesus. God's Word brings freedom and peace.

We've selected the following scriptures to help you fight in the war against temptation, confusion, and darkness. With each use they help you be transformed into the image of Jesus and filled with his joy and peace. Ask the Lord to inscribe these truths on your heart.

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Note: Unless otherwise noted, all Scriptures are taken from the New International Version (NIV 1984 Edition).

HOW TO FIGHT FOR FREEDOM

*It is God who arms me with strength
and makes my way perfect.*

2 SAMUEL 22:33

“Not by might nor by power, but by My Spirit,” says the Lord of hosts.

ZECHARIAH 4:6 (NKJV)

*For we know that our old self was crucified with Him so that the body of sin
might be done away with, that we should no longer be slaves to sin.*

ROMANS 6:6

*For sin shall not be your master, because you are not under law,
but under grace.*

ROMANS 6:14

*Now the Lord is the Spirit, and where the Spirit of the Lord is, there is
freedom. And we, who with unveiled faces all reflect the Lord’s glory, are
being transformed into His likeness with ever-increasing glory, which comes
from the Lord, who is the Spirit.*

2 CORINTHIANS 3:17-18

I have been crucified with Christ and I no longer live, but Christ lives in me. The life I live in the body, I live by faith in the Son of God, who loved me and gave himself for me.

GALATIANS 2:20

It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.

GALATIANS 5:1

Those who belong to Christ Jesus have crucified the sinful nature with its passions and desires.

GALATIANS 5:24

Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.

EPHESIANS 6:13

I can do all things through Christ who strengthens me.

PHILIPPIANS 4:13 (NKJV)

WHEN YOU STRUGGLE WITH AUTHORITY

Everyone must submit himself to the governing authorities, for there is no authority except that which God has established. The authorities that exist have been established by God.

ROMANS 13:1

Obey your leaders and submit to their authority. They keep watch over you as men who must give an account. Obey them so that their work will be a joy, not a burden, for that would be of no advantage to you.

HEBREWS 13:17

Submit yourselves for the Lord's sake to every authority instituted among men: whether to the king, as the supreme authority.

1 PETER 2:13

GOD IS WITH YOU

The Lord replied, "My Presence will go with you, and I will give you rest."

EXODUS 33:14

*God is our refuge and strength,
an ever-present help in trouble.*

PSALM 46:1

But now, thus says the Lord, your Creator... "Do not fear, for I have redeemed you; I have called you by name; you are Mine! When you pass through the waters, I will be with you; and through the rivers, they will not overflow you when you walk through the fire, you will not be scorched, nor will the flame burn you. Do not fear, for I am with you; I will bring your offspring from the east, and gather you from the west."

ISAIAH 43:1-2,5 (NASB 1995)

*"Never will I leave you;
never will I forsake you."*

HEBREWS 13:5

WHEN YOU STRUGGLE WITH PRIDE OR SURRENDER

...anyone who does not take his cross and follow me is not worthy of me.

MATTHEW 10:38

Whoever finds his life will lose it, and whoever loses his life for my sake will find it.

MATTHEW 10:39

Therefore, whoever humbles himself like this child is the greatest in the kingdom of heaven.

MATTHEW 18:4

For whoever exalts himself will be humbled, and whoever humbles himself will be exalted.

MATTHEW 23:12

I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me.

GALATIANS 2:20 (NKJV)

Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves.

PHILIPPIANS 2:3

All of you, clothe yourselves with humility toward one another... Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time.

1 PETER 5:5-6

Make it your ambition to lead a quiet life, to mind your own business and to work with your hands, just as we told you, so that your daily life may win the respect of outsiders and so that you will not be dependent on anybody.

1 THESSALONIANS 4:11-12

For where you have envy and selfish ambition, there you find disorder and every evil practice.

JAMES 3:16

WHEN ANGER RISES

*Be angry, and do not sin;
ponder in your own hearts on your beds, and be silent.*

PSALM 4:4 (ESV)

*A wise man fears the Lord and shuns evil,
but a fool is hotheaded and reckless.*

PROVERBS 14:16

*A patient man has great understanding,
but a quick-tempered man displays folly.*

PROVERBS 14:29

*A fool gives full vent to his anger,
but a wise man keeps himself under control.*

PROVERBS 29:11

*Refrain from anger and turn from wrath;
do not fret—it leads only to evil.*

PSALM 37:8

*The Lord is gracious and compassionate,
slow to anger and rich in love.*

*The Lord is good to all;
he has compassion on all he has made.*

PSALM 145:8-9

*And the peace of God, which surpasses all understanding, will guard your
hearts and your minds in Christ Jesus.*

PHILIPPIANS 4:7

*For I will be merciful toward their iniquities,
and I will remember their sins no more.*

HEBREWS 8:12 (ESV)

WHEN YOU FEEL REJECTED

Though my father and mother forsake me, the Lord will receive me.

PSALM 27:10

*I praise you because I am fearfully and wonderfully made;
your works are wonderful,
I know that full well.*

PSALM 139:14

*"I took you from the ends of the earth, from its farthest corners I called you.
I said, 'You are my servant. I have chosen you and have not rejected you.'"*

ISAIAH 41:9

*"No weapon forged against you will prevail, and you will refute every tongue
that accuses you. This is the heritage of the servants of the Lord, and this is
their vindication from me," declares the Lord.*

ISAIAH 54:17

So if the Son sets you free, you will be free indeed.

JOHN 8:36

If God is for us, who can be against us?

ROMANS 8:31b

In all these things we are more than conquerors through Him who loved us.

ROMANS 8:37

Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!

2 CORINTHIANS 5:17

For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.

EPHESIANS 2:10

For He chose us in Him before the creation of the world to be holy and blameless in His sight.

EPHESIANS 1:4

WHEN YOU STRUGGLE WITH PURITY

*Create in me a pure heart, O God,
and renew a steadfast spirit within me.*

PSALM 51:10

*How can a young man keep his way pure?
By living according to your word.*

PSALM 119:9

*Above all else, guard your heart,
for it is the wellspring of life.*

PROVERBS 4:23

Blessed are the pure in heart, for they will see God.

MATTHEW 5:8

Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—His good, pleasing and perfect will.

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

Since we have these promises, dear friends, let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God.

2 CORINTHIANS 7:1

Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

PHILIPPIANS 4:8

Let us draw near to God with a sincere heart in full assurance of faith, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water.

HEBREWS 10:22

WHEN YOU FEEL ASHAMED

*Count yourself lucky, how happy you must be—
you get a fresh start,
your slate's wiped clean.*

PSALM 32:1 (MSG)

*He does not treat us as our sins deserve
or repay us according to our iniquities.*

PSALM 103:10

*As far as the east is from the west,
so far has he removed our transgressions from us.*

PSALM 103:12

You are already clean because of the word I have spoken to you.

JOHN 15:3

*If we confess our sins, He is faithful and just and will forgive us our sins and
purify us from all unrighteousness.*

1 JOHN 1:9

For He chose us in him before the creation of the world to be holy and blameless in His sight. In love He predestined us to be adopted as his sons through Jesus Christ, in accordance with his pleasure and will—to the praise of his glorious grace, which he has freely given us in the One he loves. In Him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God’s grace

EPHESIANS 1:4-7

For I will forgive their wickedness and will remember their sins no more.

HEBREWS 8:12

. . . if anybody does sin, we have one who speaks to the Father in our defense—Jesus Christ, the Righteous One.

1 JOHN 2:1

WHEN YOU FACE TEMPTATION

*I will set before my eyes
no vile thing.*

PSALM 101:3

“Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak.”

MATTHEW 26:41

Rather, clothe yourselves with the Lord Jesus Christ, and do not think about how to gratify the desires of the sinful nature.

ROMANS 13:14

No temptation has seized you except what is common to man. And God is faithful; He will not let you be tempted beyond what you can bear. But when you are tempted, He will also provide a way out so that you can stand up under it.

1 CORINTHIANS 10:13

But I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified.

1 CORINTHIANS 9:27 (NKJV)

Submit yourselves, then, to God. Resist the devil, and he will flee from you.

JAMES 4:7

All of us also lived among them at one time, gratifying the cravings of our sinful nature and following its desires and thoughts. Like the rest, we were by nature objects of wrath. But because of his great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved. And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus.

EPHESIANS 2:3-6

Flee also youthful lusts; but pursue righteousness, faith, love, peace with those who call on the Lord out of a pure heart.

2 TIMOTHY 2:22 (NKJV)

For the grace of God that brings salvation has appeared to all men. It teaches us to say “No” to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age, while we wait for the blessed hope—the glorious appearing of our great God and Savior, Jesus Christ, who gave Himself for us to redeem us from all wickedness and to purify for Himself a people that are His very own, eager to do what is good.

TITUS 2:11-14

WHEN YOU FEEL CONDEMNED

*They looked to Him and were radiant;
And their faces were not ashamed.*

PSALM 34:5 (NKJV)

*Do not be afraid, you will not suffer shame. Do not fear disgrace; you will
not be humiliated; you will forget the shame of your youth . . .*

ISAIAH 54:4

Instead of your shame you shall have double honor . . .

ISAIAH 61:7 (NKJV)

*For God did not send his Son into the world to condemn the world, but to
save the world through Him.*

JOHN 3:17

*For the accuser of our brothers [satan], who accuses them before our God day
and night, has been hurled down.*

REVELATION 12:10

But Jesus bent down and started to write on the ground with his finger. When they kept on questioning him, He straightened up and said to them, "If any one of you is without sin, let him be the first to throw a stone at her"... Jesus straightened up and asked her, "Woman, where are they? Has no one condemned you?" "No one, sir," she said. "Then neither do I condemn you," Jesus declared. "Go now and leave your life of sin."

JOHN 8:6-7, 10-11

When he [satan] lies, he speaks his native language, for he is a liar and the father of lies.

JOHN 8:44b

Therefore, there is now no condemnation for those who are in Christ Jesus.

ROMANS 8:1

WHEN YOU HAVE BEEN WRONGED

*Love prospers when a fault is forgiven,
but dwelling on it separates close friends.*

PROVERBS 17:9 (NLT)

But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you.

MATTHEW 5:44 (NKJV)

For if you forgive others for their transgressions, your heavenly Father will also forgive you.

MATTHEW 6:14 (ESV)

Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours. And when you stand praying, if you hold anything against anyone, forgive him, so that your Father in heaven may forgive you your sins.

MARK 11:24-26

Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everybody. If it is possible, as far as it depends on you, live at peace with everyone.

ROMANS 12:17-18

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

EPHESIANS 4:32

See to it that no one misses the grace of God and that no bitter root grows up to cause trouble and defile many.

HEBREWS 12:15

Do not repay evil with evil or insult with insult, but with blessing, because to this you were called so that you may inherit a blessing.

1 PETER 3:9

WHEN YOUR HEART IS BROKEN

I am the Lord, who heals you.

EXODUS 15:26b

*The Lord is close to the brokenhearted
and saves those who are crushed in spirit.*

PSALM 34:18

He heals the brokenhearted and binds up their wounds.

PSALM 147:3

The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to preach good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners, to proclaim the year of the Lord's favor and the day of vengeance of our God, to comfort all who mourn, and provide for those who grieve in Zion—to bestow on them a crown of beauty instead of ashes, the oil of gladness instead of mourning, and a garment of praise instead of a spirit of despair. They will be called oaks of righteousness, a planting of the Lord for the display of his splendor.

ISAIAH 61:1-3

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

MATTHEW 11:28-30

Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? . . .

For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

ROMANS 8:35, 38-39

MOVING PAST THE PAST

Do not call to mind the former things, or ponder things of the past. “Behold, I will do something new, now it will spring forth; will you not be aware of it? I will even make a roadway in the wilderness, rivers in the desert.”

ISAIAH 43:18-19 (NASB 1995)

Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!

2 CORINTHIANS 5:17

But one thing I do: forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

PHILIPPIANS 3:13-14

WHEN YOU NEED PEACE

Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.

JOHN 14:27 (NKJV)

. . . and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

PHILIPPIANS 4:7 (NKJV)

WHEN YOU FEEL AFRAID

“Do not be afraid. Stand firm and you will see the deliverance the Lord will bring you today.

EXODUS 14:13

The Lord Himself goes before you and will be with you; He will never leave you nor forsake you. Do not be afraid; do not be discouraged.

DEUTERONOMY 31:8

Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go.

JOSHUA 1:9

*Even though I walk
through the valley of the shadow of death,
I will fear no evil,
for you are with me;
your rod and your staff,
they comfort me.*

PSALM 23:4

*Though an army besiege me,
my heart will not fear;
though war break out against me,
even then will I be confident.*

PSALM 27:3

*For in the day of trouble
He will keep me safe in his dwelling;
He will hide me in the shelter of his tabernacle
and set me high upon a rock.*

PSALM 27:5

*You are my hiding place;
you preserve me from trouble;
you surround me with songs of deliverance.*

PSALM 32:7

*I sought the Lord, and he answered me;
He delivered me from all my fears.*

PSALM 34:4

*When I am afraid,
I will trust in you.
In God, whose word I praise,
in God I trust; I will not be afraid.
What can mortal man do to me?*

PSALM 56:3-4

*So do not fear, for I am with you; do not be dismayed, for I am your God.
I will strengthen you and help you; I will uphold you with my righteous
right hand.*

ISAIAH 41:10

*He who dwells in the shelter of the Most High
will rest in the shadow of the Almighty.
I will say of the Lord, "He is my refuge and my fortress,
my God, in whom I trust."*

PSALM 91:1-2

*"Because he loves me," says the Lord, "I will rescue him;
I will protect him, for he acknowledges My name."*

PSALM 91:14

*No evil shall befall you,
nor shall any plague come near your dwelling;
For He shall give His angels charge over you,
to keep you in all your ways.
In their hands they shall bear you up,
lest you dash your foot against a stone.*

PSALM 91:10-12 (NKJV)

*The Lord is on my side;
I will not fear.
What can man do to me?*

PSALM 118:6 (NKJV)

*The name of the Lord is a strong tower;
the righteous run to it and are safe.*

PROVERBS 18:10

*Cast your cares on the Lord and He will sustain you;
He will never let the righteous fall.*

PSALM 55:22

*When you pass through the waters, I will be with you;
and through the rivers, they shall not overflow you.
When you walk through the fire, you shall not be burned,
nor shall the flame scorch you.*

ISAIAH 43:2 (NKJV)

*Do not fear, nor be afraid;
have I not told you from that time, and declared it?
You are My witnesses.
Is there a God besides Me?
Indeed there is no other Rock;
I know not one.*

ISAIAH 44:8 (NKJV)

*The rain came down, the streams rose, and the winds blew and beat against
that house; yet it did not fall, because it had its foundation on the rock.*

MATTHEW 7:25

*For you did not receive the spirit of bondage again to fear, but you received
the Spirit of adoption by whom we cry out, "Abba, Father."*

ROMANS 8:15 (NKJV)

WHEN YOUR HEART IS HEAVY

He is near to those who have a broken heart and saves those who are crushed in spirit.

PSALM 34:18

*Delight yourself also in the Lord,
and He shall give you the desires of your heart.*

PSALM 37:4 (NKJV)

*I shall not die, but live,
and declare the works of the Lord.*

PSALM 118:17 (NKJV)

How precious to me are your thoughts, O God!

How vast is the sum of them!

Were I to count them,

they would outnumber the grains of sand.

When I awake,

I am still with you.

PSALM 139:17-18

“Though the mountains be shaken and the hills be removed, yet my unfailing love for you will not be shaken nor my covenant of peace be removed,” says the Lord, who has compassion on you.

ISAIAH 54:10

For this is what the Lord says: “I will extend peace to her like a river, and the wealth of nations like a flooding stream; you will nurse and be carried on her arm and dandled on her knees. As a mother comforts her child, so will I comfort you; and you will be comforted over Jerusalem.”

ISAIAH 66:12-13

Yet this I call to mind and therefore I have hope: Because of the Lord’s great love we are not consumed, for His compassions never fail. They are new every morning; great is your faithfulness. I say to myself, “The Lord is my portion; therefore I will wait for Him.”

LAMENTATIONS 3:21-24

And surely I am with you always, to the very end of the age.

MATTHEW 28:20

See, I have engraved you on the palms of my hands

ISAIAH 49:16

WHEN YOU FACE TRIALS

Do not sorrow, for the joy of the Lord is your strength.

NEHEMIAH 8:10 (NKJV)

*For His anger is but for a moment,
His favor is for life;
weeping may endure for a night,
but joy comes in the morning.*

PSALM 30:5 (NKJV)

*My tears have been my food
day and night,
while men say to me all day long,
“Where is your God?”
Why are you downcast, O my soul?
Why so disturbed within me?
Put your hope in God,
for I will yet praise Him,
my Savior and my God.*

PSALM 42:3,5

*Restore to me the joy of Your salvation,
and uphold me by Your generous Spirit.*

PSALM 51:12 (NKJV)

*Those who sow in tears
shall reap in joy.*

PSALM 126:5 (NKJV)

*I consider that our present sufferings are not worth comparing with the glory
that will be revealed in us.*

ROMANS 8:18

*My brethren, count it all joy when you fall into various trials, knowing that
the testing of your faith produces patience. But let patience have its perfect
work, that you may be perfect and complete, lacking nothing.*

JAMES 1:2-4 (NKJV)

WHEN YOU ARE DISTRESSED

*Answer me when I call to you,
O God who declares me innocent.
Free me from my troubles.
Have mercy on me and bear my prayer.*

PSALM 4:1 (NLT)

*Listen to my cry for help, my King and my God,
for I pray to no one but you.*

PSALM 5:2 (NLT)

*Have compassion on me, Lord, for I am weak.
Heal me, Lord, for my bones are in agony.
I am sick at heart.
How long, O Lord, until you restore me?
Return, O Lord, and rescue me.
Save me because of your unfailing love.*

PSALM 6:2-4 (NLT)

In times of trouble may the Lord answer your cry.

May the name of the God of Jacob keep you safe from all harm.

PSALM 20:1 (NLT)

Can anything ever separate us from Christ's love? Does it mean he no longer loves us if we have trouble or calamity, or are persecuted, or hungry, or destitute, or in danger, or threatened with death?

ROMANS 8:35 (NLT)

*Lord, you are my strength and fortress,
my refuge in the day of trouble!*

JEREMIAH 16:19a (NLT)

And now, in my old age, don't set me aside.

Don't abandon me when my strength is failing.

PSALM 71:9 (NLT)

I took my troubles to the Lord;

I cried out to him, and he answered my prayer.

PSALM 120:1

I look up to the mountains—does my help come from there? My help comes from the Lord, who made heaven and earth! He will not let you stumble; the one who watches over you will not slumber. Indeed, he who watches over Israel never slumbers or sleeps. The Lord himself watches over you! The Lord stands beside you as your protective shade. The sun will not harm you by day, nor the moon at night. The Lord keeps you from all harm and watches over your life. The Lord keeps watch over you as you come and go, both now and forever.

PSALM 121:1-8 (NLT)

ENCOURAGEMENT FROM HIS PRESENCE

The Lord replied, “I will personally go with you, Moses, and I will give you rest—everything will be fine for you.”

EXODUS 33:14 (NLT)

So be strong and courageous! Do not be afraid and do not panic before them. For the Lord your God will personally go ahead of you. He will neither fail you nor abandon you.

DEUTERONOMY 31:6 (NLT)

Do not be afraid or discouraged, for the Lord will personally go ahead of you. He will be with you; he will neither fail you nor abandon you.

DEUTERONOMY 31:8 (NLT)

*Yet I still belong to you;
you hold my right hand.*

PSALM 73:23 (NLT)

Then David continued, “Be strong and courageous, and do the work. Don’t be afraid or discouraged, for the Lord God, my God, is with you. He will not fail you or forsake you. He will see to it that all the work related to the Temple of the Lord is finished correctly.”

1 CHRONICLES 28:20 (NLT)

Don’t be afraid, for I am with you.

Don’t be discouraged, for I am your God.

I will strengthen you and help you.

I will hold you up with my victorious right hand.

ISAIAH 41:10 (NLT)

...be sure of this: I am with you always, even to the end of the age.

MATTHEW 28:20 (NLT)

When you go through deep waters,

I will be with you.

When you go through rivers of difficulty,

you will not drown.

When you walk through the fire of oppression,

you will not be burned up;

the flames will not consume you.

ISAIAH 43:2 (NLT)

The Lord will work out his plans for my life—

for your faithful love, O Lord, endures forever.

Don’t abandon me, for you made me.

PSALM 138:8 (NLT)

THE ARMOR OF GOD

“Put on the full armor of God so that you can take your stand against the devil’s schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.”

EPHESIANS 6:11-13

Use this prayer as an outline to help you prepare for each day. First, put on the Armor of God, and then ask the Holy Spirit to give you wisdom, guide your steps, and help you stand and fight against the enemy.

PUT ON THE ARMOR OF GOD

The Helmet of Salvation

Thank You, Lord, for my salvation. I receive it in a new and fresh way from You and I declare that nothing can separate me now from the love of Christ and the place I shall ever have in Your kingdom.

The Breastplate of Righteousness

And yes, Lord, I wear Your righteousness today against all condemnation and corruption. Fit me with Your holiness and purity— defend me from all assaults against my heart.

The Belt of Truth

Lord, I put on the belt of truth. I choose a lifestyle of honesty and integrity. Show me the truths I so desperately need today. Expose the lies that I am not even aware that I believe.

The Shoes of the Gospel of Peace

I choose to live for the gospel at all times. Show me how I can be a part of what You are doing on the earth. Keep me focused on the path You want me to walk.

The Shield of Faith

Jesus, I lift the confidence that You are good against every lie and every assault of the enemy. You have good in store for me. Nothing is coming today that can overcome me because You are with me.

The Sword of the Spirit

Jesus, I lift the confidence that You are good against every lie and every assault of the enemy. You have good in store for me. Nothing is coming today that can overcome me because You are with me.

Connect with God

Jesus, I lift the confidence that You are good against every lie and every assault of the enemy. You have good in store for me. Nothing is coming today that can overcome me because You are with me.

“And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints.”

EPHESIANS 6:18

WHO I AM IN CHRIST

I AM ACCEPTED

John 1:12	I am God's child.
John 15:15	I am Christ's friend.
Romans 5:1	I have been justified.
1 Corinthians 6:19-20	I have been bought with a price.
	I belong to God.
1 Corinthians 12:27	I am a member of Christ's body.
Ephesians 1:5	I have been adopted as God's child.
Ephesians 2:18	I have direct access to God through the Holy Spirit.
Colossians 1:14	I have been forgiven of all my sins.
Colossians 2:10	I am complete in Christ.

I AM IMPORTANT

Matthew 5:13-14	I am the salt and light of the earth.
John 15:1,5	I am a branch of the true Vine, a channel of His life.
John 15:16	I have been chosen and appointed to bear fruit.
Acts 1:8	I am a personal witness of Christ.
1 Corinthians 3:16	I am God's temple.
Ephesians 2:10	I am God's workmanship.
Ephesians 3:12	I may approach God with freedom and confidence.
Philippians 4:13	I can do all things through Christ who strengthens me.

UNHEALTHY VIEWS OF GOD CRITICAL/JUDGMENTAL

LIES I BELIEVE ABOUT GOD OR MYSELF

- “My significance or success is based on something I do.”
- “Nothing I do is good enough. I don’t have what it takes.”
- “I can only be significant through more effort and hard work.”
- “I have to work harder for God to love me.”
- “If people really knew my secrets they would not love me.”
- “God has no use for me.”
- “I wish I were more like someone else.”
- “I can never really be sure of God’s love.”
- “I can’t be myself. No one wants me.”
- “The mistakes I’ve made are unforgivable.”
- “There’s always something more I should be doing.”
- “If I am corrected, it’s because there’s something wrong with me.”

THE TRUTH FROM HIS WORD

- My significance is based on what Christ has done, not what I’ve done (2 Timothy 1:9).
- God appointed me to produce good fruit (John 15:16).
- God loved me before the creation of the world (Ephesians 1:4-5).
- Jesus said I will give you rest, my yoke is easy and my burden is light (Matthew 11:28-30).
- Love covers over a multitude of sins (1 Peter 4:8).
- God uses me to build his kingdom and to spread his message of reconciliation (2 Corinthians 5:19).
- I am a unique gift to the Body of Christ (Romans 12:6).
- God’s love for you cannot be removed (Isaiah 54:9-10).
- Jesus forgave my sins to show how generous God’s love is (Ephesians 1:7).
- God restores my soul in restful places (Psalm 23:3).
- God loves me enough to correct me with patience (Psalm 25:8-9).

UNHEALTHY VIEWS OF GOD ANGRY/CONTROLLING

LIES I BELIEVE ABOUT GOD OR MYSELF

- “I can’t express my true feelings to God or others; I will be rejected.”
- “I need to please certain people in order to live in peace.”
- “God is waiting to catch me. I’ll never be able to please him.”
- “Conflict is evil, so I should always conform.”
- “I deserve punishment; I’m no good.”
- “I must do everything right to be accepted or loved.”
- “Sooner or later God will reject me and turn away from me.”
- “God only wants to control us; his rules don’t have any meaning.”
- “God loves others more than me. If I were more like them, I could get closer to God.”
- “God can’t keep on forgiving me; I’m a hopeless case.”
- “I am guilty and shameful.”
- “I can’t break free from sin because I’m a sinner.”

THE TRUTH FROM HIS WORD

- I can pour out my heart to him and he will still love me (Lamentations 2:11).
- I only need to please Jesus (Matthew 10:32-39).
- God is prepared to bless me with all of his blessings (Ephesians 1:3).
- I am to be conformed to the image of Jesus (Romans 8:29).
- My old sinful nature is dead. I am a new creation in Jesus (2 Corinthians 5:17).
- God forgave me even when I was overwhelmed by sins (Psalm 65:3)
- Though my father and mother forsake me, the Lord will receive me (Psalm 27:10).
- God wants me to imitate him by walking in the way of love (Ephesians 5:1).
- God reveals himself to anyone who seeks him (John 14:21-24).
- God is faithful to forgive my sins when I confess them (1 John 1:9).
- I am now righteous because of Jesus (2 Corinthians 5:21).
- I have been crucified with Christ, so I no longer live but Jesus lives in me (Galatians 2:20).

UNHEALTHY VIEWS OF GOD ABSENT/DISINTERESTED

LIES I BELIEVE ABOUT GOD OR MYSELF

- “I’m not worth fighting for.”
- “I don’t have anything good to offer; nobody really needs me.”
- “Nobody really wants to know me.”
- “God isn’t there when I need Him the most.”
- “Others tell me I’m worthless, so I must be worthless.”
- “Passion is dangerous. God doesn’t want me to be passionate.”
- “Sooner or later, people will find out about me and reject me, abandon me, or hurt me.”
- “Because of my sins, God is going to reject me and abandon me.”
- “I’ll never know if I’m going to make it to heaven.”
- “When times get tough everyone always leaves me.”
- “Nobody is there to protect me.”

THE TRUTH FROM HIS WORD

- The Lord God fights for me, just as he promised (Joshua 23:10).
- I am a valuable part of God’s body (1 Corinthians 12:21).
- God searches me and knows me intimately (Psalm 139:1).
- God is an ever present help in my time of trouble (Psalm 46:1).
- My life is precious to God (Psalm 72:14).
- Love is as strong as death. God wants me to love passionately (Song of Solomon 8:6).
- No one can snatch you out of Jesus’ hands (John 10:29).
- Nothing in all creation can separate me from God’s love (Romans 8:35, 39).
- I am already a citizen of heaven (Philippians 3:20).
- God gives me a spiritual family that loves me and cares for me (Psalm 68:6)
- The Lord is my rock, my fortress, and my deliverer; my God is my rock, in whom I take refuge (Psalm 18:1-2).

