

I am a precious woman/ man of great value and worth because Jesus, the King of kings, died and paid a great price for me. I am a royal daughter/ son for I have a crown of glory and honour on my head, and I am wearing Jesus' royal robes of righteousness. (Isaiah 61 v10; Psalm 8 v5). **God accepts and approves of me.** (Jeremiah 1 v 5). **I am fearfully and wonderfully made.** (Psalm 139).

There is now no condemnation for me in Christ. (Romans 8 v1). **Therefore I accept myself, and love who I am and the way I am made. Father, I am who You say I am: I am called by God.** (2 Timothy 1 v 9). **I was chosen by God before the foundations of the world to be set apart for Him.** (Ephesians 1 v 4; 1 Peter 2 v 9; 1 Thessalonians 1 v 4; John 15 v 16). **I am God's child.** (Romans 8 v 15 -16). **I am born again of the Incorruptible seed of the living Word of God that endures forever.** (1 Peter 1 v 23). **I am forgiven of all my sins and the blood of Jesus has washed away my guilt and shame.** (Ephesians 1 v 4 & 7; 1 John 2 v 12; 1 John 1 v9; Colossians 1 v 14). **I am a new creation in Christ.** (2 Corinthians 5 v 17). **I am holy and blameless in God's sight, even above reproach, before Him in love.** (Ephesians 1 v 4). **I am the righteousness of God, which means that I am approved, acceptable and in right relationship with Him.** (Romans 8 v 21).

I have full access to the Father. (Ephesians 2 v 18) **and because I am in Christ and Christ is in me, I live in His presence fearlessly, confidently, and boldly.** (Hebrews 4 v 16). **I am blessed and I am God's favourite.** (Galatians 3 v 9). **I am the apple of God's eye and my name is inscribed on the palm of His hand.** (Zechariah 2 v 8; Psalm 17 v 8; Isaiah 49 v 16). **I am stamped with the seal of the Holy Spirit.** (Ephesians 1 v 13). **I am established to the end.** (1 Corinthians 1 v 8). **I am being changed into His image and He Who began this good work in me will bring it to completion.** (2 Corinthians 3 v 18; Philippians 1 v 6) **I am God's workmanship, recreated in Christ for good works.** (Ephesians 2 v 10).

I am an ambassador for Christ. (2 Corinthians 5 v 20). **I am complete in Him.** (Colossians 2 v 10). **I am the temple of the Holy Spirit – God Himself lives in me.** (1 Corinthians 6 v 19). **I have the mind of Christ.** (1 Corinthians 2 v 16; Philippians 2 v 5). **I am a joint heir with Christ and He has**

qualified me to share in His inheritance. (Romans 8 v 17; Colossians 1 v 12; Ephesians 1 v 11).

I am redeemed from the curse of the law and the promise of the Spirit (the blessing of Abraham) is now mine. (Galatians 3 v 13). **I am redeemed from the futile way of life inherited from the tradition of my forefathers and am purchased with the precious blood of Christ.** (1 Peter 1 v 18-19). **I have been delivered from the control and dominion of the devil and have been translated into God's kingdom of love.** (Colossians 1 v 13).

I am set free. (John 8 v 36; Galatians 5 v 1; John 8 v 31 – 34). **I am dead to sin and alive with Christ.** (Romans 6 v 11; Ephesians 2 v 5). **I am raised up with Christ and am seated with Him in heavenly places.** (Ephesians 2 v 6). **Because I am born of God the evil one cannot touch me.** (1 John 5 v 18). **I have been given all things that pertain to life and godliness, and I am a partaker of His divine nature.** (2 Peter 1 v 3-4). **I am blessed with every spiritual blessing that heaven has to offer.** (Ephesians 1 v 3). **I am firmly rooted, built up and established in my faith** (Colossians 2 v 7) **and I have faith that can move mountains.** (Mathew 16 v 20).

Father, I can do what You say I can do: I am a victorious over-comer (1 John 5 v 4; Revelations 2 v 11), **a mighty woman/ man of valour, a champion overcoming warrior, who possesses dignity and honour.** (Judges 6 v12). **I am more than a conqueror.** (Romans 8 v 35). **All circumstances are under my feet.** (Psalm 8 v 6). **In all things I gain a surpassing victory** (Rom 8 v 37) **and in all things God leads me to triumph in Christ.** (2 Corinthians 2 v 14). **Through my union with God, I am strong in the Lord and the power of His might.** (Ephesians 6 v 10). **I have strength for all things in Christ who empowers me. I am ready for anything and equal to anything through Him Who infuses inner strength into me; I am self-sufficient in Christ's sufficiency.** (Philippians 4 v13).

Everything I put my hand to prospers. (Psalm 1 v 1 – 3). **I am the head and not the tail, above only and not beneath.** (Deuteronomy 28 v 13). **Greater is He that lives in me than he that is in the world.** (1 John 4

v 4). **Because I believe in, lean on, trust and rely on God, I do the things that Jesus did, and greater things will I do, for His Spirit within me knows no limit.** (John 14 v 12 – 14). **Therefore I believe that all things are possible and limit not the Holy One within me.** (Philippians 4 v 13).

I have the power of the Holy Spirit in me and so every place I go and in all I do, I do in the power of the Spirit! I have power to lay hands on the sick and see them recover (each and every one), and at my command, in the Name of Jesus all demonic powers are cast out and all people are set free; I have authority over all the power of the enemy, and nothing shall by any means hurt me. (Mark 16 v 17 – 18). **As Jesus is, so am I in this world** (1 John 4 v 17) **and the immeasurable, unlimited and surpassing power of God is on the inside of me!**

(Ephesians 1 v 19). **The same power that raised Jesus from the dead lives in me!** (Ephesians 1 v 20).

Adapted from Dr M K Strydom's "Healing begins with the sanctification of the heart."