

IDENTITY THROW-DOWN

- I am chosen. (Eph. 1:4)
- I am adopted. (Eph. 1: 5)
- I am blessed with every spiritual blessing. (Eph. 1:3)
- I am born again to a living hope. (1 Pet. 1:3)
- I am protected by the power of God. (1 Pet. 1:5)
- I belong to God. (1 Cor. 6:20) (Rom 1:6)
- I am loved. (1 John 4:10)
- I am rejoiced over by God. (Zeph 3:17)
- I am a child of the “Father of Lights” (James 1:15)
- I am called out of darkness. (1Pet 2:9)
- My prayers are heard. (1 Pet 3:12)
- I am His Beloved. (Be-Loved) (1 Jn. 4:7, 11)
- I am not tempted beyond what I can handle. (1 Cor. 10:13)

- The Lord is kind and longs for me to know Him. (Rom 2:4)
- My value comes from God alone. That value is imperishable. (1 Pet. 1:23)
- I am redeemed with the precious blood of the Lamb. (1 Pet. 1:17-19)
- He bore my sins in His body on the cross, so that I might die to sin and live to righteousness. By His wounds I am healed. (1 Pet 2:24)
- I will receive a crown of life for my faithfulness. (James 1:12)
- I have a spirit of love, power, and discipline within me. (2 Tim 1:7)
- I can do all things through Christ who gives me strength. (Phil. 4:13)
- I have a treasure hidden within me—the Holy Spirit. (2 Tim 1:14)
- My value comes from who I am in Christ, not what I can accomplish. (Ps 139)
- I am hemmed in by God. He has placed His hands upon my life. (Ps 139:5)
- I am guided and guarded, by the very hand of God. (Ps 139:10)
- I am knit together by God. (Ps 139: 13)
- I am fearfully and wonderfully made. (Ps 139:14)
- I was seen and known by God before I was even born. (Ps 139: 15-16)
- God thinks about me all the time. (Ps 139:17-18)
- God sees my anxious thoughts, and longs to lead me in the everlasting way. (Ps 139:23-24)

- The Lord is the Author and Perfecter of my faith. (Heb. 12:2)
- God abides in me. (1 Jn 4:13)
- The Lord is my shield. (Ps 140:7)
- I am an overcomer. (1 Jn 5:4-5)
- I have the Spirit of Truth inside me. (1 Jn 5:6)
- I am sealed with the Holy Spirit. (Eph 1:13)
- God is for me. (Rom 8:31)
- The Lord is my Helper. (Heb. 13:6)
- I was created for a purpose. (Eph. 2:10)
- The Lord is my banner. (Ps 60:4)
- God, who is in me, is greater than the one [the devil] who is in the world. (1 Jn. 4:4)
- The Lord is my refuge and strength, an ever-present help when I need it. (Ps 46:1)
- I am anointed and held in the hands of God. The Lord is trustworthy. (Ps 20:6-7)
- I am like a tree planted along a riverbank, with roots that reach deep into the water. Such trees are not bothered by the heat or worried by long months of drought. My leaves stay green, and they never stop producing fruit. (Jer 17:8)
- I am never forgotten, abandoned, or left alone. (Josh. 1:5, Heb. 13:5)

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