

**Power in Your Self-Talk:
Blessings and Affirmations from the Word of God**

**Adapted from appendix resource material,
*The Silent Seduction of Self-Talk:
Conforming Deadly Thought Patterns to the Word of God*
By Shelly Beach**

Statements adapted from *Blessing Your Spirit
With the Blessings of Your Father and the Names of God*
By Sylvia Gunter and Arthur Burk

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One of Satan's favorite tricks is to cloud our self-talk with lies regarding our identity, our purpose, and the true goal and source of power, protection, and provision in our lives.

The statements below can transform your thinking because they're rooted in Scripture. Incorporate these truths into your thought life and your prayer life as you claim your true identity as God's masterpiece and his beloved child.

My Identity

I'm a special creation of God, uniquely designed and crafted in love in the details of my body and personality.

God formed a plan with eternal purpose for me before he spun the world on its axis.

My life is intentional, and I was crafted by God. He superintends even my imperfection to work out his sovereign plan.

Because of God's sovereignty, I can live purposefully and victoriously, even above the painful and difficult aspects of my family background.

God delights in my nurture and well-being.

I'm blessed with a heart identity as God's own child, securely loved.

I'm blessed with the guiding and equipping of the Holy Spirit, who develops and completes my identity.

I can know peace, based on my identity as a child of God and my Father's provision, protection, and purposes for me.

Because I'm blessed with my Father's power, I'm strengthened, sustained, and renewed in my spirit to be who I'm called to be.

My Purpose

I exist because I'm part of God's plan. I have significance and purpose. God expects me to use the investment he's entrusted to me in my abilities, talents, personality, and creative potential.

The pain and heartache of my life serve an eternal purpose and will be transformed at our final redemption in Jesus Christ.

God has uniquely designed and positioned me to carry out his purposes in the world. I'm his masterpiece, not just his servant.

God's purpose is for me to experience joy in fulfilling the purposes he's called me to.

I'm blessed with God's assurance of a future and a hope that he is working for my best interests and his ultimate glory in all circumstances.

As God's child, I bring my Father profound pleasure and joy.

I'm blessed with joy in obedience, knowing it brings pleasure to God.

I'm called to develop each part of my being and walk in wholeness, overcoming brokenness and bringing my gifts to full fruition.

My Provision

I'm blessed with God's immeasurable spiritual resources and provision in every area of my life, including my deepest heartaches and needs.

I'm blessed with the leading of the Holy Spirit to respond to my problems in faith, not with a victim mentality, avoidance, blame-shifting, or rationalization.

I am blessed with wisdom, perseverance, endurance, and joy as I face problems, rejoicing in the situations of my life instead of complaining and turning back as I find new treasures in the nature of God.

Through the power of the Holy Spirit, I'm enabled to embrace problems, view them as challenges and opportunities for growing faith, as new ways to see the facets of God and how he will work in and through them to accomplish his plan for my life.

I can see the presence of God in problems and can look in faith beyond the immediate to the eternal.

I'm blessed with discernment to see things from God's perspective as I'm led by the Holy Spirit.

As an heir of God and a joint heir with Jesus Christ, I lack nothing emotionally, physically, mentally, spiritually, practically, or in any way.

The Spirit of God indwells me as his sanctuary and makes known to me the joy of God's presence.

God provides me with perfect peace in spite of my circumstances or others' attitudes or actions towards me.

I can know joy that transcends pain.

God communicates to me personally through his spirit and his Word, and I can be confident that even in the silences, he is always communing and will speak again in the right time and place.

God's timing is at work in all things, and I can trust him to arrive, provide, communicate, and change things at exactly the right time.

I can trust God's faithfulness. He's always moved at exactly the right time in the past and will continue to do so in the future.

I move my Father's heart with joy when my spirit responds to the Holy Spirit and when I take on the character of Christ.

My Father's heart moves with joy when he ponders his plans, giftings, and blessings for my life.

My Protection

I am blessed with God's security and intervention as he rescues me from the trap of the Enemy designed to destroy me.

I know the favor of God and freedom from anxiety and fear; I'm aware that each moment of my life is Father-filtered.

I'm blessed by experiences of God's "pruning" in order that I will bring forth more fruit in the seasons of my life.

I'm comforted and assured in knowing that God takes situations that Satan intends for my harm and turns them into powerful experiences for my good.

I'm blessed with unshakable confidence that God is in charge of my circumstances.

I'm bound eternally to my Father in love—nothing in heaven, hell, or on earth can separate me from his love.

I'm blessed with freedom from fear of man and an unhealthy fear of God.

My Position

I'm blessed with complete forgiveness for my sins through the work of Jesus Christ on the cross.

I have an intimate relationship with Jesus Christ and access to God the Father through the work of the Holy Spirit.

When God looks at me, he sees only a sinless, perfect child.

I have immediate, intimate access to God at any moment of my life.

I'm a child of God, led by his Spirit and blessed with a mind-set of Sonship.

I'm blessed with the gift of knowing peace with God, with myself, and with others through the work of Jesus Christ in eradicating my sins and repairing my brokenness.

I'm loved by God with the same love he has for Jesus

My Power

I'm empowered to bring peace to a world in darkness.

The joy of the Lord is my strength.

God has blessed me with strength to accomplish what he has called me to do because I'm able to drink deeply of the joy of the Father has placed in me, his handiwork, for his purposes.

I'm blessed with the power of the Holy Spirit to live at peace with even my enemies.

Through the work of the Holy Spirit, I'm blessed with an ability to understand the Word of God and its principles and to receive direction from the Spirit specific to my life.

I'm blessed with a spirit that is sensitive to discern right from wrong and a desire to experience the peace and pleasure of God.

I'm blessed with the light and life of Jesus living in and through me.

I'm blessed with dominion over the powers of darkness.

