

# **31-DAY CHALLENGE**

**Change Your Thoughts  
and you will  
Change Your Feelings**

## **31-DAY CHALLENGE**

It does very little good for you to read through the list of what God says unless you internalize these truths and start believing them to the point at which it changes your view of yourself and your feelings about who you are in Christ.

Faith is not simply making a statement or agreeing with what was declared in the Word of God. Real faith is grabbing hold of God's truth and applying it to your mind daily, so that it changes your insecurities into absolute confidence in God's purpose and work in you.

The question is how do we do that? How can we internalize these truths? How can we live daily in them? How can we change our feelings of insecurity into security before God?

**First**, we must be honest with ourselves. Do you agree with the statement? Do you believe it with all your heart?

**Second**, does it change how you feel about yourself? Or are you arguing with God or with yourself about the veracity of that truth?

**Third**, what whisper do you hear in your mind either excusing or accusing you about that matter? In other words, does it feel like it is true, or is there a doubt or self-accusation in your mind and heart?

We need to do some arguing with our heart over these truths. If they don't feel true, or if some whisper within accuses you saying it might not be true for you, then there is something wrong. Something needs to be adjusted to agree with God.

# **QUESTIONS TO ASK YOURSELF**

## **What are you feeling?**

- Do you feel like a failure?
- Do you feel like a wimp?
- Do you feel unforgiven?
- Do you feel unworthy?
- Do you feel condemned?

## **What is wrong?**

- Is it guilt?
- Is it hopelessness?
- Is it that God is wrong?
- Do you believe your feelings or God's word?
- Are you listening to Satan's accusing whispers?
- What are those whispers saying?

## **Talk to God About it**

- Write it out each day.
- Tell God what you are feeling.
- Tell God what you are thinking.
- Tell God what you are doubting and why.
- Tell God why you are struggling to believe it.

How many times do we need to forgive ourselves for wrong thinking? Peter asked Jesus how many times he should forgive someone who sins against him. Jesus replied, "*Seventy times seven in a day.*" Our position begins with self-forgiveness. We must believe that God does forgive our failures even if we fail 490 times a day (that's 70x7).

Do you think God gets tired of forgiving you?  
Do you think you are not deserving of forgiveness?

# EXAMINE YOUR FEELINGS

Your feelings are not necessarily the truth. If they are negative, accusing, belittling, or condemning then they are not God's thoughts but the devil's.

**REMEMBER THESE WORDS!**

*“What God has cleansed do not call common or unclean.” (Acts 10:15)*

*“Let God be true and every man a liar.” (Romans 3:4)*

**1) BE HONEST ABOUT YOUR FEELINGS.**

Record your real feelings and underlying beliefs.

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**2) RECORD YOUR ACCUSING THOUGHTS.**

Record the whispers within that accuse you.

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**3) WHAT ARE YOU GOING TO BELIEVE TODAY?**

Now that you've been honest, convince yourself through God's word that your feelings are wrong. Write out the Bible verse you are struggling with. Repeat it often during the day. Read it out loud. Try memorizing it.

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**Be sure to ask God to forgive your doubts and fears.  
Ask Him to give you faith to trust His work  
in you until Jesus comes.**

# Who God Says I Am

It is good to study each of God's statements about you in the privacy of your own home, but another way to study these truths is with other people. This is because all of us struggle with feelings of inferiority before God. Sharing your struggles, doubts and fears can encourage your mutual faith. Try meeting together with other believers for five weeks and explore your thoughts and feelings together. Each week look at seven of God's truths and discuss them. Group discussion questions are provided later in these lessons.

## **WEEK 1 My Value**

- Day 1 – God says I am His...Precious Possession – 1 Corinthians 6:20
- Day 2 – God says I am His...Crown of Beauty – Isaiah 62:3
- Day 3 – God says I am His...Priceless Treasure – Deuteronomy 7:6
- Day 4 – God says I am His...Beloved Child – 1 Peter 2:9
- Day 5 – God says I am His...Masterpiece – Ephesians 2:10
- Day 6 – God says I am His...Clean Vessel – 2 Timothy 2:20-21
- Day 7 – God says I am the...Apple of His Eye – Deuteronomy 32:10

## **WEEK 2 – My Position**

- Day 8 – God says I am...Chosen in Him – Ephesians 1:4
- Day 9 – God says I am...Forever Forgiven – Colossians 2:13
- Day 10 – God says I am...Loved Eternally – Jeremiah 31:3
- Day 11 – God says I am...Shielded by God – 1 Peter 1:5
- Day 12 – God says I am...Kept in His Hand – John 10:29
- Day 13 – God says I am...Seated with Him in Heavenly Places – Ephesians 2:6
- Day 14 – God says I am...Hidden with Christ – Colossians 3:3

## **WEEK 3 – My Victory**

- Day 15 – God says I am...An Able Minister – 1 Timothy 4:6
- Day 16 – God says I am...A Victor, not a Victim – 1 John 5:4
- Day 17 – God says I am...A Super Conqueror – Romans 8:35-39
- Day 18 – God says I am...Kept from Falling – Jude 1:24
- Day 19 – God says I am...Protected from the Evil One – 1 John 5:18
- Day 20 – God says I am...Set Free from Sin's Bondage – Romans 6:18
- Day 21 – God says I have...Authority Over Satan – Luke 10:19

## **WEEK 4 – My Protection**

- Day 22 – God says I am...Secure in Christ – John 10:28-29
- Day 23 – God says I am...A New Creation – 2 Corinthians 5:17
- Day 24 – God says I am...Complete in Him – Colossians 2:10
- Day 25 – God says I am...Born Again – 1 Peter 1:23
- Day 26 – God says I am...Healed by His Stripes – Isaiah 53:5
- Day 27 – God says I am...The Head and Not the Tail – Deuteronomy 28:13
- Day 28 – God says I am...Given a Sound Mind – 2 Timothy 1:7

## **WEEK 5 – My Security**

- Day 29 – God says you have been...Sealed by the Holy Spirit – 2 Corinthians 1:22
- Day 30 – God says you can never be...Separated from His Love – Romans 8:38
- Day 31 – God says you can never...Be Lost or Perish – John 10:28

**WEEK 1**

**My Value**

# Day 1

God says you are His...

## *Precious Possession*

**"You are not your own; you were bought at a price.  
Therefore honor God with your bodies." 1 Corinthians 6:20**

### 1) BE HONEST ABOUT YOUR FEELINGS.

Record your real feelings and underlying beliefs.

*I don't feel like a precious possession  
I don't feel special. I feel unwanted.*

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### 2) RECORD YOUR ACCUSING THOUGHTS.

Record the whispers within that accuse you.

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### 3) WHO ARE YOU WILLING TO BELIEVE TODAY?

Now that you've been honest, convince yourself through God's word that your feelings are wrong. Write out the Bible verse you are struggling with. Repeat it often during the day. Read it out loud. Try memorizing it.

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# Day 2

God says you are His...

## Crown of Beauty

***“You shall be a crown of beauty in the hand of the Lord,  
and a royal diadem in the hand of your God.” Isaiah 62:3***

### 1) BE HONEST ABOUT YOUR FEELINGS.

Record your real feelings and underlying beliefs.

*I don't feel like a crown of beauty  
I feel ugly, rejected, and repulsive.*

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### 2) RECORD YOUR ACCUSING THOUGHTS.

Record the whispers within that accuse you.

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### 3) WHO ARE YOU WILLING TO BELIEVE TODAY?

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# Day 3

God says you are His...

## *Priceless Treasure*

**“For you are a people holy to the Lord your God. The Lord your God has chosen you to be a people for his treasured possession, out of all the peoples who are on the face of the earth.”**

**Deuteronomy 7:6**

### 1) BE HONEST ABOUT YOUR FEELINGS.

Record your real feelings and underlying beliefs.

*But I don't feel like a priceless treasure.  
I feel cheap, plastic, unworthy, and broken.*

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### 2) RECORD YOUR ACCUSING THOUGHTS.

Record the whispers within that accuse you.

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### 3) WHO ARE YOU WILLING TO BELIEVE TODAY?

Now that you've been honest, convince yourself through God's word that your feelings are wrong. Write out the Bible verse you are struggling with. Repeat it often during the day. Read it out loud. Try memorizing it.

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# Day 4

God says you are His...

## *Beloved Child*

**“But you are a chosen race, a royal priesthood, a holy nation, a people for his own possession, that you may proclaim the excellencies of him who called you out of darkness into his marvelous light.” 1 Peter 2:9**

### 1) BE HONEST ABOUT YOUR FEELINGS.

Record your real feelings and underlying beliefs.

*But I don't feel like a beloved child.  
I feel like an unworthy child or an orphan.*

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### 2) RECORD YOUR ACCUSING THOUGHTS.

Record the whispers within that accuse you.

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### 3) WHO ARE YOU WILLING TO BELIEVE TODAY?

Now that you've been honest, convince yourself through God's word that your feelings are wrong. Write out the Bible verse you are struggling with. Repeat it often during the day. Read it out loud. Try memorizing it.

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# Day 5

God says you are His...

## Masterpiece

**“For we are God’s masterpiece (handiwork). He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.” Ephesians 2:10**

### 1) BE HONEST ABOUT YOUR FEELINGS.

Record your real feelings and underlying beliefs.

*But I don’t feel like God’s masterpiece.  
I feel messed up, marred, and flawed.*

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### 2) RECORD YOUR ACCUSING THOUGHTS.

Record the whispers within that accuse you.

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### 3) WHO ARE YOU WILLING TO BELIEVE TODAY?

Now that you’ve been honest, convince yourself through God’s word that your feelings are wrong. Write out the Bible verse you are struggling with. Repeat it often during the day. Read it out loud. Try memorizing it.

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# Day 6

God says you are His...

## *Clean Vessel*

**"In a large house there are articles not only of gold and silver, but also of wood and clay; some are for noble purposes and some for ignoble. If a man cleanses himself from the latter, he will be an instrument for noble purposes, made holy, useful to the Master and prepared to do any good work." 2 Timothy 2:20-21**

### 1) BE HONEST ABOUT YOUR FEELINGS.

Record your real feelings and underlying beliefs.

*But I don't feel like a Clean Vessel.  
I feel dirty, tainted, scared, and ruined.*

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### 2) RECORD YOUR ACCUSING THOUGHTS.

Record the whispers within that accuse you.

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### 3) WHO ARE YOU WILLING TO BELIEVE TODAY?

Now that you've been honest, convince yourself through God's word that your feelings are wrong. Write out the Bible verse you are struggling with. Repeat it often during the day. Read it out loud. Try memorizing it.

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# Day 7

God says you are the...

## *Apple of His Eye*

**“In a desert land he found him, in a barren and howling waste. He shielded him and cared for him; he guarded him as the apple of his eye.” Deuteronomy 32:10**

### 1) BE HONEST ABOUT YOUR FEELINGS.

Record your real feelings and underlying beliefs.

But I don't feel like the Apple of His Eye.

I feel like a rotten apple, bad fruit, and spoiled.

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### 2) RECORD YOUR ACCUSING THOUGHTS.

Record the whispers within that accuse you.

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### 3) WHO ARE YOU WILLING TO BELIEVE TODAY?

Now that you've been honest, convince yourself through God's word that your feelings are wrong. Write out the Bible verse you are struggling with. Repeat it often during the day. Read it out loud. Try memorizing it.

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# **WEEK 2**

## **My Position**



# Day 9

God says you are...

## *Forever Forgiven*

**“And when you were dead in trespasses and in the uncircumcision of your flesh, He made you alive with Him and forgave us all our trespasses.” Colossians 2:13**

### 1) BE HONEST ABOUT YOUR FEELINGS.

Record your real feelings and underlying beliefs.

*But I don't always feel like I'm forgiven.  
I feel like a sinner, a failure, a phony.*

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### 2) RECORD YOUR ACCUSING THOUGHTS.

Record the whispers within that accuse you.

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### 3) WHO ARE YOU WILLING TO BELIEVE TODAY?

Now that you've been honest, convince yourself through God's word that your feelings are wrong. Write out the Bible verse you are struggling with. Repeat it often during the day. Read it out loud. Try memorizing it.

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# Day 10

God says you are...

## Loved Eternally

**"I have loved you with an everlasting love; therefore I have continued my faithfulness to you." Jeremiah 31:3**

### 1) BE HONEST ABOUT YOUR FEELINGS.

Record your real feelings and underlying beliefs.

*But I don't feel like I'm love eternally.  
I don't feel loved at all. I don't even love myself.*

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### 2) RECORD YOUR ACCUSING THOUGHTS.

Record the whispers within that accuse you.

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### 3) WHO ARE YOU WILLING TO BELIEVE TODAY?

Now that you've been honest, convince yourself through God's word that your feelings are wrong. Write out the Bible verse you are struggling with. Repeat it often during the day. Read it out loud. Try memorizing it.

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# Day 11

God says you are...

## *Shielded by God*

**“Who through faith are shielded by God’s power until the coming of the salvation that is ready to be revealed in the last time.”**

**1 Peter 1:5**

### **1) BE HONEST ABOUT YOUR FEELINGS.**

Record your real feelings and underlying beliefs.

*But I don’t feel like I’m shielded.  
I feel vulnerable, exposed, unprotected.*

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### **2) RECORD YOUR ACCUSING THOUGHTS.**

Record the whispers within that accuse you.

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### **3) WHO ARE YOU WILLING TO BELIEVE TODAY?**

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# Day 14

God says you are...

## *Hidden with Christ*

**Don't worry about what you used to be. "For you died, and your life is now *hidden with Christ in God.*" Colossians 3:3**

### **1) BE HONEST ABOUT YOUR FEELINGS.**

Record your real feelings and underlying beliefs.

*But I don't feel like I'm hidden with Christ.  
I feel like I'm exposed to the devil's attacks and his wrath.*

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### **2) RECORD YOUR ACCUSING THOUGHTS.**

Record the whispers within that accuse you.

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### **3) WHO ARE YOU WILLING TO BELIEVE TODAY?**

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# **WEEK 3**

## **My Victory**

# Day 15

God says you are His...

## *Able Minister*

**“If you point these things out to the brothers and sisters, you will be a good minister of Christ Jesus, nourished on the truths of the faith and of the good teaching that you have followed.”**

**1 Timothy 4:6**

### **1) BE HONEST ABOUT YOUR FEELINGS.**

Record your real feelings and underlying beliefs.

*But I don't feel like an able minister.  
I feel unqualified, untrained, and unfit.  
I don't feel like I can minister to anyone.*

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### **2) RECORD YOUR ACCUSING THOUGHTS.**

Record the whispers within that accuse you.

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### **3) WHO ARE YOU WILLING TO BELIEVE TODAY?**

Now that you've been honest, convince yourself through God's word that your feelings are wrong. Write out the Bible verse you are struggling with. Repeat it often during the day. Read it out loud. Try memorizing it.

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# Day 16

God says I am a...

## *Victor, not a Victim*

**“For everyone who has been born of God overcomes the world. And this is the victory that has overcome the world—our faith.” 1 John 5:4**

**1) BE HONEST ABOUT YOUR FEELINGS.**

Record your real feelings and underlying beliefs.

*But I don't feel like a Victor.  
I feel like a victim. I feel beaten, defeated.*

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**2) RECORD YOUR ACCUSING THOUGHTS.**

Record the whispers within that accuse you.

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**3) WHO ARE YOU WILLING TO BELIEVE TODAY?**

Now that you've been honest, convince yourself through God's word that your feelings are wrong. Write out the Bible verse you are struggling with. Repeat it often during the day. Read it out loud. Try memorizing it.

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# Day 17

God says you are a...

## *Super Conqueror*

**“No, in all these things we are more than conquerors through him who loved us.” Romans 8:35-39**

### 1) BE HONEST ABOUT YOUR FEELINGS.

Record your real feelings and underlying beliefs.

*But I don't feel like a conqueror, much less a super conqueror.  
I feel weak, defeated, whipped, and beat up.*

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### 2) RECORD YOUR ACCUSING THOUGHTS.

Record the whispers within that accuse you.

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### 3) WHO ARE YOU WILLING TO BELIEVE TODAY?

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# Day 18

God says you are...

## *Kept from Falling*

**“To him who is able to keep you from stumbling and to present you before his glorious presence without fault and with great joy.”**

**Jude 1:24**

### 1) BE HONEST ABOUT YOUR FEELINGS.

Record your real feelings and underlying beliefs.

*But I don't feel like I'm kept from falling.  
I keep falling all the time.  
I feel like I could fall at any moment.*

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### 2) RECORD YOUR ACCUSING THOUGHTS.

Record the whispers within that accuse you.

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### 3) WHO ARE YOU WILLING TO BELIEVE TODAY?

Now that you've been honest, convince yourself through God's word that your feelings are wrong. Write out the Bible verse you are struggling with. Repeat it often during the day. Read it out loud. Try memorizing it.

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# Day 19

God says you are...

## *Protected from Evil*

**“We know that anyone born of God does not continue to sin; the One who was born of God keeps them safe, and the evil one cannot harm them.” 1 John 5:18**

### 1) BE HONEST ABOUT YOUR FEELINGS.

Record your real feelings and underlying beliefs.

*But I don't feel like I'm protected.  
I feel like the devil is beating me up.  
Where's God when I'm being beaten up?*

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### 2) RECORD YOUR ACCUSING THOUGHTS.

Record the whispers within that accuse you.

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### 3) WHO ARE YOU WILLING TO BELIEVE TODAY?

Now that you've been honest, convince yourself through God's word that your feelings are wrong. Write out the Bible verse you are struggling with. Repeat it often during the day. Read it out loud. Try memorizing it.

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# Day 20

God says I am...

## *Freed from Sin's Bondage*

**"You have been set free from sin and have become slaves to righteousness." Romans 6:18**

### 1) BE HONEST ABOUT YOUR FEELINGS.

Record your real feelings and underlying beliefs.

*But I don't feel like I'm free from bondage.  
I feel like I'm still the same old me.  
I've got some secret sins that keep me down.*

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### 2) RECORD YOUR ACCUSING THOUGHTS.

Record the whispers within that accuse you.

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### 3) WHO ARE YOU WILLING TO BELIEVE TODAY?

Now that you've been honest, convince yourself through God's word that your feelings are wrong. Write out the Bible verse you are struggling with. Repeat it often during the day. Read it out loud. Try memorizing it.

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# Day 21

God says I have been given...

## *Authority Over Satan*

**"I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you." Luke 10:19**

### 1) BE HONEST ABOUT YOUR FEELINGS.

Record your real feelings and underlying beliefs.

*But I don't feel like I have any authority.  
I'm afraid to confront the devil's accusations.  
I'm not brave enough to talk back to the devil.*

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### 2) RECORD YOUR ACCUSING THOUGHTS.

Record the whispers within that accuse you.

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### 3) WHO ARE YOU WILLING TO BELIEVE TODAY?

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# **WEEK 4**

# **My Assurance**

# Day 22

God says you are ...

## *Secure in Christ*

**"I give them eternal life, and they shall never perish; no one will snatch them out of my hand. My Father, who has given them to me, is greater than all; no one can snatch them out of my Father's hand." John 10:28-29**

### 1) BE HONEST ABOUT YOUR FEELINGS.

Record your real feelings and underlying beliefs.

*But I don't feel very secure.  
I feel very insecure. I'm afraid I'll be lost.  
I was raised to fear God's wrath.*

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### 2) RECORD YOUR ACCUSING THOUGHTS.

Record the whispers within that accuse you.

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### 3) WHO ARE YOU WILLING TO BELIEVE TODAY?

Now that you've been honest, convince yourself through God's word that your feelings are wrong. Write out the Bible verse you are struggling with. Repeat it often during the day. Read it out loud. Try memorizing it.

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# Day 23

God says you are...

## *A New Creation*

**“Therefore if any man be in Christ, he is a new creation: old things are passed away; behold, all things are become new.”**

**2 Corinthians 5:17**

### 1) BE HONEST ABOUT YOUR FEELINGS.

Record your real feelings and underlying beliefs.

*But I don't always feel like a new person.  
Much of the time I feel like my old self.  
My old sinful nature is very much alive in me.*

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### 2) RECORD YOUR ACCUSING THOUGHTS.

Record the whispers within that accuse you.

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### 3) WHO ARE YOU WILLING TO BELIEVE TODAY?

Now that you've been honest, convince yourself through God's word that your feelings are wrong. Write out the Bible verse you are struggling with. Repeat it often during the day. Read it out loud. Try memorizing it.

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# Day 24

God says you are...

## *Complete in Him*

**“For in Him dwells all the fullness of the Godhead bodily; You are complete in Him, who is the head of all principality and power.”  
Colossians 2:9-10**

### 1) BE HONEST ABOUT YOUR FEELINGS.

Record your real feelings and underlying beliefs.

*But I don't feel like I am complete at all.  
I fall short of God's standards almost every day.  
Why would God ever say I am complete?*

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### 2) RECORD YOUR ACCUSING THOUGHTS.

Record the whispers within that accuse you.

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### 3) WHO ARE YOU WILLING TO BELIEVE TODAY?

Now that you've been honest, convince yourself through God's word that your feelings are wrong. Write out the Bible verse you are struggling with. Repeat it often during the day. Read it out loud. Try memorizing it.

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# Day 25

God says you have been...

## *Born Again*

**“For you have been born again, not of perishable seed, but of imperishable, through the living and enduring word of God.” 1 Peter 1:23**

**1) BE HONEST ABOUT YOUR FEELINGS.**

Record your real feelings and underlying beliefs.

*But I don't always feel like I'm born again.  
I feel like nothing really happened to me.  
I know I received Christ, but nothing happened.*

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**2) RECORD YOUR ACCUSING THOUGHTS.**

Record the whispers within that accuse you.

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**3) WHO ARE YOU WILLING TO BELIEVE TODAY?**

Now that you've been honest, convince yourself through God's word that your feelings are wrong. Write out the Bible verse you are struggling with. Repeat it often during the day. Read it out loud. Try memorizing it.

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# Day 26

God says you are...

## *Healed by His Stripes*

**“But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed.” Isaiah 53:5**

### 1) BE HONEST ABOUT YOUR FEELINGS.

Record your real feelings and underlying beliefs.

*I'm sick and tired of being sick and tired.  
I don't feel like I'm being healed. Why doesn't he heal me?  
I'm battling weakness, sickness and pain.  
Where is Jesus when I need to be healed?*

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### 2) RECORD YOUR ACCUSING THOUGHTS.

Record the whispers within that accuse you.

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### 3) WHO ARE YOU WILLING TO BELIEVE TODAY?

Now that you've been honest, convince yourself through God's word that your feelings are wrong. Write out the Bible verse you are struggling with. Repeat it often during the day. Read it out loud. Try memorizing it.

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# Day 27

God says I am...

## *The Head not the Tail*

**“And the LORD will make you the head and not the tail; you shall be above only, and not be beneath...” Deuteronomy 28:13**

### 1) BE HONEST ABOUT YOUR FEELINGS.

Record your real feelings and underlying beliefs.

*I don't feel like I'm the head of anything.  
I always feel behind. I feel like I've been left behind.  
I feel like the tail. I feel like a loser!*

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### 2) RECORD YOUR ACCUSING THOUGHTS.

Record the whispers within that accuse you.

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### 3) WHO ARE YOU WILLING TO BELIEVE TODAY?

Now that you've been honest, convince yourself through God's word that your feelings are wrong. Write out the Bible verse you are struggling with. Repeat it often during the day. Read it out loud. Try memorizing it.

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# Day 28

God says I have been given...

## *A Sound Mind*

**"For God has not given us a spirit of fear, but of power and of love and of a sound mind." 2 Timothy 1:7**

### 1) BE HONEST ABOUT YOUR FEELINGS.

Record your real feelings and underlying beliefs.

*Some days I don't feel like I've got a sound mind.  
I feel like I have a lot of anxiety and fear.  
I worry that I am going crazy or getting dementia.*

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# **WEEK 5**

## **My Security**





# Day 30

God says you can never be...

## *Separated from His Love*

**"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 8:38**

### 1) BE HONEST ABOUT YOUR FEELINGS.

Record your real feelings and underlying beliefs.

*I feel like I'm not worthy of His love.  
I struggle feeling loved.  
I have had so much rejection in my life.  
I feel like I'm unlovable.*

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### 2) RECORD YOUR ACCUSING THOUGHTS.

Record the whispers within that accuse you.

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### 3) WHO ARE YOU WILLING TO BELIEVE TODAY?

Now that you've been honest, convince yourself through God's word that your feelings are wrong. Write out the Bible verse you are struggling with. Repeat it often during the day. Read it out loud. Try memorizing it.

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# Day 31

God says you can never...

## *Be Lost or Perish*

**"I give them eternal life, and they shall never perish; no one will snatch them out of my hand." John 10:28**

### **1) BE HONEST ABOUT YOUR FEELINGS.**

Record your real feelings and underlying beliefs.

*I feel like if I die I still might go to hell.  
I go to sleep some nights wondering if I'm going to heaven.  
I don't feel like I'm completely saved and secure.*

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### **2) RECORD YOUR ACCUSING THOUGHTS.**

Record the whispers within that accuse you.

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### **3) WHO ARE YOU WILLING TO BELIEVE TODAY?**

Now that you've been honest, convince yourself through God's word that your feelings are wrong. Write out the Bible verse you are struggling with. Repeat it often during the day. Read it out loud. Try memorizing it.

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# Who I Am In Christ

I am not who I feel like I am. I am not who I think I am. I am not who others think I am. I am who God says I am! Therefore I will declare His truth concerning me.

"I am the head and not the tail. I am a victor, not a victim. I am strong and not weak. I am a saint, not a sinner. I am a child of God, not a child of the devil. I am free, not a slave to sin. I am clean, not dirty. I am above and not below. I am whole, not broken. I am rich, not poor. I am wise, not ignorant. I am adopted, not abandoned. I am strong, not weak. I am kept by the power of God. I am able, not disabled. I am seated in heavenly places with Christ. I am an heir of God. I am a joint heir with Christ. I am more than a conqueror. I am a warrior, not a wimp. I can do all things through Christ who strengthens me. No evil can strike me, and no plague can come near my dwelling. I am safe and secure, kept in the palm of His hand. He has begun a good work in me and will perform it until the day Jesus comes again. I am a temple of God. I am indwelt by the Holy Spirit. I am a clean vessel sanctified and ready for the Master's use."

Read Deuteronomy 28:1-13. It is God's promise for all his people for all time. God declares His purpose concerning you. Read Jeremiah 29:11. Memorize it. Believe it. Embrace it. Rejoice in it.

**EVERY DAY READ ALOUD  
THIS AFFIRMATION.**

# Group Questions to Discuss

Question 1: What would change in your life if you truly believed what God says about you?

Question 2: If you lived up to God's calling, what would be different in your life?

Question 3: If you cannot believe what God says, then what are you believing? Your own opinion? Other people's opinions? Satan's lies?

Question 4: If you really believed all 150 affirmations God made about you, how would you feel? How would you live? What would change? Why would it change?

Question 5: For each of the 150 affirmations share what you find hardest to believe? Why?

Question 6: Are there any affirmations you disagree with? Why?

Question 7: Present your rational arguments for rejecting any one of them. Start with just the first 7 then move through the rest of the 31 statements.

Question 8: In each of the 15 categories which affirmation do you struggle with the most? Why?

Question 9: God's affirmations are absolutes: What would it take to make your heart believe them and feel them?

Question 10: Do you know anyone who really embraces and lives these truths? Would you like to be like them?

Question 11: Go through the list and cross out ones you don't really believe. Mark with a blue marker those you struggle with, and finally mark with a yellow marker those you presently believe and embrace.

Question 12: What truth affirmation do you most need to claim today?

Question 13: What affirmation are you least likely to choose? What is least appealing to you?

Question 14: What 10 affirmations do you most need to claim this year?

Question 15: What two affirmations are the hardest for you to believe? Why?

Question 16: Are there any affirmations that make you angry? Why do you feel angry?

Question 17: Are there any affirmations that make you sad? What about it makes you feel sad?

18: Neil Anderson challenges his readers and participants in his seminars to verbally renounce their doubts concerning God's truth.

*"Before God my Father and the Lord Jesus Christ I renounce my sin of unbelief in God's truth concerning me and declare to principalities and powers that I am \_\_\_\_\_ because God says I am. I refuse to believe Satan's lies.*

Question 19: What verses might you need to memorize and internalize? (Choose 3 or 4 to start out with)

Question 20: Are you willing to memorize at least 3 of these verses as God's promises to you? Who will you hold yourself accountable to for memorizing these verses? How long will it take to memorize one verse? (Hint: Perhaps spend one week on each verse)

Question 21: The truths listed in the Who I Am quotation are taken directly from Scripture. Ask yourself the following questions about these statements. Be honest, which affirmation would you cross out?

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**"I am the head and not the tail. I am a victor, not a victim. I am strong and not weak. I am a saint, not a sinner. I am a child of God, not a child of the devil. I am free, not a slave to sin. I am clean, not dirty. I am above and not below. I am whole, not broken. I am rich, not poor. I am wise, not ignorant. I am adopted, not abandoned. I am strong, not weak. I am kept by the power of God. I am able, not disabled. I am seated in heavenly places with Christ. I am an heir of God. I am a joint heir with Christ. I am more than a conqueror. I am a warrior, not a wimp. I can do all things through Christ who strengthens me. No evil can strike me, and no plague can come near my dwelling. I am safe and secure, kept in the palm of His hand. He has begun a good work in me and will perform it until the day Jesus comes again. I am a temple of God. I am indwelt by the Holy Spirit. I am a clean vessel sanctified and ready for the Master's use."**

**Read Deuteronomy 28:1-13. It is God's promise for all his people for all time. God declares His purpose concerning you. Read Jeremiah 29:11. Memorize it. Believe it. Embrace it. Rejoice in it.**

22: Are you willing to read this quotation every day for 7 days? 14 days? 21 days? 28 days? If not, why not?

23: Are you willing to read this quotation every day out loud when you are alone and believe it? If not, ask yourself why you can't read it out loud.

24: Are you able and willing to read it out loud (on the phone of face to face) to someone else? If not, why not?

25: Are you willing to read it out loud to the church or a small group? If not, why not?

26: Scripture commands us to “*confess your faults one to another and pray for one another.*” (James 5:16) What fault would you confess today? What fault do you most often battle against?

27: 2 Samuel 23:20 and 1 Chronicles 11:22 tell of a courageous soldier “*who went down into a pit on a snowy day and killed a lion.*” We all fall into pits from time to time. What is your pit? What is your lion?

28: On bad days (rainy days and Mondays) when you feel sad and dreary, what thoughts are going through your mind? What are you telling your inner-self that makes you sad?

29: Do you tend to live in Romans 7 or Romans 8? When is it hardest to live in Romans 8?

**30: Final Exercise:**

Write out your own Scriptural affirmations of the truths that you most need to hear and remember. (Start with just 3 and add more as needed.)