

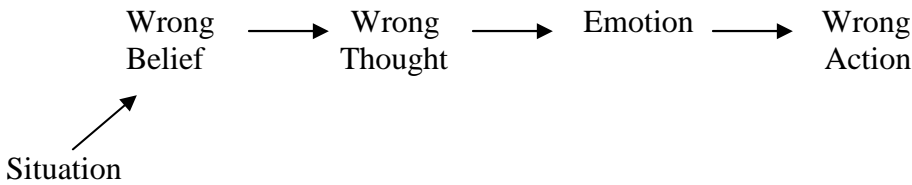
WHO I AM IN CHRIST

	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 6:17	I am united with the Lord, and I am one spirit with Him.
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 1:1	I am a saint.
Ephesians 1:5	I have been adopted as God's child.
Ephesians 2:8	I have direct access to God through the Holy Spirit.
Colossians 1:14	I have been redeemed and forgiven of all my sins.
Colossians 2:10	I am complete in Christ.
	I Am Secure
Romans 8:1-2	I am free forever from condemnation.
Romans 8:28	I am assured that all things work together for good.
Romans 8:31-34	I am free from any condemning charges against me.
Romans 8:35-39	I cannot be separated from the love of God.
2 Corinthians 1:21-22	I have been established, anointed and sealed by God.
Colossians 3:3	I am hidden with Christ in God.
Philippians 1:6	I am confident that the good work that God has begun in me will be perfected.
Philippians 3:20	I am a citizen of heaven.
2 Timothy 1:7	I have not been given a spirit of fear, but of power, love, and a sound mind.
Hebrews 4:16	I can find grace and mercy to help in time of need.
1 John 5:18	I am born of God and the evil one cannot touch me.
	I Am Significant
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.
2 Corinthians 5:17-21	I am a minister of reconciliation for God.
2 Corinthians 6:1	I am God's coworker (1 Corinthians 3:9).
Ephesians 2:6	I am seated with Christ in the heavenly realm.
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.

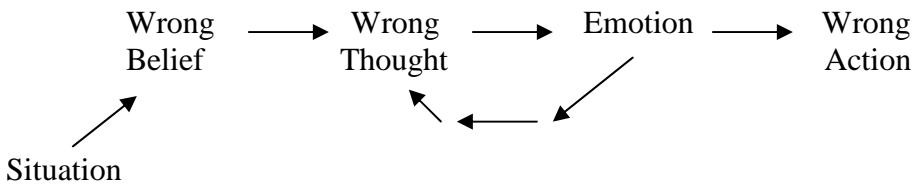
THE PROCESS TO CHANGE YOUR THINKING

1. **Decide That You've Had Enough, And Ask God To Help You.**

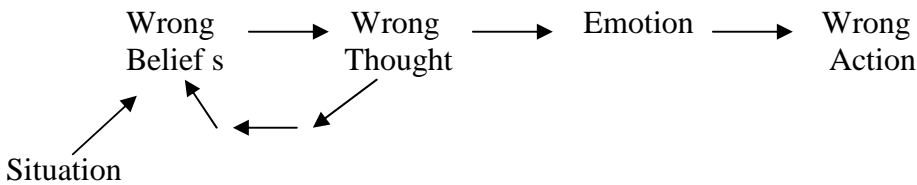
2. **Use Each Situation To Detect Your Emotion**



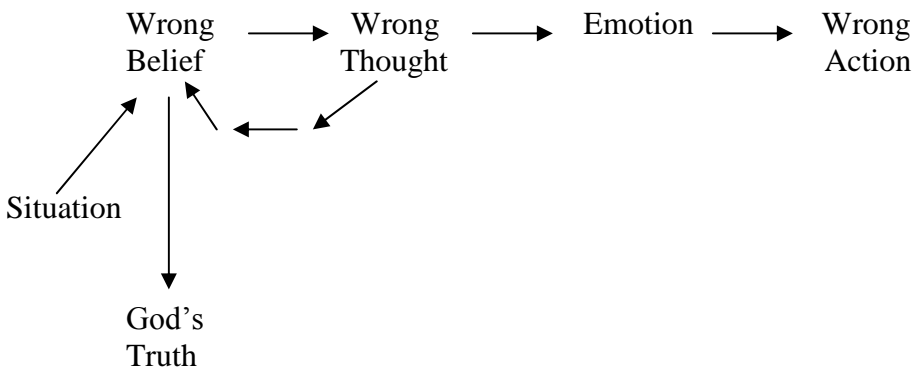
3. **Trace Damaging Emotions To Wrong Thinking**



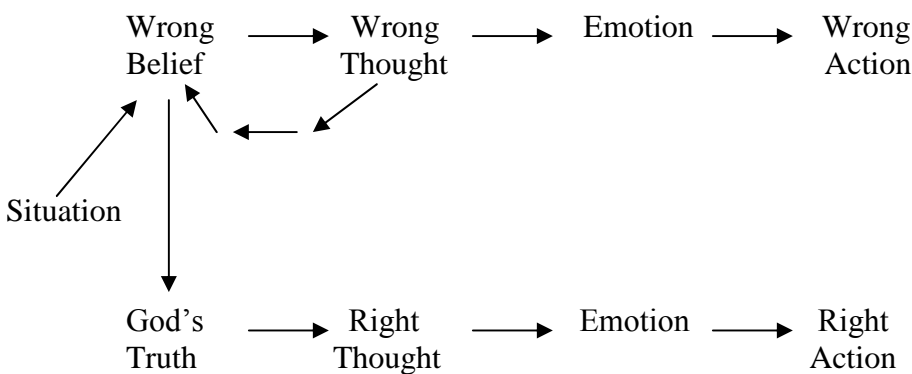
4. **From Your Wrong Thinking, Discover Your Wrong Beliefs**



5. **Reject The Wrong Belief And Affirm God's Truth**



6. **The Process For Transformation**



YOUR BELIEFS BECOME YOUR DESTINY

If you accept a Belief,
you reap a Thought.
If you sow a Thought,
you reap an Attitude.
If you sow an Attitude,
you reap an Action.
If you sow an Action,
you reap a Habit.
If you sow a Habit,
you reap a Character.
If you sow a Character,
you reap a Destiny.