

OLD LIFE (Lies) – Channel 1
What I think or feel about myself.

1. I am unworthy/unacceptable.
2. I feel like a failure/inadequate.
3. I am a fearful/anxious person.
4. I am a weak person.
5. I am in bondage.
6. I am not very smart.
7. I am unloved.
8. I am unwanted or
I don't belong to anyone.
9. I feel guilty.
10. I am depressed & hopeless.
11. There is nothing special about me.
12. I am not good enough.

NEW LIFE (Truth) – Channel 2
What is true about me.

- I am accepted and worthy.
Psalm 139:13-24; Romans 15:7
- I am adequate.
2 Corinthians 3:5-6; Philippians 4:13
- I am free from fear.
Psalm 34:4; 2 Timothy 1:7;
1 Peter 5:7; 1 John 4:18
- I am strong in Christ.
Psalm 37:34; Daniel 11:32; Philippians 4:19
- I am free.
Psalm 32:7; John 8:36; 2 Corinthians 3:17
- I have God's wisdom.
Proverbs 2:6-7; 1 Cor. 1:30; James 1:5
- I am very loved.
John 15:9; Romans 8:38-29;
Ephesians 1:5; 1 John 3:2
- I have been adopted by God as His child.
Romans 8:15-17; Galatians 4:5-7;
Ephesians 1:5; 1 John 3:2
- I am totally forgiven.
Psalm 103:12; Ephesians 1:7;
Colossians 1:14, 20; Hebrews 10:17
- I have all the hope that I need.
Psalm 16:11; 27:13; 31:24; Romans 15:13
- I have been chosen, set apart by God.
Psalm 139:1; 1 Corinthians 1:30; 6:11;
Hebrews 10:10, 14
- I am perfect in Christ.
Colossians 2:13; Hebrews 10:14

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| 13. I am defeated | I am victorious.
Romans 8:37; 2 Corinthians 2:14;
1 John 5:4 |
| 14. I have no strength. | I have God's power; I am indwelt by the Holy Spirit.
Acts 1:8; Romans 8:9,11; Eph. 1:19; 3:16 |
| 15. I feel condemned. | I am blameless.
John 3:18; Romans 8:1 |
| 16. I am alone. | I am never alone.
Romans 8:38-39; Hebrews 13:5 |
| 17. I have no one to take care of me. | I am protected, safe.
Psalm 27:1-6; 32:7-11; 41 |
| 18. I can't reach God. | I have access to God.
Matthew 7:7-8; Ephesians 2:6; 1 Peter 2:5,9 |
| 19. I am afraid of Satan. | I have authority over Satan.
Colossians 1:13; 1 John 4:4;
Revelation 12:7-11 |
| 20. I have no confidence. | I have all the confidence I need.
Proverbs 3:26; 14:26; 28:19;
Ephesians 3:12; Hebrews 10:19-22 |