

# WHAT IS THE TRUTH ABOUT ME?

OUR OLD 'PROGRAMMING'— HOW I FEEL/THINK ABOUT MYSELF.	WHAT IS TRUE ABOUT ME.WHAT GOD'S WORD SAYS ABOUT ME.THIS IS TRUTH!!
<b>I RENOUNCE THE LIE THAT:</b>	<b>I DECLARE THE TRUTH THAT IN CHRIST:</b>
I am unlovable.	<b>I AM VERY LOVED!</b> John 15:9 • Romans 8:35-39 • Eph. 2:4-6 • I John 3:1a, 4:10
I am unacceptable.	<b>I AM ACCEPTED!</b> John 15:15-16 • Ephesians 1:3-6
I am unworthy.	<b>I AM RIGHTEOUS!</b> Romans 8:31-34 • I Corinthians 6:19-20 • 2 Corinthians 5:21
I am inadequate.	<b>I AM ADEQUATE!</b> 2 Corinthians 2:14, 3:5-6, 12:9 • Philippians 4:13
I am a failure.	<b>I AM VICTORIOUS!</b> Romans 8:37 • 2 Corinthians 2:14 • I John 5:4
I am fearful.	<b>I AM FREE FROM FEAR!</b> Psalm 4:8, 27:1, 32:7 • 2 Timothy 1:7 • I John 4:18
I am anxious.	<b>I AM CONTENT!</b> Psalm 4:8, 37:5 • Phil. 4:6-7, 11 • Hebrews 13:5 • I Peter 4:7
I am weak.	<b>I AM STRONG IN CHRIST!</b> Acts 1:8 • 2 Cor. 12:9-10 • Eph. 1:19, 3:16 • Philippians 4:13
I am not very smart or good enough.	<b>I HAVE GOD'S WISDOM!</b> John 15:15, 16:13-14 • I Cor. 1:30 • James 1:5 • I John 2:20-21, 27
I am in bondage.	<b>I AM FREE!</b> John 8:32, 36 • 2 Corinthians 3:17 • Galatians 5:1, 13a
I am unwanted and belong to no one.	<b>I HAVE BEEN ADOPTED BY GOD AND AM HIS CHILD!</b> Romans 8:16, 17 • Galatians 4:5-7 • I John 3:2
I feel guilty.	<b>I AM TOTALLY FORGIVEN!</b> Ephesians 1:7, 2:13 • Colossians 1:14
I am depressed.	<b>I HAVE THE JOY OF THE WORLD!</b> John 15:11, 17:13 • Romans 15:13 • I John 1:4
There is nothing special about me.	<b>I HAVE BEEN CHOSEN, SET APART BY GOD!</b> John 15:15-16 • I Corinthians 1:30, 6:11 • I Peter 2:9
I am hopeless.	<b>I HAVE ALL THE HOPE I NEED!</b> Romans 8:20-25, 15:4, 13 • Colossians 1:26-27 • I Peter 1:3
I feel condemned.	<b>I AM BLAMELESS!</b> John 3:18, 5:24 • Romans 8:1
I am alone.	<b>I AM NEVER ALONE!</b> Romans 8:38-39 • Hebrews 13:5
I can't reach God.	<b>I HAVE ACCESS TO GOD—ANYTIME!</b> Eph. 2:18 • Hebrews 4:14-16 • I Peter 2:5, 9 • I John 5:14-15
I am afraid of Satan.	<b>I HAVE AUTHORITY OVER SATAN!</b> Colossians 1:13 • I John 4:4 • Revelation 12:7-11
I have no confidence	<b>I HAVE ALL THE CONFIDENCE I NEED!</b> Prov. 3:26, 14:26, 28:1 • Eph. 3:12 • Phil. 1:6 • Heb. 10:19 • I John 5:14



# STRONGHOLD BUSTER

## STEP 1 – INQUIRE

- Ask God to Reveal Strongholds
- Remember Satan Wants You to Stay in Bondage
- Desire to Be Changed!

## STEP 2 – IDENTIFY

Identify the Lie (i.e. Unloved, Abandoned, Rejected, Inadequate, Hopeless, Stupid, Ugly, etc):

- The lie (the issue I'm struggling with) I have believed about myself is \_\_\_\_\_  
\_\_\_\_\_

Identify the Effect the Lie Has on My Life:

- Believing this lie has caused me to \_\_\_\_\_  
\_\_\_\_\_

Identify God's Truth (Scripture) To Replace the Lie:

- Scripture Verse: \_\_\_\_\_  
\_\_\_\_\_
- Scripture Verse: \_\_\_\_\_  
\_\_\_\_\_
- Scripture Verse: \_\_\_\_\_  
\_\_\_\_\_

Write a Declaration of Truth:

- I renounce the LIE that \_\_\_\_\_  
\_\_\_\_\_
- Instead I announce the TRUTH that \_\_\_\_\_  
\_\_\_\_\_

## STEP 3 – IMPLEMENT

Persist! For 40 Days—Renew your mind with these Scriptures. Also use the Stronghold Busting Pages as a great tool. Submit to His Transformation and ask for the Holy Spirit to help you in this process of renewing your mind!

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40

# STRONGHOLD BUSTING

VERSE \_\_\_\_\_

DAY \_\_\_\_\_

SCRIPTURE # \_\_\_\_\_

DATE \_\_\_\_\_

## I. WRITE SCRIPTURE HERE—THE TRUTH

--

## 2. TOOLS

- Spoke Scripture out loud*
- Read surrounding verses*
- Read another version*
- Used a concordance*

## 3. ANY CONCORDANCE NOTES

--	--

## 4. SUMMARIZE THE MESSAGE IN YOUR OWN WORDS

## 5. THE LIE: HOW IS THE TRUTH DIFFERENT FROM HOW I THINK, FEEL, AND ACT?

--	--

## 6. LORD, WHAT DO YOU WANT ME TO KNOW CONCERNING THIS SCRIPTURE?

## 7. WRITE A PERSONAL PRAYER OF DECLARATION AND READ OUT LOUD (USE I, YOU, AND ME)—THE TRUTH

--	--