

Words to Live By

Adapted from Words to Live By - by Craig Groeschel

Key Scripture

Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit. So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace.

Romans 8:5-6 NLT

Key Point

Our lives move in the direction of our strongest thoughts.

Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think.

Romans 12:2 NLT

For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

2 Corinthians 10:3-5 NIV

... We capture their rebellious thoughts and teach them to obey Christ.

2 Corinthians 10:5 NLT

What negative thoughts are dominating your thinking? What spiritual truth will demolish these strongholds?
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Sort through each section to find the biblical truths you need to renew your mind and fight back against negative thinking.

Because of Jesus ...

- I am a child of God. (Galatians 3:26)
- I am a spiritual contributor, not a spiritual consumer.
- I am alive. (Romans 6:11)
- I am a faith-filled, life-speaking, fully devoted follower of Christ.
- I am Christ's ambassador. (2 Corinthians 5:20)
- I am a masterpiece. (Ephesians 2:10)
- I am content in Christ alone.
- I am chosen. (Ephesians 1:4)
- I am determined to love God and people with everything I have.
- I am a child of God. (John 1:12-13)
- I am strengthened by God who upholds me, protects me, and defends me.
- I am joyful. (Galatians 5:22-23)
- I am gentle. (Galatians 5:22-23)
- I am not easily offended and will not hold onto bitterness.
- I am patient. (Galatians 5:22-23)
- I am faithful. (Galatians 5:22-23)
- I am self-controlled. (Galatians 5:22-23)
- I am kind. (Galatians 5:22-23)
- I am known—even before I was born. (Jeremiah 1:5)
- I am steady. (Psalm 91:1)
- I am not alone—God is with me.
- I am loved. (John 3:16)
- I am fierce in confidence and boldness because God is with me.
- I am free. (John 8:32)
- I am healed. (1 Peter 2:24)
- I am unashamed. (Romans 8:1)

- I am called and equipped to go after the righteous desires God puts in my heart.
- I am strong. (1 John 2:14)
- I am fearless. (Isaiah 43:5)
- I am secure. (John 10:28-29)
- I am not a people-pleaser because I answer to God first and seek to please Him.
- I am a new creation. (2 Corinthians 5:17)
- I am not shaken. (Psalm 62:6)
- I am not stuck in worry because Jesus offers a peace this world cannot give.
- I am born again. (1 Peter 1:23)
- I am more than a conqueror. (Romans 8:37)
- I am named by God, not labeled by man.
- I am the light of the world. (Matthew 5:14)
- I am mighty in His power. (Ephesians 6:10)
- I am the Church and I exist for the world. (1 Corinthians 12:27)

For Women

- I am the daughter of the King of all kings.
- Because of Jesus, I lack nothing.
- God has given me everything I need to do what He's called me to do.
- I speak encouraging, life-giving words and build others up.
- The joy of the Lord is my strength. (Nehemiah 8:10)
- I will not compare myself to other women. God made us all beautifully unique.
- I will hold myself to God's standards and measure myself with grace.
- I will love and laugh rather than fight and complain.

- I refuse to waste my life on meaningless things.
- I will act justly, love mercy, and walk humbly with my God. (Micah 6:8)
- Through Christ I am strong, gentle, fierce, and compassionate.
- I will fight the good fight for what matters most. (2 Timothy 4:7)

For Men

- I am the son of the King of all kings.
- I lay down my pride and selfishness, giving all glory to the one true God.
- I love my family like Christ loved the Church—giving Himself up for her.
- I fight for purity, guarding my eyes and heart from tempting situations.
- I seek friendships with other godly men to sharpen my perspective. (Proverbs 27:17)
- I wait for God to open the right doors and take action when He does.
- I'm not defined by my failures or successes.
- I finish what I start.
- I never give up!
- I will act justly, love mercy, and walk humbly with my God. (Micah 6:8)
- Through Christ I am strong, gentle, fierce, and compassionate.
- I am a warrior! I stand firm, even when the pain is crippling because God is my strength.
- I will fight the good fight for what matters most. (2 Timothy 4:7)

Everyday Life with Jesus

- The same power that raised Christ from the dead lives in me. (Ephesians 1:19-20)
- Nothing can separate me from God. (Romans 8:38-39)
- Sin has no power over me. (Romans 6:14)
- I have authority over the enemy. (Luke 10:19)
- I can resist the enemy. (James 4:7)
- I can endure all things through Christ. (Philippians 4:13)
- I have the mind of Christ. (1 Corinthians 2:16)
- I have everything I need for life and godliness through the knowledge of Him. (2 Peter 1:3)
- I have eternal life, which is knowing God. (John 17:3)
- I overcome the world. (John 16:33)
- Greater is He that lives in me. (1 John 4:4)
- I have the ability to choose life. (Deuteronomy 30:19)
- Kept by the power of God. (1 Peter 1:5)
- I have the power to tell others about God's love for them. (Acts 1:8)
- God meets my needs. (Philippians 4:19)

- I have access to my heavenly Father. (Ephesians 2:18)
- I have hope. (Hebrews 6:19)
- The Lord is my shepherd. (Psalm 23:1)

Friendship

- I assume the best about others.
- I am a good friend.
- I am kind and loving.
- My lovingkindness will speak for itself so I don't have to.
- I love because Love lives in me.
- I shut my mouth when I want to complain.
- I speak life!
- I encourage others daily.
- Joy is my reputation.
- I represent Christ well to my friends.

Shame

- I am not defined by what I have done.
- God's grace is more powerful than my sin.
- I am forgiven when I turn to God for salvation because Christ already paid my debt.
- My record has been wiped clean. (Psalm 103:12)
- Even when others remind me of my past, I will not let it limit my future.
- I am a new creation. (2 Corinthians 5:17)

Finances

- I am irrationally generous because God is irrationally generous. (Romans 5:8)
- God can do more than I can ask, think, or imagine.
- God does the multiplying—it's my job to obey.
- I am a lender, not a borrower.
- I give up things I love for things I love even more.
- It's an honor to sacrifice for Christ and His Church.
- It really is more blessed to give than to receive. (Acts 20:35)

Temptation / Addiction

- God always provides a way out, and I will take it. (1 Corinthians 10:13)
- I am free from sin's trap.
- No temptation is greater than my God.
- He will help me; I only need to ask. (Matthew 7:7)
- God is stronger than my appetite.
- Jesus' name is above my addiction.
- I crave the Word of God more than addiction.
- God has given me the power to stand against temptation.
- I submit to God and resist the devil. (James 4:7)

Discouragement / Hope

- When there is no hope, Jesus fills me with hope. (Romans 15:13)

- I am not a rejected soul because God continuously pursues me.
- I take my thoughts captive and align them with God's perspective.
- I can put my hope in God's promises because He is trustworthy. (Numbers 23:19)
- I have a choice—today I will choose life!

Finish Strong

- I will pick up my cross daily and follow Jesus, no matter the cost.
- I run the race to finish strong. (1 Corinthians 9:24)
- In Christ, I can do hard things.
- God will complete the work He first began in me. (Philippians 1:6)
- Christ will be my strength and I will persevere.
- I will not lean on my own understanding, but on Christ.
- Greater is He who is in me, than he who is in the world. (1 John 4:4)
- Nothing the enemy throws at me is more powerful than Jesus.
- The Holy Spirit fills me and shows me the way.

Offense

- I am not easily offended because God's love lives in me.
- I am able to forgive quickly because God has forgiven me.
- I keep no record of wrongs. (1 Corinthians 13:5)

He is God

- You are a good Father.
- You are my God who keeps His word.
- You do not lie. (Numbers 23:19)
- You are faithful throughout all generations. (Psalm 119:90)
- You have overcome the world.
- You love me. (John 3:16)
- In You I have peace, freedom, and no condemnation.
- You rescue and defend.
- You brought me the Good News.
- You bind up my broken heart. (Psalm 147:3)
- You released me from my prison.
- You are my comfort.

Fear/Anxiety

- I will not be afraid because God is with me. (Isaiah 41:10)
- I turn to Jesus because He offers a peace this world cannot give.
- I will not be a slave to fear. (Galatians 4:7)
- I am safe in Christ.
- God is my shelter and my hiding place. (Psalm 32:7)
- The peace of God will guard my heart and mind.

Protection

- I rest in the shelter of the Most High.
- I remain stable and fixed under the shadow of the Almighty.
- God is my protection in whom I confidently trust. (2 Thessalonians 3:3)
- God will save me.
- God's truth and His faithfulness are my cover and defense.
- I will not fear.
- God commands His angels to guard me in all my ways. (Psalm 91:11)
- The Lord will rescue and protect me.
- My God answers me when I call on Him.
- God is with me in trouble.

Identity

- I am loved.
- My value is not based on what I can do, but what Jesus did.
- My failures do not define me.
- My accomplishments are because of God in me.
- My life is a witness, a city on a hill. (Matthew 5:14)
- I am holy and blameless in Christ.
- I am safe.
- I am accepted.
- I am not condemned.
- I am enough because Jesus is enough.
- God is working in me and through me. (Hebrews 6:10)
- While man may reject me, my God never will.

Healing/Health

- God's Word is nourishment to my body and soul.
- God sustains me. (Psalm 54:4)
- God is my help.
- God alone has the power to heal.
- God says to ask, and seek, and knock, so that is what I will do.
- I believe that God can. I believe that God will. But even if He doesn't, I still believe.
- The same Spirit that raised Jesus from the dead lives within me.
- The life of God within me restores my health.
- The devil is already defeated.
- Even though I walk through the valley of the shadow of death, I will not fear! (Psalm 23:4)
- I rely on God's strength because when I am weak, I am strong. (2 Corinthians 12:9-10)