

Focal Points For Peace and Joy

1. Focus on who you are rather than who you aren't.
2. Focus on what you have rather than what you don't have.
3. Focus on your abilities rather than your limitations.
4. Focus on what you can do rather than what you can't.
5. Focus on what you know rather than what you don't.
6. Focus on the certainty of God's promises rather than the uncertainty of tomorrow.
7. Focus on your blessings rather than your problems.
8. Focus on health rather than sickness and pain.
9. Focus on where you are going rather than where you have been.
10. Focus on what is eternal rather than what is temporal.
11. Focus on the evidence of God's presence rather than apparent evidence of His absence.
12. Focus on what is good about others rather than what is wrong with them.
13. Above all - FOCUS ON JESUS!

"The Lord bless you and keep you;
The Lord make His face shine upon you,
And be gracious to you;
The Lord lift up His countenance upon you,
And give you peace."
Numbers 6:24-26



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I AM
Who God Says
I am

I Have What God Says
I Have

His purpose and dreams will
be fulfilled in me as I agree
with His Word and submit to
His Will



"Death and life are in the power of the tongue
and those who love it will eat it's fruit
Proverbs 18:21

I am a child of God 1 John 3:1
 I am forgiven of all my sins and
 washed in the blood Eph. 1:7
 I am a new Creation 2 Cor. 5:17
 I am the temple of the Holy Spirit 1 Cor. 6:19
 I am delivered from the dominion
 of darkness and transferred into
 the Kingdom of Light Col. 1:13
 I am dead to sin Rom. 6:2, 11
 I am therefore free from sin Rom. 6:3-7, 18
 I am redeemed from the curse Gal. 3:13
 I am strong in the Lord Eph. 6:10
 I am holy and without blame Eph. 1:4
 I am excepted in Christ Eph. 1:6
 I am Blessed Deut. 28:1-14
 I am a saint Rom. 1:7
 I am qualified as an heir of God Col. 1:12
 I am the head and not the tail Deut. 28:13
 I am above only and not beneath Deut. 28:13
 I am victorious Rev. 21:7
 I am the elect, chosen by God Col. 3:12
 I am loved with an everlasting love Jer. 31:3
 I am established to the end 1 Cor. 1:8
 I am set free John 8:31-33
 By the Holy Spirit, I am free from
 the power of the sin nature Gal. 5:16-24
 I am crucified with Christ Gal. 2:20
 Christ Jesus lives in me, and I
 Live by faith in Him Gal. 2:20
 I am alive with Christ Eph. 2:5
 I am raised with Christ and seated
 in heavenly places Col. 2:12
 I am His faithful follower Eph. 5:1
 I am a child of God 1 John 3:1
 Jesus isn't ashamed of me Heb. 2:11
 God will give me all the things I need Rom. 8:32
 I am the light of the world Matt. 5:14
 I am the salt of the earth Matt. 5:13
 I am called of God 2 Tim. 1:9

I have brought you near by the Blood
 of Christ..... Eph. 2:13
 I am more than a conqueror Rom. 8:37
 I am in Christ Jesus 1 Cor. 1:30
 I am an ambassador of Christ 2 Cor. 5:20
 I am beloved of God 1 Thess. 1:4
 I am someone God is for
 therefore nothing can stand against me .. Rom. 8:31
 I am born of God and the evil one does
 not touch me 1 Jn. 5:18
 I am a king and priest unto God Rev. 1:6
 I am a joint heir with Christ Rom. 8:17
 I am reconciled to God 2 Cor. 5:18
 I am overtaken with blessings Deut. 28:2
 I am healed by Jesus' wounds 1 Pet. 2:24
 I am like Him 1 Jn. 4:17
 I have authority over all power of the
 enemy, and he can do nothing to harm
 me Lk. 10:19
 I am sealed with the Holy Spirit Eph. 1:13
 I am complete in Christ Col. 2:10
 God always works thinks out for good
 in my life Rom. 8:28
 More than anything He is making me
 more like Jesus Rom 8:29
 I am free from condemnation Rom 8:1
 I am the righteousness of God in
 Jesus Christ 2 Cor. 5:21
 I am Chosen 1 Thess.1:4
 I am firmly rooted and built up in Christ .. Col. 2:7
 I have authority as a child of God Jn. 1:12
 I have been blessed with every spiritual
 blessing Eph. 1:3
 I am strengthened with His power and
 might Col. 1:11
 I have been raised over all power and
 authority of the enemy Eph. 1:18-23
 I am a partaker of His divine nature 2 Pet. 1:4
 I am God's workmanship, created in Christ
 Jesus for good works Eph. 2:10

I am becoming more like Jesus Phil. 1:6
 I am one in Christ! Hallelujah Jn. 17:21-23
 I have all my needs met by God according
 to His glorious riches Phil. 4:19
 I have the mind of Christ 1 Cor. 2:16
 I have everlasting life Jn. 6:47
 I have an guaranteed inheritance Eph. 1:14
 I have abundant life Jn. 10:10
 I have overcome the world 1 Jn. 5:4
 I have peace with God which surpasses
 understanding Phil. 4:7
 I have access to the Father Eph.2:18
 I have received the power of the
 Holy Spirit: power to heal people and to set
 them free from the power of the enemy Mk. 16:17
 I can do all things through Jesus Phil. 4:13
 I can do what Jesus did Jn. 14:12
 I walk in Christ Jesus Col. 2:6
 The One in me is greater than he who
 is in the world 1 Jn. 4:4
 God always justifies me and Jesus
 always intercedes for me Rom. 8:33-34
 By the Holy Spirit I am free from the power
 of sin and death..... Rom. 8:2
 I can know God's voice Jn. 10:14
 I show forth His praise 1 Pet. 2:9
 I will always triumph in Christ 2 Cor. 2:14
 Christ in me, the hope of glory Col.1:27
 God will answer when I pray Ps. 91:15
 God is with me and He will always
 deliver me Ps. 91:15
 I have the Spirit of power, love and a
 sound mind (self discipline) 2 Tim. 1:7
 I can never be separated from God's
 love that is in Jesus Rom. 8:35-39
 I can reign in life Rom 5:17