






# THIS IS WHO I AM IN JESUS CHRIST

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1. In the name of JESUS CHRIST, I command my heart and mind to know that I am complete in Him Who is the head over all rule and authority—of every angelic and earthly power (Colossians 2:10).
2. In the name of JESUS CHRIST, I command my heart and mind to know that I am alive with JESUS CHRIST, (Ephesians 2:5).
3. In the name of JESUS CHRIST, I command my heart and mind to know that I am free from the law of sin and death (Romans 8:2).
4. In the name of JESUS CHRIST, I command my heart and mind to know that I am far from oppression, and will not live in fear (Isaiah 54:14).
5. In the name of JESUS CHRIST, I command my heart and mind to know that I am born of God, and the evil one does not touch me (1 John 5:18).
6. In the name of JESUS CHRIST, I command my heart and mind to know that I am holy and without blame before Him in love (Ephesians 1:4; 1 Peter 1:16).
7. In the name of JESUS CHRIST, I command my heart and mind to know that I have the mind of JESUS CHRIST, (1 Corinthians 2:16; Philippians 2:5).

8. In the name of JESUS CHRIST, I command my heart and mind to know that I have the peace of God that surpasses all understanding (Philippians 4:7).
9. In the name of JESUS CHRIST, I command my heart and mind to know that the Spirit of God, who is greater than the enemy in the world, lives in me (1 John 4:4).
10. In the name of JESUS CHRIST, I command my heart and mind to know that I have received abundant grace and the gift of righteousness and reign in life through JESUS CHRIST, (Romans 5:17).
11. In the name of JESUS CHRIST, I command my heart and mind to know that I have received the Spirit of wisdom and revelation in the knowledge of JESUS CHRIST, the eyes of my heart enlightened, so that I know the hope of having life in JESUS CHRIST (Ephesians 1:17-18).
12. In the name of JESUS CHRIST, I command my heart and mind to know that I have received the power of the Holy Spirit and He can do miraculous things through me. I have authority and power over the enemy in this world (Mark 16:17-18; Luke 10:17-19).
13. In the name of JESUS CHRIST, I command my heart and mind to know that I am renewed in the knowledge of God and no longer want to live in my old ways or nature before I accepted JESUS CHRIST, (Colossians 3:9-10).

14. In the name of JESUS CHRIST, I command my heart and mind to know that I am merciful, I do not judge others, and I forgive quickly. As I do this by God's grace, He blesses my life (Luke 6:36-38).
15. In the name of JESUS CHRIST, I command my heart and mind to know that God supplies all of my needs according to His riches in glory in JESUS CHRIST (Philippians 4:19).
16. In the name of JESUS CHRIST, I command my heart and mind to know that in all circumstances I live by faith in God and extinguish all the flaming darts (attacks) of the enemy (Ephesians 6:16).
17. In the name of JESUS CHRIST, I command my heart and mind to know that I can do whatever I need to do in life through JESUS CHRIST who gives me strength (Philippians 4:13).
18. In the name of JESUS CHRIST, I command my heart and mind to know that I am chosen by God who called me out of the darkness of sin and into the light and life of JESUS CHRIST, so I can proclaim the excellence and greatness of who He is (1 Peter 2:9).
19. In the name of JESUS CHRIST, I command my heart and mind to know that I am born again—spiritually transformed, renewed and set apart for God's purpose—through the living and everlasting word of God (1 Peter 1:23).

20. In the name of JESUS CHRIST, I command my heart and mind to know that I am God's workmanship, created in JESUS CHRIST, to do good works that He has prepared for me to do (Ephesians 2:10).
21. In the name of JESUS CHRIST, I command my heart and mind to know that I am a new creation in JESUS CHRIST, (2 Corinthians 5:17).
22. In the name of JESUS CHRIST, I command my heart and mind to know that in JESUS CHRIST, I am dead to sin—my relationship to it is broken—and alive to God—living in unbroken fellowship with Him (Romans 6:11).
23. In the name of JESUS CHRIST, I command my heart and mind to know that the light of God's truth has shone in my heart and given me knowledge of salvation through JESUS CHRIST, (2 Corinthians 4:6).
24. In the name of JESUS CHRIST, I command my heart and mind to know that as I hear God's Word, I do what it says and I am blessed in my actions (James 1:22, 25).
25. In the name of JESUS CHRIST, I command my heart and mind to know that I am a joint-heir with JESUS CHRIST, (Romans 8:17). I am more than a conqueror through Him who loves me (Romans 8:37).
26. In the name of JESUS CHRIST, I command my heart and mind to know that I overcome the enemy of my soul by the blood of the Lamb and the word of my testimony (Revelation 12:11).

27. In the name of JESUS CHRIST, I command my heart and mind to know that I have everything I need to live a godly life and am equipped to live in His divine nature (2 Peter 1:3-4).
28. In the name of JESUS CHRIST, I command my heart and mind to know that I am an ambassador for JESUS CHRIST, (2 Corinthians 5:20). I am part of a chosen generation, a royal priesthood, a holy nation, a purchased people (1 Peter 2:9).
29. In the name of JESUS CHRIST, I command my heart and mind to know that I am the righteousness of God—I have right standing with Him—in JESUS CHRIST, (2 Corinthians 5:21).
30. In the name of JESUS CHRIST, I command my heart and mind to know that my body is a temple of the Holy Spirit; I belong to Him (1 Corinthians 6:19).
31. In the name of JESUS CHRIST, I command my heart and mind to know that I am the head and not the tail, and I only go up and not down in life as I trust and obey God (Deuteronomy 28:13).
32. In the name of JESUS CHRIST, I command my heart and mind to know that I am the light of the world (Matthew 5:14).
33. In the name of JESUS CHRIST, I command my heart and mind to know that I am chosen by God, forgiven and justified through JESUS CHRIST. I have a compassionate heart, kindness, humility, meekness and patience (Romans 8:33; Colossians 3:12).

34. In the name of JESUS CHRIST, I command my heart and mind to know that I am redeemed—forgiven of all my sins and made clean—through the blood of JESUS CHRIST, (Ephesians 1:7).
35. In the name of JESUS CHRIST, I command my heart and mind to know that I have been rescued from the domain and the power of darkness and brought into God’s kingdom (Colossians 1:13).
36. In the name of JESUS CHRIST, I command my heart and mind to know that I am redeemed from the curse of sin, sickness, and poverty (Deuteronomy 28:15-68; Galatians 3:13).
37. In the name of JESUS CHRIST, I command my heart and mind to know that my life is rooted in my faith in JESUS CHRIST, and I overflow with thanksgiving for all He has done for me (Colossians 2:7).
38. In the name of JESUS CHRIST, I command my heart and mind to know that I am called to live a holy life by the grace of God and to declare His praise in the world (Psalm 66:8; 2 Timothy 1:9).
39. In the name of JESUS CHRIST, I command my heart and mind to know that I am healed and whole in JESUS (Isaiah 53:5; 1 Peter 2:24).
40. I am saved by God’s grace, raised up with JESUS CHRIST, and seated with Him in heavenly places (Ephesians 2:5-6; Colossians 2:12).



41. In the name of JESUS CHRIST, I command my heart and mind to know that I am greatly loved by God (John 3:16; Ephesians 2:4; Colossians 3:12; 1 Thessalonians 1:4).
42. In the name of JESUS CHRIST, I command my heart and mind to know that I am strengthened with all power according to His glorious might (Colossians 1:11).
43. In the name of JESUS CHRIST, I command my heart and mind to know that I humbly submit myself to God, and the devil flees from me because I resist him in the Name of JESUS (James 4:7).
44. In the name of JESUS CHRIST, I command my heart and mind to know that I press on each day to fulfil God's plan for my life because I live to please Him (Philippians 3:14).
45. In the name of JESUS CHRIST, I command my heart and mind to know that I am not ruled by fear because the Holy Spirit lives in me and gives me His power, love and self-control (2 Timothy 1:7).
46. In the name of JESUS CHRIST, I command my heart and mind to know that JESUS CHRIST, lives in me, and I live by faith in Him and His love for me (Galatians 2:20).