

Practicing Mindfulness (List of Confessions)

Confessions addressing loneliness:

- My fellowship is with the Father, and with His Son Jesus Christ. [1 John 1:3]
- Jesus is with me always, even to the end of the age. [Matthew 28:20]
- Jesus will never leave me nor forsake me. [Hebrews 13:5-6]
- Jesus did not leave me as an orphan, but He came to me in the Person of His Holy Spirit. [John 14:17-18]
- Christ lives in me by His Holy Spirit. [1 Corinthians 6:15-20]
- I have been crucified with Christ, and it is no longer I who live, but Christ lives in me. The life I live in the body I live by faith in the Son of God who loved me and gave Himself for me. [Galatians 2:20]
- The fellowship of the Holy Spirit is with me. [2 Corinthians 13:14].
- The Counselor is with me forever. [John 14:16]
- I have the Spirit of truth living on the inside of me. [John 14:17; 15:26; 16:13]
- I know the Spirit of truth, and He makes me free from loneliness. [John 8:32]
- Loneliness does not have dominion over me, for I fellowship with the Spirit of grace. [Romans 6:14]

Confessions addressing rejection:

- I am accepted in the Beloved. [Ephesians 1:6]
- I am social.
- God keeps me as the apple of His eye. [Psalm 17:8; Zechariah 2:8].
- I was created for deep, bonded, authentic relationships.
- I who was once far off have been brought near by the blood of Christ [Ephesians 2:13]

Confessions addressing self-hatred:

- I will praise You, for I am fearfully and wonderfully made. [Psalm 139:14]
- I am beautiful [Song of Songs 1:15; 4:1,7,10; 6:4]
- I am lovely [Song of Songs 1:5; 2:14; 4:3; 6:4]
- I am of a chosen people, a royal priesthood, a holy nation, a people for God's own possession, so that I may proclaim the excellencies of Him who has called me out of darkness into His marvelous light. [1 Peter 2:9]
- Once I was not a people, but now I am of the people of God; I had not received mercy, but now I have received mercy. [1 Peter 2:10]

Confessions addressing defeat:

- I am well able to overcome the giants in my life. [Numbers 13:30]
- I can do all things through Christ who gives me strength. [Philippians 4:13]
- I overcome the enemy's accusations by the blood of the Lamb, and the word of my testimony, for I love not my life to the death. [Revelation 12:11]
- My faith in Jesus overcomes the world [1 John 5:4]

Confessions addressing bitterness:

- I am kind. [1 Corinthians 13:4]
- As God's chosen, holy and dearly loved, I put on compassion, kindness, humility, gentleness, and patience. [Colossians 3:12]
- I am kind and compassionate to those who have done me wrong and treated me unfairly.
- I cancel their "relational debt" for which they owe me, just as Christ has forgiven me. [Ephesians 4:32; Matthew 18]

Confessions addressing temptation:

- No temptation has overtaken me is unusual to mankind.
- God is faithful. I have a faithful high priest who is able to sympathize with my weakness, for he has been tempted in every way, but never sinned. He overcame every temptation, and now His same Spirit lives in me. [Luke 4:13; Hebrews 2:17-18; 4:14-16]
- God will not allow me to be tempted beyond what I can bear, handle, and overcome.
- With the temptation will also come the Way of escape. [1 Corinthians 10:13]
- So I can stand against the devil's schemes and having done all, to stand firm. [Ephesians 6:11-13]
- The Lord knows how to rescue the godly from temptation [2 Peter 2:9]
- I keep watching and praying that I may not enter into temptation [Matthew 6:13; 26:41; 14:38]

Confessions addressing guilt:

- I am justified ("just-as-if-I'd never sinned) [Romans 3:24, 28; 5:9; 8:30]
- I am justified by faith in Christ and not by the works of the Law; since by the works of the Law no flesh will be justified [Galatians 2:16b]
- I have peace with God through our Lord Jesus Christ [Romans 5:1]
- Sin shall not have control over me, for I am not under law, but under grace [Romans 6:14]
- Being justified by God's grace, I am made an heir according to the hope of eternal life [Titus 3:7; Romans 8:16-17; Galatians 3:29; 4:7]
- I have eternal life in Jesus [John 3:16, 36; 6:27, 40; 1 John 5:11, 13, 20]
- I shall not be condemned, for I have passed from death to life [John 5:24]
- I am the righteousness of God in Christ Jesus [2 Corinthians 5:21].

Confessions addressing fear:

- God did not give me the spirit of fear.
- I have the Spirit of power, love, and a sound mind. [2 Timothy 1:7]
- I am not a slave again to fear, for God is my Daddy [Romans 8:15]

Confessions addressing narcissistic control:

- Love is not self-seeking, and I am rooted and grounded in love [1 Corinthians 13:5; Ephesians 3:16]
- I do not tolerate narcissism [Revelation 2:20]
- I submit my will to God, who opposes the proud but gives grace to the humble [James 4:6-7; 1 Peter 5:5-10]

- I am directed and empowered by the Holy Spirit, not by the carnal nature [Acts 1:8; 10:38; Romans 15:13, 19; Ephesians 3:16; 5:18-21]
- I seek not to do my own will, but the will of Him who sent me. [John 5:30; 6:38]

Confessions addressing shame:

- I humbly receive the word of God, judging myself worthy of eternal life [Acts 13:45-46]
- My worth and value is the price that God paid to purchase me--the precious blood of Jesus [1 Peter 1:18-19]
- I rejoice when I am counted worthy to suffer dishonor for Jesus' name [Acts 5:41]
- I overcome spiritual deadness, apathy, and slumber through the blood of the Lamb and the word of my testimony as I love not my life to the death, that I may walk in white robes with Jesus as worthy [Revelation 3:1-6; 12:11]