

When the Enemy Attacks Who You Are:

01. Fight lies with God's Word (The Sword of the Spirit):

Make every thought and every word obedient to Christ with full submission to God's Truth. What hurtful words have been spoken over you? Bring these statements before the Word of God. Reflect and ask yourself: Is there anywhere in God's Word where it shows that this statement is true about me? Ask the Lord to reveal who you are to Him: You are loved in Christ Jesus (John 17:26).

02. Pray in Jesus' Name: (Shield of Faith).

"In the name of Jesus, whose I belong, who lives in me, and who is helping me become like Him, I break the curse of these words and its impact on me. I surrender them at your cross and choose to forgive as you have forgiven me in Jesus' name, amen."

03. Focus on the Grace of God in Jesus (Helmet of Salvation):

God suffered much for us in the flesh of Jesus. He took on the punishment for all of our sins. Whatever has been used against you; will be used for your good (Genesis 50:20). Put up your shield of faith in Jesus' love for you and keep your mind on the salvation of Christ (Helmet of Salvation). Choose to come to Jesus and ask Him to help you walk in peace (Shoes of peace).

Only The LORD, Your Creator, defines you.

You are not defined by:

- Who your parents were & say you are
- People's opinion about you
- Relationships where you were not your best self
- Mistakes you have made in the past
- Your trauma, fears & anxieties

God Says..

- You are Loved (Romans 8:38-39, John 3:16-17)
- You are chosen, God's special possession (1 Peter 2:9, Ephesians 1:11)
- You are Worthy to be Alive (Psalm 139:16, Psalm 139:13)
- Wonderfully and Fearfully made (Psalm 139:14)
- You are more than a conqueror in Christ (Romans 8:37)
- You are the Holy Spirit's Temple (1 Corinthians 6:19)

