

You may not know me, but I know everything about you. I know when you sit down and when you rise up. I am familiar with all your ways. Even the very hairs on your head are numbered. For you were made in My image. In Me you live and move and have your being. For you are My offspring. I knew you even before you were conceived. I chose you when I planned creation. You were not a mistake, for all your days are written in My book. I determined the exact time of your birth and where you would live. You are fearfully and wonderfully made. I knit you together in your mother's womb. And brought you forth on the day you were born. I have been misrepresented by those who don't know Me. I am not distant and angry, but am the complete expression of love. And it is My desire to lavish my love on you. Simply because you are My child and I am your Father. I offer you more than your earthly father ever could. For I am the perfect Father. Every good gift that you receive comes from My hand. For I am your provider and I meet all your needs. My plan for your future has always been filled with hope. Because I love you with an everlasting love. My thoughts toward you are countless as the sand on the seashore. And I rejoice over you with singing. I will never stop doing good to you. For you are My treasured possession. I desire to establish you with all My heart and all My soul. And I want to show you great and marvelous things. If you seek Me with all your heart, you will find Me. Delight in Me and I will give you the desires of your heart. For it is I who gave you those desires. I am able to do more for you than you could possibly imagine. For I am your greatest encourager. I am also the Father who comforts you in all your troubles. When you are brokenhearted, I am close to you. As a shepherd carries a lamb, I have carried you close to My heart. One day I will wipe away every tear from your eyes. And I'll take away all the pain you have suffered on this earth. I am your Father, and I love you even as I love My Son, Jesus. For in Jesus, My love for you is revealed. He is the exact representation of My being. He came to demonstrate that I am for you, not against you.

We encourage you to look with great hope to your heavenly Father, resting in the knowledge that He loves you very much. Despite any problems or pains in your life, you can be certain that your Heavenly Father cares about you and will take you through to victory. God's faithfulness covers your whole life! The Word of God says He knew you before you were born. He is always with you in this life, and you will be with Him forever in eternity. You can fully depend on His promises to you. Even if you don't feel victorious at this moment, you can stand in faith for His blessings and miraculous power to work in your life, now and always. His faithfulness endures forever. Cast aside any fear or doubt, and be greatly encouraged, for the Lord is with you and will uphold you! He says to you, "Fear not, for I am with you, be not dismayed, anxious, or discouraged, for I am your God, I will strengthen you, yes, I will help you, I will uphold you with My righteous right hand." He will not abandon you, for He promises, "I will never leave you nor forsake you." As Jesus was with the disciples during the storm on the Sea of Galilee, the Lord is with you now and will give you victory over the storms of your life. If troubles have made it hard to sense Gods presence, then be determined to draw closer to Him. The Holy Scripture assures you,

"Draw near to God, and He will draw near to you." Regardless of any difficulties you face, bring a sacrifice of praise, and He will comfort your soul, strengthen your spirit, and renew your hope. Continue to reach out to the Lord in faith, trusting in Him to help you overcome.

Have faith – ask God to help you receive!

Be confident you have and are these things! Be your own coach!

Speak out loud!

Feelings come later!

- I can change my perspective and see all the good I do and my good qualities and the good in a situation
- God is good – and I can expect and hope for good/grace and mercy to come to me
- I can give myself lots of mercy, grace, and forgiveness, because God gives me those things
- I am not alone, the body of Christ is around to help
- I am special
- I am strong
- I have a future and a hope
- I am a new creation in Christ
- I am a son of God
- I can do all things through Christ who strengthens me
- I am stronger than I think I am
- I have a Father in heaven who loves me, cares for me and sustains me. He is my Maker
- I am going to heaven
- I belong to God
- I am somebody
- I am significant
- I have great value
- I will rule and reign with Christ for 1000 years
- I have eternal life
- I have the Holy Spirit
- I have His love
- I have His resurrection power in me
- I am victorious
- I am a fighter
- I am a conqueror
- I am completely forgiven of all sins past present and future
- I am seated with Christ in heavenly places
- I am surrounded by angels
- I will be carried by angels to heaven
- I have great hope in every situation
- I have Gods mercy
- I have Gods protection
- I have Gods compassion
- God gives me room to make mistakes
- I was chosen by God before He made the world
- I have Gods undivided attention 24/7
- God will help me, strengthen me, and uphold me
- Nothing can separate me from God or His love
- I was created by Him, and for Him
- I am sealed with Gods Holy Spirit

- God is for me not against me
- I am a saint
- I am in Gods family
- I am completely accepted by God
- I have Gods grace
- I have the mind of Christ
- I am my spirit, not my body
- I can trust God
- I have been given a spirit of power, love, and a sound Mind
- I am courageous in God
- I am confident in God
- No problem I have is too hard for God to fix
- I have Gods guidance
- I have Gods encouragement
- I will have a new glorified body like Jesus and live in the New Jerusalem
- I can surrender to God – He can take care of all of me perfectly
- I can safely give God my whole heart – He will take perfect excellent care of me. I can trust Him.
- I can rest in His love and care
- God will never leave or forsake me
- Greater is He that is in me than ANYTHING
- God is with me wherever I go
- I am secure in Christ
- God loves me no matter what I do or don't do
- I can forsake the world and follow Christ – He is all I need
- This place is not my home
- God is extremely eager to be with me, counsel me, help me, hear from me, spend time with me, and be in fellowship with me
- God is always working things out for my good and His glory
- ANYTHING I face I can overcome with Gods help
- Through Gods help I can have a good attitude and perspective in anything I face
- Through Gods help I will be nice to myself and not burden myself with negative thoughts and imaginations, but will encourage, uplift, and edify myself with Gods truths
- I can endure trials with patience while I wait for Gods deliverance
- Sufferings are temporary, I can be confident "this too shall pass"
- If I'm anxious I have tunnel vision, I can broaden my perspective There are many other angles and ways to view a situation that I can choose from
- I can accept challenges and be a victorious champion in Christ because God is for me
- I can humble myself and admit I don't know everything when I am anxious – I can let go of the pride and assumptions thinking I know how a situation will turn out, and turn it all over to God.
- There is hope in every situation, even if I don't see it
- If I lose my health or mental ability and end up at the mercy of others, God is in control, He loves me, and will take excellent perfect care of me by working in me directly, and by working through others
- Because I have God and am saved, there is no danger in health issues or anything else. Either He will deliver me, walk me though, or take me home. In any of these options, I WIN.
- If I'm worried about money: One day at a time: Do I have money for food and water TODAY? Then I am provided for. He has provided for countless before me
- He made me, I am the clay, He is the potter
- God promises to help me, not because I do anything right, but because I am His.
- When I am weak, He is strong
- I can be strong in the power of His might
- I can look to God for truth and not the lies and distortions of my own imagination
- I can be encouraged by all those of faith who've gone before me, who would be cheering me on

His advice is to *cast all their care, or all care of themselves, upon God.* "Throw your cares, which are so cutting and distracting, which wound your souls and pierce your hearts, upon the wise and gracious providence of God; trust in him with a firm composed mind, *for he careth for you.* He is willing to release you of your care, and take the care of you upon himself. He will either avert what you fear, or support you under it. He will order all events to you so as shall convince you of his paternal love and tenderness towards you; and all shall be so ordered that no hurt, but good, shall come unto you.