

Mirror Exercises

(Print these and put somewhere near your mirror. Look at yourself in the mirror and speak these truths daily)

Father, I believe you're Word.

Your Word is true.

What it says is true.

What it says I can do, I can do.

What it says I am, I am.

I'm going to do what it says I can do.

I'm going to make my faith effective by acknowledging every good thing in me that is in Christ Jesus because it's not I who live, but Christ who lives in me.

I died, was buried, and I was raised up with Him to sit with him in heavenly places far above all principalities and powers.

I shall not die, but live, declare and exalt the word of the Lord

I am free and the Lord fights my battle - victory is mine

God provides all my needs

I have the mind of Christ, I renew my mind daily

I pull down all that exalts itself against the true knowledge of God

I refuse thoughts of fear, failure and defeat

I only think thoughts of victory and abundance

I meditate on your word day and night and I am transformed

You're Word of love and hope dwells richly in my heart

The power of your Word is activated for transformation in my life today

I walk in confidence in who I am in Christ

I shall boldly confess the Word of the Lord

Whatever I ask in prayer and in faith I shall receive

I daily pull down every toxic thought that does not align with the Word of God

I face all situations with peace

My spirit takes the lead today

