

## Kyle Anderson, D.C., F.I.C.P.A.

Are your first thoughts in the morning and last thoughts at night negative and filled with anxiety and fear? What is the one thing in life we have complete control over...? Our thoughts! Your thoughts are the one thing in life you can choose to take control of. Whatever you think about most often, you think into existence in your life. Thinking positively is something you can make a habit. How?

A personal declaration is an extremely effective way to reprogram your thoughts and personal views of yourself and circumstances. The thoughts you have determine the decisions we make, the way we react to life, and how you view your life. Anxiety, depression, fear, shame, and self doubt can be brain habits that are learned and can be unlearned as well. Stopping and consciously choosing to think differently and positively can be hard, but creating a personal affirmation is one key to change. 21 days of consistent personal declarations morning and night can reprogram your brain and your thoughts.

Begin by making a list of all the negative thoughts you tell yourself everyday about your life, your family, your job, your spiritual journey, etc. Then write the exact opposite statement in the present "I am" ie. *"I am anxious and fearful" becomes "I am confident in myself and God's plan for me"*

*"My wife doesn't love me" becomes "I am loved by my wife and I strive everyday to show her my love"*

*"I am tired and lazy" becomes "I am full of energy and enthusiasm and work daily on my health"*

*"I am not worthy of God's love" becomes "I am a child of God and He loves me unconditionally."*

Turn these positive personal declarations into a paragraph or list, save in your phone or print off and laminate and keep in your pocket/purse.

Twice a day, out loud, with emotion say your personal declaration. By hearing yourself say it, it is no different than a loved one telling you these things daily. The more you say it, the more your brain hears it, your brain begins to change. How you react to situations begins to change. Stress at work or home that once bothered you no longer does as you are thinking differently. Your fear and worry at bed is now changing as you think differently and take control of your thoughts. The following is from Pastor Craig Groeschel and "The Power of Personal Declarations"

### **The Power of Personal Declarations**

**When you wake up and begin a new day, where do your thoughts take you?**

**Are they positive? Or do they tend to be more negative?**

**If you find yourself with more negative thoughts, embrace this spiritual truth: our lives move in the direction of our strongest thoughts**

## **If we're going to do everything God has called us to do in our families, churches, and communities, we must replace negative thoughts with God's truth.**

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Ask yourself two questions:

1. What negative thoughts are influencing or hindering your life?
2. What spiritual truths can set you free from those strongholds?

Don't rush past these questions. Spend some time here in honest reflection.

Next, let's craft some statements that God can use to renew our minds as we meditate on who we are in Him. Our pastor, Craig Groeschel, has made this a daily discipline. Below are his daily declarations as well as a few others to inspire you as you craft your own.

### **Example Words to Live By**

Below, you'll find Pastor Craig's personal declarations and many more ideas for Bible verses and truths you can use to renew your mind and fight back against negative thinking.

### **Pastor Craig's Daily Declarations**

- Jesus is first in my life. I exist to serve and glorify Him.
- I love my wife and will lay down my life to serve her.
- My children will love God and serve Him with their whole hearts. I will nurture, equip, train, and empower them to do more for His kingdom than they can imagine.
- I love people and believe the best about others.
- I am disciplined. Christ in me is stronger than the wrong desires in me.
- I am growing closer to Jesus every day. Because of Christ, my family is closer, my body is stronger, my faith is deeper, my leadership is sharper.
- I am anointed, empowered, equipped and called to reach people far from God.
- I am creative, innovative, driven, focused, and blessed beyond measure—because the Holy Spirit dwells within me.
- I develop leaders. That's not something I do. It's who I am.
- My words, thoughts, and imaginations are under the power of Christ. I take all thoughts captive and make them obedient to Christ.
- I wake up with purpose, direction, and meaning every day of my life.
- Pain is my friend. I rejoice in suffering because Christ suffered for me.
- I bring my best and then some. It's what I bring after I do my best that makes the difference.
- The world will be different and better because I served Jesus today.

## Because of Jesus ...

- I am a child of God. (Galatians 3:26)
- I am a spiritual contributor, not a spiritual consumer.
- I am alive. (Romans 6:11)
- I am a faith-filled, life-speaking, fully devoted follower of Christ.
- I am Christ's ambassador. (2 Corinthians 5:20)
- I am a masterpiece. (Ephesians 2:10)
- I am content in Christ alone.
- I am chosen. (Ephesians 1:4)
- I am determined to love God and people with everything I have.
- I am a child of God. (John 1:12-13)
- I am strengthened by God who upholds me, protects me, and defends me.
- I am joyful. (Galatians 5:22-23)
- I am gentle. (Galatians 5:22-23)
- I am not easily offended and will not hold onto bitterness.
- I am patient. (Galatians 5:22-23)
- I am faithful. (Galatians 5:22-23)
- I am self-controlled. (Galatians 5:22-23)
- I am kind. (Galatians 5:22-23)
- I am known—even before I was born. (Jeremiah 1:5)
- I am steady. (Psalm 91:1)
- I am not alone—God is with me.
- I am loved. (John 3:16)
- I am fierce in confidence and boldness because God is with me.
- I am free. (John 8:32)
- I am healed. (1 Peter 2:24)
- I am unashamed. (Romans 8:1)
- I am called and equipped to go after the righteous desires God puts in my heart.
- I am strong. (1 John 2:14)
- I am fearless. (Isaiah 43:5)
- I am secure. (John 10:28-29)
- I am not a people-pleaser because I answer to God first and seek to please Him.
- I am a new creation. (2 Corinthians 5:17)
- I am not shaken. (Psalm 62:6)
- I am not stuck in worry because Jesus offers a peace this world cannot give.
- I am born again. (1 Peter 1:23)
- I am more than a conqueror. (Romans 8:37)
- I am named by God, not labeled by man.
- I am the light of the world. (Matthew 5:14)
- I am mighty in His power. (Ephesians 6:10)
- I am the Church and I exist for the world. (1 Corinthians 12:27)

## For Women

- I am the daughter of the King of all kings.
- Because of Jesus, I lack nothing.
- God has given me everything I need to do what He's called me to do.
- I speak encouraging, life-giving words and build others up.
- The joy of the Lord is my strength. (Nehemiah 8:10)
- I will not compare myself to other women. God made us all beautifully unique.
- I will hold myself to God's standards and measure myself with grace.
- I will love and laugh rather than fight and complain.
- I refuse to waste my life on meaningless things.
- I will act justly, love mercy, and walk humbly with my God. (Micah 6:8)
- Through Christ I am strong, gentle, fierce, and compassionate.
- I will fight the good fight for what matters most. (2 Timothy 4:7)

## For Men

- I am the son of the King of all kings.
- I lay down my pride and selfishness, giving all glory to the one true God.
- I love my family like Christ loved the Church—giving Himself up for her.
- I fight for purity, guarding my eyes and heart from tempting situations.
- I seek friendships with other godly men to sharpen my perspective. (Proverbs 27:17)
- I wait for God to open the right doors and take action when He does.
- I'm not defined by my failures or successes.
- I finish what I start.
- I never give up!
- I will act justly, love mercy, and walk humbly with my God. (Micah 6:8)
- Through Christ I am strong, gentle, fierce, and compassionate.
- I am a warrior! I stand firm, even when the pain is crippling because God is my strength.
- I will fight the good fight for what matters most. (2 Timothy 4:7)