

Examples of “Gut Talk” declarations...

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)

For Parents

- Every child is a gift from God. (Psalm 127:3)
- God has given me everything I need to teach my kids about Him.
- I am capable of leading with the love of Christ rather than the fear of punishment.
- I am intentional to leave my children with an eternal legacy. (Deuteronomy 6:5-9)
- I will encourage, build up, and instill truth in my children.
- In our house, we forgive, we give grace, and we always love.
- I will never give up, even when parenting is hard.
- I can be patient and kind because the Holy Spirit helps me. (Galatians 5:22-23)
- I will pray for my children because God hears my prayers.

Everyday Life with Jesus

- The same power that raised Christ from the dead lives in me. (Ephesians 1:19-20)
- Nothing can separate me from God. (Romans 8:38-39)
- Sin has no power over me. (Romans 6:14)
- I have authority over the enemy. (Luke 10:19)
- I can resist the enemy. (James 4:7)
- I can endure all things through Christ. (Philippians 4:13)
- I have the mind of Christ. (1 Corinthians 2:16)
- I have everything I need for life and godliness through the knowledge of Him. (2 Pet 1:3)
- I have eternal life, which is knowing God. (John 17:3)
- I overcome the world. (John 16:33)
- Greater is He that lives in me. (1 John 4:4)
- I have the ability to choose life. (Deuteronomy 30:19)
- Kept by the power of God. (1 Peter 1:5)
- I have the power to tell others about God's love for them. (Acts 1:8)
- God meets my needs. (Philippians 4:19)
- I have access to my heavenly Father. (Ephesians 2:18)
- I have hope. (Hebrews 6:19)
- The Lord is my shepherd. (Psalm 23:1)

Friendship

- I assume the best about others.
- I am a good friend.
- My friends and family love me.
- I am kind and loving.
- My lovingkindness will speak for itself so I don't have to.
- I love because Love lives in me.
- I shut my mouth when I want to complain.
- I speak life!
- I encourage others daily.
- Joy is my reputation.
- I represent Christ well to my friends.

Shame

- I am not defined by what I have done.
- God's grace is more powerful than my sin.
- I am forgiven when I turn to God for salvation because Christ already paid my debt.
- My record has been wiped clean. (Psalm 103:12)
- Even when others remind me of my past, I will not let it limit my future.
- I am a new creation. (2 Corinthians 5:17)

Finances

- I am irrationally generous because God is irrationally generous. (Romans 5:8)
- God can do more than I can ask, think, or imagine.
- God does the multiplying—it's my job to obey.
- I am a lender, not a borrower.
- I give up things I love for things I love even more.
- It's an honor to sacrifice for Christ and His Church.
- It really is more blessed to give than to receive. (Acts 20:35)

Temptation / Addiction

- God always provides a way out, and I will take it. (1 Corinthians 10:13)
- I am free from sin's trap.
- No temptation is greater than my God.
- He will help me; I only need to ask. (Matthew 7:7)
- God is stronger than my appetite.
- Jesus' name is above my addiction.
- I crave the Word of God more than addiction.
- God has given me the power to stand against temptation.
- I submit to God and resist the devil. (James 4:7)

Discouragement / Hope

- When there is no hope, Jesus fills me with hope. (Romans 15:13)
- I am not a rejected soul because God continuously pursues me.
- I take my thoughts captive and align them with God's perspective.
- I can put my hope in God's promises because He is trustworthy. (Numbers 23:19)
- I have a choice—today I will choose life!

Finish Strong

- I will pick up my cross daily and follow Jesus, no matter the cost.
- I run the race to finish strong. (1 Corinthians 9:24)
- In Christ, I can do hard things.
- God will complete the work He first began in me. (Philippians 1:6)
- Christ will be my strength and I will persevere.
- I will not lean on my own understanding, but on Christ.
- Greater is He who is in me, than he who is in the world. (1 John 4:4)
- Nothing the enemy throws at me is more powerful than Jesus.
- The Holy Spirit fills me and shows me the way.

Business

- I am a faith-filled, big thinking, bet-the-farm risk taker.
- I will never insult God with small thinking and safe living.
- I show God's love to every client, vendor, coworker, and employee. (John 13:35)
- Neither failures nor successes define my worth.
- God is my defender, negotiator, and guide.

Offense

- I am not easily offended because God's love lives in me.
- I am able to forgive quickly because God has forgiven me.
- I keep no record of wrongs. (1 Corinthians 13:5)

He is God

- You are a good Father.
- You are my God who keeps His word.
- You do not lie. (Numbers 23:19)
- You are faithful throughout all generations. (Psalm 119:90)
- You have overcome the world.
- You love me. (John 3:16)
- In You I have peace, freedom, and no condemnation.
- You rescue and defend.
- You brought me the Good News.
- You bind up my broken heart. (Psalm 147:3)
- You released me from my prison.
- You are my comfort.

Fear / Anxiety

- I will not be afraid because God is with me. (Isaiah 41:10)
- I turn to Jesus because He offers a peace this world cannot give.
- I will not be a slave to fear. (Galatians 4:7)
- I am safe in Christ.
- God is my shelter and my hiding place. (Psalm 32:7)
- The peace of God will guard my heart and mind.

Protection

- I rest in the shelter of the Most High.
- I remain stable and fixed under the shadow of the Almighty.
- God is my protection in whom I confidently trust. (2 Thessalonians 3:3)
- God will save me.
- God's truth and His faithfulness are my cover and defense.
- I will not fear.
- God commands His angels to guard me in all my ways. (Psalm 91:11)
- The Lord will rescue and protect me.
- My God answers me when I call on Him.
- God is with me in trouble.

Identity

- I am loved.
- My value is not based on what I can do, but what Jesus did.
- My failures do not define me.
- My accomplishments are because of God in me.
- My life is a witness, a city on a hill. (Matthew 5:14)
- I am holy and blameless in Christ.
- I am safe.
- I am accepted.
- I am not condemned.
- I am enough because Jesus is enough.
- God is working in me and through me. (Hebrews 6:10)
- While man may reject me, my God never will.

Healing / Health

- God's Word is nourishment to my body and soul.
- God sustains me. (Psalm 54:4)
- God is my help.
- God alone has the power to heal.
- God says to ask, and seek, and knock, so that is what I will do.
- I believe that God can. I believe that God will. But even if He doesn't, I still believe.
- The same Spirit that raised Jesus from the dead lives within me.
- The life of God within me restores my health.
- The devil is already defeated.
- Even though I walk through the valley of the shadow of death, I will not fear! (Psa 23:4)
- I rely on God's strength because when I am weak, I am strong. (2 Corinthians 12:9-10)