

Self-Talk

Proverbs 18:20, 21 [AMP] – *A man's [moral] self shall be filled with the fruit of his mouth; and with the consequence of his words he must be satisfied [whether good or evil].* ²¹ *Death and life are in the power of the tongue, and they who indulge in it shall eat the fruit of it [for death or life].*

Our self-talk should be personal, positive and present tense.

#1 – Personal.

- **Mark 11:23** – *For assuredly, I say to you, whoever says to this mountain, 'Be removed and be cast into the sea,' and does not doubt in his heart, but believes that those things he says will be done, he will have whatever he says.*

#2 – Positive.

- **Hebrews 10:35** – *Therefore do not cast away your confidence, which has great reward. [Strong's: free and fearless confidence, cheerful courage, boldness, assurance.]*

#3 – Present Tense.

- **Hebrews 11:1** – *Now faith is the substance of things hoped for, the evidence of things not seen.*
- **Joel 3:10b** – *... let the weak say 'I am strong'.*

Conclusion: "I am who God says I am. I have what God says I have. I can do what God says I can do."

Self-Talk List

I am a child of God.

- **Romans 8:16** – *The Spirit Himself bears witness with our spirit that we are children of God,*

I am forgiven.

- **Ephesians 4:32** – *And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.*

I am accepted.

- **Ephesians 1:6** – *to the praise of the glory of His grace, by which He made us accepted in the Beloved.*

I am qualified for all the promises.

- **Colossians 1:12** – *giving thanks to the Father who has qualified us to be partakers of the inheritance of the saints in the light.*

I am healed.

- **I Peter 2:24b** – *by whose stripes you were healed.*

I am delivered.

- **Colossians 1:13** – *He has delivered us from the power of darkness and conveyed us into the kingdom of the Son of His love,*

I am righteous.

- **II Corinthians 5:21** – *For He made Him who knew no sin to be sin for us, that we might become the righteousness of God in Him.*

I am more than a conqueror.

Nothing can separate me from God's love.

- **Romans 8:37-39** – *Yet in all these things we are more than conquerors through Him who loved us. ³⁸ For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, ³⁹ nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord.*

I can do all things through Christ.

- **Philippians 4:13 [AMP]** – *I have strength for all things in Christ Who empowers me [I am ready for anything and equal to anything through Him Who infuses inner strength into me; I am self-sufficient in Christ's sufficiency].*

This is the day that the Lord has made. I will rejoice and be glad in it!

- **Psalms 118:24** – *This is the day the Lord has made; we will rejoice and be glad in it.*