

BODY – Day 2

Only when something is brought to our awareness can we address it. Yesterday you were challenged to examine your thought life. Did you identify any areas that were not in line with the truth of Christ? Yahweh desires for us to prosper in our bodies, which will allow us to lead others into prosperity as well. This starts with having an accurate view of ourselves and of Yahweh. Ask Holy Spirit to customize this exercise for you, or follow this example if you need a greater vision of who you are in Christ!

1. Thanksgiving

Being as specific as possible, develop 5 statements thanking Yahweh for His goodness in this area.

- ❖ **Yahweh**, Thank you that I don't have to go to a temple, but I AM the temple. (1 Corinthians 6:19)
- ❖ **Yahweh**, Thank you that you give strength to the weary and increase of power to the weak. (Isaiah 40:29)
- ❖ **Yahweh**, Thank you that your Spirit gives life to our mortal bodies. (Romans 8:11)
- ❖ **Yahweh**, Thank you that you paid for my healing. (Isaiah 53:5)
- ❖ **Yahweh**, Thank you that you have given to me the ability to run this race so that I may win. (1 Corinthians 9:24)

2. Praise

Continue to be specific and develop 5 statements of praise — this moves beyond thankfulness and places emphasis on the truth of Yahweh vs. the circumstances or false belief we held.

- ❖ The Spirit gives life to my mortal body! (Romans 8:11)
- ❖ I am no longer a slave to sin and death! (Romans 6:6)
- ❖ I am not in bondage to anything! Christ has set me free! (Galatians 5:1)
- ❖ I am blessed in ALL I do! (James 1:25)
- ❖ I can do ALL things through Christ who strengthens me! (Philippians 4:13)
- ❖ I can run and not grow weary! (Isaiah 40:31)

3. Worship

As you release your burdens and rehearse the goodness of Yahweh, you should naturally move to a position of worship. This means you just enjoy the presence of Yahweh, where nothing else can exist. You are no longer tempted to think about your problems, because you realize you don't have any! You have Christ, which means you have all sufficiency and there is no room for fear!

Engage in this process daily. Discipline yourself to do this anytime you feel drawn to negative or fear based thoughts.