

Overwhelmed Series: Depression
May 5, 2019

Confession of Faith

- 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 act 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)