
I Choose to Believe the Truth

Declarations

I renounce the lie that you, Father God, are distant and uninterested in me.

I choose to believe the truth that You, Father God, are always personally present with me, have plans to give me a hope and a future, and have prepared works in advance specifically for me to do.

(Psalm 139:1 – 18; Matthew 28:20; Jeremiah 29:11; Ephesians 2:10)

I renounce the lie that You, Father God, are insensitive and don't know me or care for me.

I choose to believe the truth that You, Father God, are kind and compassionate and know every single thing about me.

(Psalm 103:8 – 14; 1 John 3:1 – 3; Hebrews 4:12 – 13)

I renounce the lie that You, Father God, are stern and have placed unrealistic expectations on me.

I choose to believe the truth that You, Father God, have accepted me and our joyfully supportive of me.

(Romans 5:8 – 11; Romans 15:17)

I renounce the lie that You, Father God, are passive and cold toward me.

I choose to believe the truth that You, Father God, are warm and affectionate toward me.

(Isaiah 40:11; Hosea 11:3 – 4)

I renounce the lie that You, Father God, are absent or too busy for me.

I choose to believe the truth that You, Father God, are always present and eager to be with me and enable me to be all that You created me to be.

(Philippians 1:6; Hebrews 13:5)

I renounce the lie that You, Father God, are impatient or angry with me or have rejected me.

I choose to believe the truth that You, Father God, our patient and slow to anger, and that when You discipline me, it is a proof of Your love, and not rejection.

(Exodus 34:6; Romans 2:4; Hebrews 12:5 – 11)

I renounce the lie that You, Father God, have been mean, cruel, or abusive to me.

I choose to believe the truth that Satan is mean, cool, and abusive, but You, Father God, our loving, gentle, and protective.

(Psalm 18:2; Matthew 11:28 – 30; Ephesians 6:10 – 18)

I renounce the lie that You, Father God, are denying me the pleasures of life.

I choose to believe the truth that You, Father God, are the author of life and will lead me into love, joy, and peace when I choose to be filled with your spirit.

(Lamentations 3:22 – 23; Galatians 5:22 – 24)

I renounce the lie that You, Father God, are trying to control and manipulate me. I choose to believe the truth that You, Father God, set me free and gave me the freedom to make choices and grow in Your grace.

(Galatians 5:1; Hebrews 4:15 – 16)

I renounce the lie that You, Father God, have condemned me and no longer forgive me.

I choose to believe the truth that You, Father God, have forgiven all my sins and will never use them against me in the future.

(Jeremiah 31:31 – 34; Romans 8:1)

I renounce the lie that You, Father God, reject me when I fail to live a perfect or sinless life.

I choose to believe the truth that You, Father God, our patient toward me and cleanse me when I fail.

(Proverbs 24:16; 1 John 1:7 & 2:2)

I HIM THE APPLE OF YOUR EYE! (Deuteronomy 32:9 – 10)

SCRIPTURE REFERENCES

Psalm 139:1 – 18

O Lord, You have searched me and known me. You know my sitting down and my rising up; You understand my thought afar off. You comprehend my path and my lying down, and are acquainted with all my ways. For there is not a word on my tongue, But behold, O Lord, You know it altogether. You have hedged me behind and before, and laid Your hand upon me. Such knowledge is too wonderful for me; It is high, I cannot attain it. Where can I go from Your Spirit? Or where can I flee from Your presence? If I ascend into heaven, You are there; If I make my bed in hell, behold, You are there. If I take the wings of the morning, And dwell in the uttermost parts of the sea, Even there Your hand shall lead me, And Your right hand shall hold me. If I say, "Surely the darkness shall fall on me," Even the night shall be light about me; Indeed, the darkness shall not hide from You, But the night shines as the day; The darkness and the light are both alike to You. For You formed my inward parts; You covered me in my mother's womb. I will praise You, for I am fearfully and wonderfully made; Marvelous are Your works, And that my soul knows very well. My frame was not hidden from You, When I was made in secret, And skillfully wrought in the lowest parts of the earth. Your eyes saw my substance, being yet unformed. And in Your book they all were written, The days fashioned for me, When as yet there were none of them. How precious also are Your thoughts to me, O God! How great is the sum of them! If I should count them, they would be more in number than the sand; When I awake, I am still with You.

Matthew 28:20

I am with you always, even to the end of the age.

Jeremiah 29:11

For I know the thoughts that I think toward you, says the LORD, thoughts of peace and not of evil, to give you a future and a hope.

Ephesians 2:10

For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them.

Psalm 103:8 – 14

The Lord is merciful and gracious, Slow to anger, and abounding in mercy. He will not always strive with us, Nor will He keep His anger forever. He has not dealt with us according to our sins, Nor punished us according to our iniquities. For as the heavens are high above the earth, So great is His mercy toward those who fear Him; As far as the east is from the west, So far has He removed our transgressions from us. As a father pities his children, So the Lord pities those who fear Him. For He knows our frame; He remembers that we are dust.

1 John 3:1 – 3

Behold what manner of love the Father has bestowed on us, that we should be called children of God! Therefore the world does not know us, because it did not know Him. Beloved, now we are children of God; and it has not yet been revealed what we shall be, but we know that when He is revealed, we shall be like Him, for we shall see Him as He is. And everyone who has this hope in Him purifies himself, just as He is pure.

Hebrews 4:12 – 13

For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart. ¹³ And there is no creature hidden from His sight, but all things are naked and open to the eyes of Him to whom we must give account.

Romans 5:8 – 11

But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us. Much more then, having now been justified by His blood, we shall be saved from wrath through Him. For if when we were enemies we were reconciled to God through the death of His Son, much more, having been reconciled, we shall be saved by His life. And not only that, but we also rejoice in God through our Lord Jesus Christ, through whom we have now received the reconciliation.

Romans 15:17

Therefore I have reason to glory in Christ Jesus in the things which pertain to God.

Isaiah 40:11

He will feed His flock like a shepherd; He will gather the lambs with His arm, And carry them in His bosom, And gently lead those who are with young.

Hosea 11:3 – 4

“I taught Ephraim to walk, Taking them by their arms; But they did not know that I healed them. I drew them with gentle cords, With bands of love, And I was to them as those who take the yoke from their neck. I stooped and fed them.

Philippians 1:6

Being confident of this very thing, that He who has begun a good work in you will complete it until the day of Jesus Christ

Hebrews 13:5

Let your conduct be without covetousness; be content with such things as you have. For He Himself has said, “I will never leave you nor forsake you.”

Exodus 34:6

And the LORD passed before him and proclaimed, “The LORD, the LORD God, merciful and gracious, longsuffering, and abounding in goodness and truth,

Romans 2:4

Or do you despise the riches of His goodness, forbearance, and longsuffering, not knowing that the goodness of God leads you to repentance?

Hebrews 12:5 – 11

And you have forgotten the exhortation which speaks to you as to sons:

“My son, do not despise the chastening of the Lord, nor be discouraged when you are rebuked by Him; For whom the Lord loves He chastens, and scourges every son whom He receives.”

If you endure chastening, God deals with you as with sons; for what son is there whom a father does not chasten? But if you are without chastening, of which all have become partakers, then you are illegitimate and not sons. Furthermore, we have had human fathers who corrected us, and we paid them respect. Shall we not much more readily be in subjection to the Father of spirits and live? For they indeed for a few days chastened us as seemed best to them, but He for our profit, that we may be partakers of His holiness. Now no chastening seems to be joyful for the present, but painful; nevertheless, afterward it yields the peaceable fruit of righteousness to those who have been trained by it.

Psalm 18:2

The LORD is my rock and my fortress and my deliverer; My God, my ^[a]strength, in whom I will trust; My shield and the horn of my salvation, my stronghold.

Matthew 11:28 – 30

Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light.”

Ephesians 6:10 – 18

The Whole Armor of God

Finally, my brethren, be strong in the Lord and in the power of His might. Put on the whole armor of God, that you may be able to stand against the wiles of the devil. For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places. Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand. Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness, and having shod your feet with the preparation of the gospel of peace; above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one. And take the helmet of salvation, and the sword of the Spirit, which is the word of God; praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints.

Lamentations 3:22 – 23

Through the LORD’s mercies we are not consumed, Because His compassions fail not. They are new every morning; Great is Your faithfulness.

Galatians 5:22 – 24

But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law. And those who are Christ’s have crucified the flesh with its passions and desires.

Galatians 5:1

Stand fast therefore in the liberty by which Christ has made us free, and do not be entangled again with a yoke of bondage.

Hebrews 4:15 – 16

For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin. Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.

Jeremiah 31:31 – 34

“Behold, the days are coming, says the LORD, when I will make a new covenant with the house of Israel and with the house of Judah— not according to the covenant that I made with their fathers in the day that I took them by the hand to lead them out of the land of Egypt, My covenant which they broke, though I was a husband to them, says the LORD. But this is the covenant that I will make with the house of Israel after those days, says the LORD: I will put My law in their minds, and write it on their ^[b]hearts; and I will be their God, and they shall be My people. No more shall every man teach his neighbor, and every man his brother, saying, ‘Know the LORD,’ for they all shall know Me, from the least of them to the greatest of them, says the LORD. For I will forgive their iniquity, and their sin I will remember no more.”

Romans 8:1

There is therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit.

Proverbs 24:16

For a righteous man may fall seven times And rise again, But the wicked shall fall by calamity.

1 John 1:7 & 2:2

But if we walk in the light as He is in the light, we have fellowship with one another, and the blood of Jesus Christ His Son cleanses us from all sin. And He Himself is the propitiation for our sins, and not for ours only but also for the whole world.

Deuteronomy 32:9 – 10

For the LORD’s portion is His people; Jacob is the place of His inheritance. “He found him in a desert land. And in the wasteland, a howling wilderness; He encircled him, He instructed him, He kept him as the ^[a]apple of His eye.