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FROM: DR. MICHELLE BENGTON

[www.DrMichelleBengtson.com](http://www.DrMichelleBengtson.com)

# 99 *Life* Changing Truths

*From GOD'S WORD*

To Speak Over Your Life

to Combat the Lies of the Enemy

(including 20 Truths to  
Teach your Children)

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## **99 Life Changing Truths from God's Word to Speak Over Your Life**

1. When you feel like a failure, think instead, "Even if I stumble, I will not fall. God upholds me with His hand." (Psalm 37:23-24)
2. When you feel helpless, remember God is with you. Do not be afraid. (2 Chronicles 20:17)
3. When you feel afraid that your situation will never change, stand on the word of God and believe that God has promised you victory. (Romans 8:37)
4. When you feel down, blue or despairing, remember God is the strength of your heart and is all you will ever need. (Psalm 73:26)
5. When you feel alone, remember God promises, "I will never fail you nor forsake you." (Deuteronomy 31:6, Isaiah 43:2, John 14:18)
6. When you feel insecure, remember You are the apple of God's eye. (Zechariah 2:8)
7. When you are afraid, say instead, "When I am afraid, I put my trust in God." (Psalm 56:3)

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8. When you feel ugly, think instead, "I am precious in God's eyes. I am honored. God loves me." (Isaiah 43:4)
9. When times are difficult and you feel like you can't go on, remember that God promises that His grace is sufficient for you. (2 Corinthians 12:9)
10. When you feel down, blue or despairing, remember God says you are justified and redeemed. (Romans 3:24)
11. When you don't think you can manage a situation, remember that God has promised that He will supply all your needs. (Philippians 4:19)
12. When you are afraid, remember "whoever trusts in the Lord is kept safe." (Proverbs 29:25)
13. When you have made a mistake and find it difficult to forgive yourself, remember that God has already forgiven you. (Romans 8:1)

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14. When you feel alone, remember God says "I will never fail you. I will never abandon you." (Hebrews 13:5b, Joshua 1:5)

15. When you feel insecure, remember God will complete the work He started in you. (Philippians 1:6)

16. When you feel overwhelmed, remember God said He will give you rest. (Matthew 11:28)

17. When circumstances envelop you, maintain your hope in Him by believing, "Greater is He who is in me than He who is in the world." (John 4:4)

18. When you are in pain, remember that when Jesus was in great agony, He chose to seek God. "And being in agony He prayed more earnestly." (Luke 22:44)

19. When I am afraid, God gives me peace. (John 14:27)

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20. When you feel all alone in your sorrow, remember we never go through grief alone - God promises to catch all our tears. (Psalm 56:8)
21. When you feel like you don't fit in, think instead, "I not only fit in, I'm accepted in the beloved." (Ephesians 1:6)
22. When you are unsure of your future, remember God is always ready to help in times of trouble. (Psalm 46:1)
23. When you are feeling down, blue or despairing, remember God heals the heartbroken and bandages their wounds. (Psalm 146:3)
24. When you feel like quitting, remember God says not to give up - then you will receive what He has promised. (Hebrews 10:35-36)
25. When you are tempted to think, "It's impossible," think instead, "All things are possible." (Luke 18:27)
26. When you feel unloved, remember the truth that God loves you. (John 3:16)

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27. When you feel weak, remember God doesn't expect us or require us to remain strong. He promises in our weakness, He will be our strength. (2 Corinthians 12:10)

28. When you feel lonely or alone, remember God promises to draw near to you when you draw near to Him. (James 4:8)

29. When you feel that your faith is weak and your hope nonexistent, remember God has given everyone a measure of faith. (Romans 12:3)

30. When you think: "I'm afraid I'll always feel this way". Instead, say this: "God says better days are ahead." (Psalm 30:5)

31. When you feel alone, remember God says cast all your anxiety on Him for He cares for you. (1 Peter 5:6-7)

32. When you're feeling anxious, remember God is greater than anxiety. He says do not be anxious for anything. (Philippians 4:6)

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33. When your mind is racing with fearful thoughts, think instead, "The peace of God guards my heart and mind." (Philippians 4:7)

34. When you find yourself thinking you are unworthy and unlovable, think instead, "God loves me dearly." (John 16:27)

35. When you feel ugly, remember God made everything beautiful. (Ecclesiastes 3:11)

36. When you feel unworthy and unlovable, remember nothing can separate you from God's love. (Romans 8:38-39)

37. When you are afraid, determine to take every thought captive. (2 Corinthians 10:5)

38. When you feel lonely or alone, remember God promises to draw near to you when you draw near to Him. (James 4:8)

39. When you are afraid, remember that God has not given you a spirit of fear, but of power, love and a sound mind. (2 Timothy 1:7)

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40. When you are afraid, remember God said do not be afraid or discouraged, He will be with you wherever you go. (Joshua 1:9)
41. When you are tempted to think, "I can't figure it out," think instead, "God will direct my steps." (Proverbs 3:5-6)
42. When you feel unworthy and unlovable, remember God will never quit loving you. (Jeremiah 31:3)
43. When you find yourself thinking, "I'm not smart enough," remember that God says He will give you wisdom. (1 Corinthians 1:30)
44. When you feel ugly, think instead, "I am wonderfully made." (Psalm 139:14)
45. When you are worried, reminder yourself, "My help comes from the Lord. He is the Maker of heaven and earth." (Psalm 121:1-2)
46. When you are fearful, remember God says, "I will make you strong and help you; I will protect you and save you." (Isaiah 41:10)

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*Our worth is not dependent on what we do but on WHO we are and WHOSE we are. Think these truths when you are feeling unworthy.*

47. I am completely forgiven. (1 John 1:9)

48. I am healed. (Isaiah 53:5)

49. God loves me and chose me. (1 Thessalonians 1:4)

50. I encourage others and lift them up. (1 Thessalonians 5:11)

51. I have been established, anointed and sealed by God. (2 Corinthians 1:21-22)

52. I have been made new. (2 Corinthians 5:17)

53. I've become the righteousness of God in Christ. (2 Corinthians 5:21)

54. I am God's coworker. (2 Corinthians 6:1)

55. I make mistakes, but I am forgiven. (Colossians 1:14)

56. I am complete in Christ. (Colossians 2:10)

57. I am chosen of God, holy and beloved. (Colossians 3:12)

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*Our worth is not dependent on what we do but on WHO we are and WHOSE we are. Think these truths when you are feeling unworthy.*

58. I am God's work of art, created for good works. (Ephesians 2:10)

59. I am cared for. (Ephesians 3:17-19)

60. I am His beloved daughter. (Galatians 3:26)

61. I can find grace and mercy from God when I need it. (Hebrews 4:16)

62. I was Created for a Purpose. (Jeremiah 29:11)

63. I am His child. (John 1:12)

64. I am Chosen. (John 15:16)

65. I am the salt of the earth and the light of the world. (Matthew 5:13-14)

66. I am Empowered. (Philippians 4:13)

67. I think of things that are true, honorable, right, pure, lovely and admirable. (Philippians 4:8)

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*Our worth is not dependent on what we do but on WHO we are and WHOSE we are. Think these truths when you are feeling unworthy.*

68. I am Forgiven. (Psalm 103:12).

69. I am Protected. (Psalm 121:3)

70. I am Strong. (Psalm 68:35)

71. I am a Daughter of the Most High God. (Psalm 82:6)

72. I have been accepted by Christ. (Romans 15:7)

73. I am justified and redeemed. (Romans 3:24)

74. I am deeply cherished and loved. (Romans 5:8)

75. I am free forever from condemnation. (Romans 8:1-2)

76. I am a joint heir with Christ. (Romans 8:17)

77. God is for me. Who can be against me? (Romans 8:31)

78. I am God's Temple. (1 Corinthians 3:16)

79. I have been bought with a price and I belong to God. (1 Corinthians 6:19-20)

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*Teach these truths to your children now so that these are the labels that they can use to combat the lying labels of the enemy:*

80. I am capable. (Philippians 4:13)

81. I am a citizen of heaven. (Ephesians 2:19, Philippians 3:20, and Colossians 1:12)

82. I not only fit in, I am accepted in the beloved. (Ephesians 1:6)

83. I am a masterpiece and I am destined for greatness. (Ephesians 2:10)

84. I am a new creation in Christ. (Galatians 2:20)

85. I am forever loved. (Jeremiah 31:3)

86. I am a child of God and highly valued. (John 1:12)

87. I have been redeemed. (Revelation 5:9)

88. I am a friend of Jesus. (John 15:15)

89. I am righteous and holy. (Ephesians 2:24)

90. I am wonderfully made. (Psalm 139:14)

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*Teach these truths to your children now so that these are the labels that they can use to combat the lying labels of the enemy:*

91. I am beautiful. (Psalm 45:11)
92. I am a child of the Most High God. (Psalm 82:6)
93. I have the mind of Christ. (1 Corinthians 2:16)
94. I am an overcomer and more than a conqueror. (Romans 8:37)
95. I am chosen. (John 15:16)
96. I am important. (1 Peter 2:9)
97. I am special. (Ephesians 2:10)
98. I was created for a purpose. (Jeremiah 29:11)
99. I have faith. (Romans 12:3)