



Week 2 Guided Devotional

Week 2 Positive Mentality

Catch that squirrel.

Ok I said it.

Seriously. Catch that squirrel!

You know the one I'm talking about. The one running ramped through your thoughts. The one distracting you from your goals and trying to throw you off the path that God has laid before you.

We have a real enemy and 1 Peter tells us exactly how we are supposed to take this enemy out.

1 Peter 5:8-10

8Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour. 9Resist him, standing firm in the faith, because you know that your brothers throughout the world are undergoing the same kind of sufferings.

So you heard it.

We must be self-controlled and alert.

A lot of the time this starts in our minds. You know...the squirrel.

Have you every chased the squirrel? Followed it down that winding path and then found yourself wrapped up in a world of debilitating anxiety. Trapped thinking of terrifying possibilities you never even thought were possible? Have those thoughts ever stolen your motivation, your goals? What about the abundant life that Christ promised for you in the first place? {John 10:10}

Friend. Me. Too.

So we must take every thought captive and make it obedient to Christ.

{2 Corinthians 10:3-5}

Catch the squirrel (or the lie) thats roaming around and make it obedient to Christ by going back to the word itself.

Below are affirmation in Christ I found to help you stay grounded in truth.

{<https://sunshynegray.com/31-biblical-affirmations-i-am/>}



Week 2 Guided Devotional

1. I am loved.

But God demonstrates his own love for us in this: While we were still sinners, Christ died for us. Romans 5:8

2. I am strong.

Finally, be strong in the Lord and in his mighty power. Ephesians 6:10

3. I am enough.

Not that we are competent in ourselves to claim anything for ourselves, but our competence comes from God. 2 Corinthians 3:5

4. I am able to do hard things.

I can do all this through him who gives me strength. Philippians 4:13

5. I am blessed.

"But blessed is the one who trusts in the Lord, whose confidence is in him. They will be like a tree planted by the water that sends out its roots by the stream." Jeremiah 7:7-8a

6. I am victorious.

But thanks be to God! He gives us the victory through our Lord Jesus Christ. 1 Corinthians 15:57

7. I am safe.

Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, "He is my refuge and my fortress, my God, in whom I trust." Psalm 91:1-2

8. I am forgiven.

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. 1 John 1:9

9. I am accepted.

For if, by trespass of the one man, death reigned through that one man, how much more will those who receive God's abundant provision of grace and of the gift of righteousness reign in life through the one man, Jesus Christ! Romans 5:17

10. I am equipped.

All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be equipped for every good work. 2 Timothy 3:17

11. I am protected.

You are my hiding place; you will protect me from trouble and surround me with songs of deliverance. Psalm 32:7

12. I am sealed with the Holy Spirit.

And you also were included in Christ when you heard the message of truth, the gospel of your salvation. When you believed, you were marked in him with a seal, the promised Holy Spirit. Ephesians 1:13

13. I am delivered.

I sought the Lord, and he answered me; he delivered me from all my fears. Psalm 34:4



Week 2 Guided Devotional

14. I am God's handiwork.

For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do. Ephesians 2:10

15. I am part of God's family.

Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God- John 1:12

16. I am comforted.

Praise to be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles with the comfort we ourselves receive from God. 2 Corinthians 1:3-4

17. I am made new.

Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here! 2 Corinthians 5:17

18. I am never alone.

And surely I am with you always, to the very end of the age. Matthew 28:20b

19. I am seen.

She have this name to the Lord who spoke to her: "You are the God who sees me," for she said, "I have now seen the One who sees me." Genesis 16:13

20. I am heard.

For the eyes of the Lord are on the righteous and his ears are attentive to their prayer, but the face of the Lord is against those who do evil. 1 Peter 3:12

21. I am redeemed.

"Do not fear, for I have redeemed you; I have summoned you by name; you are mine." Isaiah 43:10b

22. I am renewed.

...and have put on the new self, which is being renewed in knowledge in the image of its Creator. Colossians 3:10

23. I am approved.

On the contrary, we speak as those approved by God to be entrusted with the gospel. We are not trying to please people but God, who tests our hearts. 1 Thessalonians 2:4

24. I am healed.

Heal me, Lord, and I will be healed; save me and I will be saved, for you are the one I praise. Jeremiah 17:14

25. I am holy.

But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light. 1 Peter 2:9



Week 2 Guided Devotional

26. I am set apart.

Know that the Lord has set apart his faithful servant for himself; the Lord hears when I call to him. Psalm 4:3

27. I am a citizen of Heaven.

But our citizenship is in heaven. And we eagerly await a Savior from thee, the Lord Jesus Christ- Philippians 3:20

28. I am chosen.

...who have been chosen according to the foreknowledge of God the Father, through the sanctifying work of the Spirit, to be obedient to Jesus Christ sprinkled with his blood- 1 Peter 1:2

29. I am sanctified.

But we ought always to thank God for you, brothers and sisters loved by the Lord, because God chose you as first fruits to be saved through the sanctifying work of the Spirit and through belief in the truth. 2 Thessalonians 2:13

30. I am set free.

So if the Son sets you free, you will be free indeed. John 8:36

31. I am fearless.

The Lord is my light and my salvation- whom shall I fear? The Lord is the stronghold of my life- of whom shall I be afraid? Psalm 27:1

Father God, thank You for giving us the mind of Christ. Thank you that we no longer have to be trapped in thoughts that do not serve Your plan for us. Thank You for giving us the word as a way out and a light unto your path. Lord help us to take every thought captive and use the sword of the Spirit to continue fighting the good fight! We love You and we praise You, for You are GOOD! Amen.

https://youtu.be/lcC1Bp13n_4?si=s2fGjeBt-mzQPOc6

<https://youtu.be/k1lpEhuq9dU?si=6v3Dh81nkT9ZwGbC>

With Love,
Cassandra Prediger