

Rebuilding Spiritual Health Handouts

“Fan into Flame the gift of God, which is in you...” (2 Timothy 1:6/Philemon 1:6)

Put your name in the blank space and say out loud:

1. _____ has been made the righteousness of God in Christ Jesus.
2. _____ is dead to sin but alive to God in Christ Jesus. (Romans 6:11)
3. _____ has been created by God in the image of God. (Genesis 1:26-27)
4. _____ has been made a little lower than the angels; crowned with glory and honor (Hebrews 2:7)
5. _____ has been given dominion over the works of God’s hands (Genesis 1:26, Psalms 8:6-8)
6. As Jesus is on this earth, so is _____.
7. _____ has been given a Spirit, soul, body (Proverbs 20:27, 1 Thessalonians 5:23).
8. _____ has a perfect spirit!
9. _____ has been given hope. Hope is a guarantee, a confident expectation.
10. _____ is called, and equipped, to reign in life. To be His messengers, imitators of Christ.
11. _____ has been given the same Spirit that raised Christ from the dead.
12. _____ has been given everything necessary for life and godliness.
13. _____ is a son of God. (Romans 8:14, For as many are led by the Spirit of God are sons of God.)
14. _____ has been given the Holy Spirit to council and guide me in all things, a helper.
15. _____ has been given a power that works within me through God’s living Word, which is spirit and life.
16. _____ has been given complete forgiveness of all sin. There is no condemnation left for those in Christ Jesus.
17. _____ has been given the power of life and death in his tongue.
18. _____ has been **redeemed** from the curse of the law.
19. _____ has been given great and precious promises, to **be partakers of the divine nature**.
20. _____ has been blessed with every spiritual blessing in heavenly places.
21. _____ has been given a spirit of love, power, and sound mind.
22. _____ has been given the living Word of God, which is Jesus, which is able to cast down strongholds.
23. _____ has been called to persevere to the end to receive a crown of life.
24. _____ has been set free by the blood of the Lamb, made a slave to righteousness.
25. _____ is loved beyond comprehension.
26. _____ am able to forgive because He forgave me.
27. _____ am a brother/sister to Christ.
28. _____ am a personal friend of Jesus.
29. _____ am His masterpiece, wonderfully made.
30. God wants _____ to reign in life! “For if by one man’s offense death reigned by one; much more they which receive abundance of grace and the gift of righteousness shall reign in life by one, Jesus Christ.” (Romans 5:17)

12 Thoughts to Breaking Free

1. **Love God and love others.** In doing so fulfills all the laws of the prophets. That means forgive one another too.
2. **Believe in the love and kindness of Jesus,** and what it did for us in our new creation. Forget not all God's blessings. We are grafted into the blessing of Abraham.
3. **Cast all your cares on Him.** Make Jesus your rock, your stronghold. Take everything to Him.
4. **Take every thought captive.** If you don't like the thought you are having, have a different thought. Your chooser is not broken.
 - a. Life was created by thought and speech.
 - b. You can change your physical situation with thought – lemon example
 - c. Think about what is good and praiseworthy.
 - d. The battlefield is in the mind.
5. **Be careful what you speak.** You will reap what you say so speak what Jesus would speak. We are accountable for every idle word spoken.
 - a. Life and death are in the power of the tongue.
 - b. Blessings and curses are in the power of the tongue.
 - c. **Finish every sentence with, and that's the way I'll have it.**
6. **Acknowledge every good thing already in you in Christ Jesus.** This stirs up the Spirit within you.
7. **Give thanks, praise, and bless His name.**
8. **Start the day with Him.** Ask the Holy Spirit **"What do I get to do with you today?"**
 - a. Meditate on His word. People know how to meditate - if you are fear and watch more news than read the Bible, I love you, but that's on you. The eye is the light of the body. Constant use of solid food trains for discernment (Heb 5:13-14)
9. **Look on the perfect law of liberty, your true identity.**
 - a. You have a body, soul, and spirit – The soul prospers by looking at the perfect Spirit, not the body! The body prospers by the soul looking into the perfect law of liberty in the Spirit.
 - b. James 1:25 "But whoever looks into the perfect law that gives freedom, and continues in it-not forgetting what they have heard, but doing it-they will be blessed in what they do."
10. **Walk by faith and not by sight.** The fig tree Jesus spoke to did not look any different the first day. We need to speak to our situations and believe in our authority. Just like Peter with the cripple, you have what Peter has and the authority to speak in Jesus name. Joy and peace come in believing. Mix the word with faith!
11. **Know your calling and know His will.** You are a spirit being called and equipped by God to prove out what is that good and acceptable and perfect will of God.
12. **Walk by Spirit and not by flesh.** We are to live in the spirit. God communicates to us spirit to spirit. Often we turn from the Holy Spirit because we don't know how to live there, how to talk to Him, wondering why the flesh issues don't go away. The battle is in the spirit. God is always talking, always guiding. **The Holy Spirit will guide us in ALL things.** Pursue spiritual gifts like prophecy, they are a gift to help and build the body of Christ.

Perfect Spiritual Health is already in you – you have the Spirit of Christ in you!

Faith takes – take back your identity in Christ and say, "and that's the way I'll have it!"