**DEVELOP A BIBLICAL SELF-ESTEEM**

**Remind Yourself Regularly of Who God Says That You Are**

*“I AM” verses are created by looking at a bible verse and then re-phrasing the verse into an “I AM” statement. It’s a truth statement based on scripture. Taking this truth to heart will go a long way to building a biblical self-esteem.*

I AM…

1. Obeying the Lord’s commandments. (Deuteronomy 28:13)

2. Blessed wherever I go. (Deuteronomy 28:6)

3. Holy for Thou art Holy. (Leviticus 19:2)

4. Redeemed from the hand of the enemy. (Psalm 107:2)

5. The salt of the earth. (Matthew 5:13)

6. The light of the world. (Matthew 5:14)

7. Establishing God’s Word here on earth. (Matthew 16:19)

8. Exercising my authority over the enemy. (Luke 10:19)

9. A child of God. (John 1:12)

10. Part of the true vine, and Christ’s life flows through me. (John 15: 1,5)

11. Chosen by Christ to bear fruit. (John 15:16)

12. Christ’s witness sent out to tell everybody about Him. (Acts 1:8)

13. Justified. (Romans 5:1)

14. A slave of righteousness. (Romans 6:18)

15. A slave to God, making me holy and giving me eternal life. (Romans 6:22)

16. Free from the punishment my sins deserve. (Romans 8:1)

17. Led by the Spirit of God. (Romans 8:14)

18. An heir of God and a joint heir with Jesus Christ. (Romans 8:17)

19. More than a conqueror. (Romans 8:37)

20. Being transformed by a renewed mind. (Romans 12:1-2)

21. Given the mind of Christ. He gives me His wisdom to make right decisions.

 (I Corinthians 2:16)

22. Working as partners with those who belong to God. (I Corinthians 3:9)

23. Sanctified. (I Corinthians 6:11)

24. Joined forever to the Lord and am one spirit with Him. (I Corinthians 6:17)

25. A temple of the Holy Spirit who lives in me. (I Corinthians 6:19)

26. Bought with a price; I am not my own; I belong to God. (I Corinthians 6: 19-20)

I AM…

27. God’s possession, chosen and secure in Him. I have been given the Holy Spirit as a

 promise of my inheritance to come. (II Corinthians 1:21-22)

28. No longer living for myself, but for Christ. (II Corinthians 5:14-15)

29. A part of Christ’s body. (I Corinthians 12:27)

30. Not troubled by what I see. (II Corinthians 4:18)

31. Walking by faith and not by sight. (II Corinthians 5:7)

32. A new creature. (II Corinthians 5:17)

33. At peace with God and He has given me the work of helping others find peace with Him.

(II Corinthians 5:18-19)

34. The righteousness of God in Christ. (II Corinthians 5:21)

35. Bringing every thought into captivity. (II Corinthians 10:5)

36. Redeemed from the curse of the law. (Galatians 3:13)

37. A child of God and one with others in His family. (Galatians 3: 26, 28)

38. A child of God who will receive the inheritance that He has promised. (Galatians 4:6-7)

39. A saint, a holy person. (Ephesians 1:1)

40. Blessed with all spiritual blessings. (Ephesians 1:3)

41. A citizen of heaven. (Ephesians 2:6)

42. Saved by grace through faith. (Ephesians 2:8-9)

43. God’s building project, His handiwork, created in Christ to do His work. (Ephesians 2:10)

44. Able to have direct access to the Father through the Spirit. (Ephesians 2:18)

45. A member of God’s household. (Ephesians 2:19)

46. A prisoner of Christ so that I may help others. (Ephesians 3:1)

47. Able to approach God with freedom and confidence. (Ephesians 3:12)

48. Righteous and holy. (Ephesians 4:24)

49. Following the example of Christ. (Ephesians 5:1)

50. Strong in the Lord and the power of His might. (Ephesians 6:10)

51. Conducting myself in a manner worthy of the Gospel. (Philippians 1:27)

52. Doing all things through Christ who strengthens me. (Philippians 4:13)

53. Getting all of my needs met by Jesus. (Philippians 4:19)

54. Delivered from the powers of darkness. (Colossians 1:13)

55. Forgiven. (Colossians 1:14)

56. Firmly rooted in Christ and overflowing with thankfulness. (Colossians 2:7)

57. Complete in Christ. (Colossians 2:10)

58. Spiritually clean. My old sinful self has been removed. (Colossians 2:11)

59. Chosen of God, holy and dearly loved. (Colossians 3:12)

I AM…

60. A child of light and not of darkness. (I Thessalonians 5:5)

61. Chosen to share in God’s heavenly calling. (Hebrews 3:1)

62. One of God’s living stones, being built up in Christ as a spiritual house. (I Peter 2:5)

63. A member of a chosen race, a royal priesthood, a holy nation, a people belonging to God. (I Peter 2:9-10)

64. Only a visitor to this world in which I temporarily live. (I Peter 2:11)

65. Healed by his wounds. (I Peter 2:24)

66. An enemy of evil. (I Peter 5:8)

67. A partaker of His divine nature. (II Peter 1:4)

68. Daily overcoming the devil. (I John 4:4)

69. An inheritor of eternal life. (I John 5:11-12)

70. Born of God and the evil one cannot touch me. (I John 5:18)

71. An overcomer by the blood of the Lamb. (Revelations 12:11)

Which “I AM” statements are your favorites? Write the numbers here or highlight them above.

Here are some other things you can do:

* Write an “I AM” statement on a 3x5 index card and place it where you will see it often.
* Look at the verse references and see where each statement originated from.
* Create your own “I AM” statements using some of your favorite verses.
* Make a drawing or collage of biblical self-esteem verses and phrases.
* Take photos on your cell phone reflecting the “I AM” statement you want to remember.