

Quiet Time Exercise

{taken from The Truth That Sets Us Free by Nancy Leigh DeMoss}

God wants us to live out the truth, but we can't do that without hearing from Him every day. When we listen to our Heavenly Father daily and attentively, we will find it easier to confront the toxic beliefs that tempt us into insecurity, self-condemnation, and controlling, perfectionistic, or resigned living. During your quiet times this month, take one truth each day and meditate on it. Allow it to penetrate deep within you until your thinking is aligned with God's truth. Journal how God speaks to you through His Word.

God is good - Psalms 119:68; 136:1

God loves me and wants me to have His best - Romans 8:32, 38-39

I am complete and accepted in Christ - Ephesians 1:4-6

God is enough - Psalm 23:1

God can be trusted - Isaiah 28:16

God doesn't make any mistakes - Isaiah 46:10

God's grace is sufficient for me - 2 Corinthians 12:9

The blood of Christ is sufficient to cover all my sin - 1 John 1:7

The Cross of Christ is sufficient to conquer my sinful flesh - Romans 6:6-7

My past does not have to plague me - 1 Corinthians 6:9-11

God's Word is sufficient to lead me, teach me and heal me - Psalms 19:7; 107:20; 119:105

Through the power of His Holy Spirit, God will enable me to do anything He commands me to do - 1 Thessalonians 5:24; Philippians 2:13

I am responsible before God for my behavior, responses and choices - Ezekiel 18:19-22

I will reap whatever I sow - Galatians 6:7-8

The pathway to true joy is to relinquish control - Matthew 16:25; Luke 1:38; 1 Peter 5:7

The greatest freedom I can experience is found through submission to God-ordained authority - Ephesians 5:21

Personal holiness is more important than temporal happiness - Ephesians 5:26-27

God is more concerned about changing me and glorifying Himself than about solving my problems - Romans 8:29

It is impossible to be godly without suffering - 1 Peter 5:10

My suffering will not last forever - 2 Corinthians 4:17-18

It's not about me; it's all about Him - Colossians 1:16-18; Revelation 4:11