

The Power to BE STILL

1. **Fix your thoughts.** (Philippians 4:8–9 NLT) I have the power to be still. Rather than dwelling on my circumstances and letting them overwhelm me, I will fix my thoughts on God.
2. **Cease striving.** (Psalm 46:10 NASB) Because I know God, I can cease striving for control. I trust him to take care of my needs.
3. **Know I AM.** (Exodus 3:14–15 NIV) I AM WHO I AM is a present-tense God. I have no reason to worry or fear because he is with me right now.
4. **Set him always before you.** (Psalm 16:8 AMP) I will set the Lord always before me. I am unshakable when he is at my right hand.
5. **Choose to trust without understanding.** (Proverbs 3:5–6 NKJV) Rather than trying to understand everything, I will trust God with all my heart, and I will acknowledge him in all my ways. When I do that, he will make my paths straight.
6. **Stop worrying.** (Matthew 6:27 TLB) I have no worries because my heavenly Father knows my needs.
7. **Experience God's embrace.** (Psalm 91:1–2 NIV) Almighty God is my refuge and fortress. I can find rest in his warm embrace.
8. **Remember God's track record.** (Psalm 77:11–14 NIV) I can trust God today and tomorrow because he has shown me his ability in the past.
9. **Sit in the quiet with God.** (Mark 6:31 NIV) When I sit in the quiet with God, I find rest for my soul.
10. **Pray with thanksgiving.** (Philippians 4:6–7 NIV) I will thank God in spite of my circumstances because thanksgiving puts my focus on him and leads to peace.

The Power to BE GRATEFUL

11. **Realize the magnitude of God's extraordinary gift.** (John 3:16 AMP) God has given me an extraordinary gift that came at an exorbitant price. How can I not be grateful?
12. **Appreciate God's good gifts.** (James 1:17 NIV) I will consistently thank God because God consistently gives. Daily I will count and appreciate his many blessings.
13. **Acknowledge his ongoing benevolence.** (2 Corinthians 12:9 AMP) I will gratefully acknowledge God's goodness in my life, even in the midst of trials and afflictions. My needs will never exceed his provision.
14. **Display gratitude.** (1 Peter 4:10 NIV) To show my gratitude for God's kindness and goodness, I will brag on him whenever I can, serve him faithfully and with excellence, share the gifts he's given me with others, and love others as he's loved me.
15. **Extend grace to others.** (Colossians 3:13 AMP) Because God has extended his grace to me, I will gratefully extend grace to others.
16. **Maintain a grateful heart.** (1 Thessalonians 5:16–18 NLT) When I'm thankful in all circumstances, my life changes for the better.
17. **Gain perspective.** (Psalm 116:12 AMP) I realize how blessed I am when I open my eyes to all I have.
18. **Engage the WOW factor.** (Psalm 92:4–5 NLT) I will engage the WOW factor and enjoy God's artistry. I will acknowledge God's power and give him praise.
19. **Pay attention to the God stuff.** (Habakkuk 3:17–18 NIV) With God there is never lack. The more intentionally aware I am, the more bounteous his blessings become.
20. **Tell somebody.** (Psalm 34:1–3 NLT) I will praise the Lord at all times. I will constantly speak his praises. I will tell of the Lord's greatness, and I will encourage others to do the same.

The Power to BE STRONG

21. **See yourself as God sees you.** (Psalm 139:14 NIV) I am strong. I know who I am, and I realize my value comes from God.
22. **Reject negative messages.** (Romans 12:2 NIV) When confronted with negative messages, I will contradict them with truth. I will not allow them to chip away at my strength.
23. **Quit playing the comparison game.** (Ephesians 2:10 AMP) I am incomparable. God gave me my own ordained days to do things nobody else can do.
24. **Keep your protection in place.** (Ephesians 6:10–13 NIV) I will be strong in the Lord and in his mighty power. I have all I need to defeat the enemy and to remind him what a loser he is.
25. **Grow deep roots.** (Jeremiah 17:7–8 NLT) Because I trust in the Lord and have made him my hope and confidence, I will be strong and productive, like a tree with deep roots.
26. **Rejoice in problems and trials.** (Romans 5:3–5 NLT) I will rejoice in problems and trials because they help me develop endurance, strength of character, and confidence.
27. **Find joy.** (Romans 15:13 NIV) Joy is possible in all circumstances. I will find joy in God, and it will be on full display.
28. **Wait on the Lord.** (Isaiah 40:28–31 AMP) When I wait for God and keep my attention on him, I gain spiritual muscle and learn valuable truths.
29. **Store up reserves.** (Psalm 73:26 NLT) I want God to remain the strength of my heart; therefore, I will store up spiritual resources today.
30. **Accept help and support from others.** (Exodus 17:10–13 AMP) God keeps me strong through the help of others. I will gratefully accept their support.

The Power to BE COURAGEOUS

31. **Practice courage every day.** (Psalm 31:24 ESV) I will live like I believe God is who he says he is and will do what he says he will do.
32. **Get your eyes off yourself.** (Exodus 3:11–12 NIV) When God asks me to do something, I will say yes, even if it's scary. Who I am doesn't matter. Who God is, does.
33. **Cling to God's promises.** (Hebrews 3:19 AMP) I will remember that God is a promise keeper, and I'll cling to his promises regardless of how things appear.
34. **Be mindful of his presence.** (Joshua 1:9 NIV) Because God is with me, I can be strong and courageous. I have no reason to be afraid.
35. **Consider the size of your God.** (1 Samuel 17:45–47 NIV) I have the unmatched power of the living God at work on my behalf. I will look beyond the size of my giants and see the size of my God.
36. **Trust and obey, then get out of the way.** (Proverbs 16:20 TLB) When I trust and obey, then get out of the way, God will show up and show off.
37. **Let God guide you.** (Isaiah 42:16 CEV) God will lead me on unknown roads and guide me on unfamiliar paths. I can trust him to turn my darkness to light and make the rough places smooth.
38. **Resolve to inquire of the Lord.** (2 Chronicles 20:3 NIV) When circumstances are beyond my control and I don't know what to do, I will resolve to inquire of the Lord.
39. **Execute God's battle plan.** (2 Chronicles 20:15 NIV) I will sing my fight song daily.
40. **Determine to trust God even if.** (Psalm 56:3 AMP) Because I know who God is and how big God is, I can trust him even if...