

I CHOOSE

Faith and Allegiance to Jesus

1. Jesus, You are my Savior and my best friend.
 2. I belong to You, Jesus.
 3. I give my heart and life to You.
 4. I choose to follow You every day.
 5. I love You, Lord, and I trust You.
 6. Jesus, You are stronger than anything bad.
 7. Thank You for never leaving me.
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Forgiveness

1. Jesus, help me to forgive everyone who hurt me.
 2. I forgive my mom and dad.
 3. I forgive my friends who were mean to me.
 4. I forgive myself for things I've done wrong.
 5. I let go of anger and sadness.
 6. I choose peace and love instead of hate.
 7. Jesus, thank You for forgiving me.
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People's Hurtful Words and Actions

1. I break the power of every mean word said about me.
 2. I am not what others say—I am what God says I am.
 3. I am loved, wanted, and chosen by God.
 4. I am not stupid or ugly—I am special to Jesus.
 5. I forgive people who said hurtful things to me.
 6. Those words do not belong to me anymore.
 7. Jesus' truth is stronger than their words.
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Lies We Believe About Ourselves

1. I am not a mistake—God made me on purpose.
2. I am not bad—I am loved by Jesus.
3. I am not alone—God is always with me.
4. I am not weak—Jesus makes me strong.
5. I am not forgotten—God knows my name.
6. I am not unlovable—Jesus loves me very much.
7. I believe what God says about me, not the lies.

Temptations

1. When I'm tempted, Jesus helps me say no.
2. I don't have to do what's wrong—I can choose what's right.
3. I turn away from sin and run to Jesus.
4. I don't listen to the devil's lies.
5. I fill my heart with good things from God.
6. Jesus gives me power to win over temptation.
7. I choose to obey God every day.

Bad Habits

1. I break every bad habit in Jesus' name.
2. I stop doing things that make Jesus sad.
3. I ask Jesus to help me make good choices.
4. My hands, eyes, and mouth belong to Jesus.
5. I do not lie, steal, or say mean words.
6. Jesus helps me do what is right and kind.
7. I am learning to walk in God's ways.

Fear

1. I do not have to be afraid—Jesus is with me.
2. I am safe in God's arms.
3. Fear, you must go in Jesus' name!
4. Jesus gives me peace in my heart.
5. I will sleep in peace and not be afraid.
6. I trust God to protect me.
7. God's love makes fear go away.