

'If The Son Makes You Free, You Shall Be Free Indeed!'



Renouncing the Lies, Declaring the Truth of God's Word, Trusting Our Identity In Yeshua

Instructions:

Select a category you have been struggling with. Identify and confess your sins in this area verbally. Pray for deliverance in Yeshua/Jesus's name using the Word of God. Then, make a decision to do things Yeshua's Way from now on, again, using the Word of God as your guide. I have provided Bible verses to help you pray into the Word of God and then adopt it as instruction for your life. Yeshua promised He would send His Holy Spirit to help you. See John 14:15-18: "If you love Me, keep My commandments. And I will pray the Father, and He will give you another Helper, that He may abide with you forever—the Spirit of Truth, whom the world cannot receive, because it neither sees Him nor knows Him; but you know Him, for He dwells with you and will be in you. I will not leave you orphans; I will come to you." ~ Pastor Andrew J. Manuse, First Fruits Ministries

- ✧ **Overcoming Temptation**
- ✧ **Overcoming Lusts of the Flesh: Those who have succumbed to appetites and cravings**
- ✧ **Overcoming Lust of the Eyes: Those who have succumbed to self-interest**
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- ✧ **Overcoming Insecurity, Loneliness, Shame, Failure, Rejection, and Defeat**
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- ✧ **Overcoming Unforgiveness, Resentment, and Bitterness**
- ✧ **Overcoming Anxiety and Worry**
- ✧ **Overcoming Cowardice and Fear**
- ✧ **Overcoming Distrust and Doubt**
- ✧ **Trusting Our Identity in Messiah Yeshua**
- ✧ **Becoming One New Man in Messiah Yeshua**
- ✧ **Add notes**

Overcoming Temptation

- ✧ "No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it." (1 Corinthians 10:13)
- ✧ "Let no one say when he is tempted, 'I am tempted by God'; for God cannot be tempted by evil, nor does He Himself tempt anyone. But each one is tempted when he is drawn away by his own desires and enticed. Then, when desire has conceived, it gives birth to sin; and sin, when it is full-grown, brings forth death." (Jm 1:13–15)
- ✧ "Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour. Resist him, steadfast in the faith, knowing that the same sufferings are experienced by your brotherhood in the world. But may the God of all grace, who called us to His eternal glory by Messiah Yeshua, after you have suffered a while, perfect, establish, strengthen, and settle you." (1 Peter 5:8–10)
- ✧ "Therefore submit to God. Resist the devil and he will flee from you. Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded. Lament and mourn and weep! Let your laughter be turned to mourning and your joy to gloom. Humble yourselves in the sight of the LORD, and He will lift you up." (James 4:7–10)

- ⊗ "Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak." (Mt 26:41)
- ⊗ "And do not lead us into temptation, But deliver us from the evil one. For Yours is the kingdom and the power and the glory forever. Amen." (Matthew 6:13)
- ⊗ "For in that [Yeshua] Himself has suffered, being tempted, He is able to aid those who are tempted." (Heb 2:18)
- ⊗ "Finally, my brethren, be strong in the LORD and in the power of His might. Put on the whole armor of God, that you may be able to stand against the wiles of the devil. For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places. Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand. Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness, and having shod your feet with the preparation of the gospel of peace; above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one. And take the helmet of salvation, and the sword of the Spirit, which is the Word of God; praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints—" (Ephesians 6:10–18)

Overcoming Lusts of the Flesh: Those who have succumbed to appetites and cravings

- ⊗ "And you shall remember that the LORD your God led you all the way these forty years in the wilderness, to humble you and test you, to know what was in your heart, whether you would keep His commandments or not. So He humbled you, allowed you to hunger, and fed you with manna which you did not know nor did your fathers know, that He might make you know that man shall not live by bread alone; but man lives by every Word that proceeds from the mouth of the LORD." (Deuteronomy 8:2-3, Matthew 4:4, Luke 4:4)
- ⊗ "Put on the LORD Messiah Yeshua, and make no provision for the flesh, to fulfill its lusts." (Rom 13:14)
- ⊗ "Therefore I run thus: not with uncertainty. Thus I fight: not as one who beats the air. But I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified." (1 Corinthians 9:26–27)
- ⊗ "Those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, the things of the Spirit. For to be carnally minded is death, but to be spiritually minded is life and peace. Because the carnal mind is enmity against God; for it is not subject to the law of God, nor indeed can be. So then, those who are in the flesh cannot please God. But you are not in the flesh but in the Spirit, if indeed the Spirit of God dwells in you." (Romans 8:5–9a)
- ⊗ "For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Messiah," (2 Corinthians 10:4–5)
- ⊗ "I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God." (Romans 12:1–2)
- ⊗ "You will show me the path of life; In Your presence is fullness of joy; At Your right hand are pleasures forevermore." (Psalm 16:11)
- ⊗ "Therefore do not let sin reign in your mortal body, that you should obey it in its lusts. And do not present your members as instruments of unrighteousness to sin, but present yourselves to God as being alive from the dead, and your members as instruments of righteousness to God." (Rom 6:12–13)
- ⊗ "Put on the LORD Messiah Yeshua, and make no provision for the flesh, to fulfill its lusts." (Rom 13:14)

Overcoming Lust of the Eyes: Those who have succumbed to self-interest

- ⊗ "You shall not tempt the LORD your God as you tempted Him in Massah." (Deuteronomy 6:16, Matthew 4:7, Luke 4:12)

- ✧ "Set your mind on things above, not on things on the earth. For you died, and your life is hidden with Messiah in God. When Messiah who is our life appears, then you also will appear with Him in glory." (Colossians 3:2-4)
- ✧ "I will set nothing wicked before my eyes; I hate the work of those who fall away; It shall not cling to me." (Psalm 101:3)
- ✧ "Abstain from every form of evil." (1 Thessalonians 5:22)
- ✧ "Turn away my eyes from looking at worthless things, And revive me in Your Way." (Psalm 119:37)
- ✧ "Trust in the LORD with all your heart, And lean not on your own understanding; In all your ways acknowledge Him, And He shall direct your paths." (Proverbs 3:5-6)
- ✧ "You will keep him in perfect peace, Whose mind is stayed on You, Because he trusts in You. Trust in the LORD forever, For in Yah, the LORD, is everlasting strength." (Isaiah 26:3-4)
- ✧ "It is better to trust in the LORD than to put confidence in man. It is better to trust in the LORD than to put confidence in princes." (Psalm 118:8-9)
- ✧ "Trust in the LORD, and do good; Dwell in the land, and feed on His faithfulness. Delight yourself also in the LORD, And He shall give you the desires of your heart. Commit your way to the LORD, Trust also in Him, And He shall bring it to pass." (Psalm 37:3-5)

Overcoming the Pride of Life: Those who have succumbed to self promotion

- ✧ "You shall fear the LORD your God and serve Him, and shall take oaths in His Name." (Deuteronomy 6:13, Matthew 4:10, Luke 4:8)
- ✧ "And you shall swear, 'The LORD lives,' in truth, in judgment, and in righteousness; the nations shall bless themselves in Him, and in Him they shall glory." (Jeremiah 4:2)
- ✧ "Pride goes before destruction, and a haughty spirit before a fall. Better to be of a humble spirit with the lowly, than to divide the spoil with the proud." (Proverbs 16:18-19)
- ✧ "The fear of the LORD is to hate evil; pride and arrogance and the evil way and the perverse mouth I hate." (Proverbs 8:13)
- ✧ "When pride comes, then comes shame; but with the humble is wisdom." (Proverbs 11:2)
- ✧ "Do you see a man wise in his own eyes? There is more hope for a fool than for him." (Proverbs 26:12)
- ✧ "Adulterers and adulteresses! Do you not know that friendship with the world is enmity with God? Whoever therefore wants to be a friend of the world makes himself an enemy of God. Or do you think that the Scripture says in vain, 'The Spirit who dwells in us yearns jealously.' But He gives more grace. Therefore He says: 'God resists the proud, but gives grace to the humble.'" (James 4:4-6)
- ✧ "For if anyone thinks himself to be something, when he is nothing, he deceives himself." (Galatians 6:3)
- ✧ "Humble yourselves in the sight of the LORD, and He will lift you up." (James 4:10)
- ✧ "Bless those who persecute you; bless and do not curse. Rejoice with those who rejoice, and weep with those who weep. Be of the same mind toward one another. Do not set your mind on high things, but associate with the humble. Do not be wise in your own opinion." (Romans 12:14-16)
- ✧ "Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself. Let each of you look out not only for his own interests, but also for the interests of others." (Philippians 2:3-4)
- ✧ "Be kindly affectionate to one another with brotherly love, in honor giving preference to one another;" (Romans 12:10)
- ✧ "And the tax collector, standing afar off, would not so much as raise his eyes to heaven, but beat his breast, saying, 'God, be merciful to me a sinner!' I tell you, this man went down to his house justified rather than the other; for everyone who exalts himself will be humbled, and he who humbles himself will be exalted." (Luke 18:13-14)
- ✧ "Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, casting all your care upon Him, for He cares for you." (1 Peter 5:6-7)
- ✧ "Then Yeshua said to His disciples, 'If anyone desires to come after Me, let him deny himself, and take up his cross, and follow Me. For whoever desires to save his life will lose it, but whoever loses his life

for My sake will find it. For what profit is it to a man if he gains the whole world, and loses his own soul? Or what will a man give in exchange for his soul?" (Matthew 16:24–26)

Overcoming Deception, Syncretism, False Religion, and/or Idolatry

- ⊗ "This is the message which we have heard from Him and declare to you, that God is light and in Him is no darkness at all. If we say that we have fellowship with Him, and walk in darkness, we lie and do not practice the truth. But if we walk in the light as He is in the light, we have fellowship with one another, and the blood of Messiah Yeshua His Son cleanses us from all sin." (1 John 1:5–7)
- ⊗ "I AM the LORD your God, who brought you out of the land of Egypt, out of the house of bondage. You shall have no other gods before Me. You shall not make for yourself a carved image—any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth; you shall not bow down to them nor serve them. For I, the LORD your God, am a jealous God, visiting the iniquity of the fathers upon the children to the third and fourth generations of those who hate Me, but showing mercy to thousands, to those who love Me and keep My commandments." (Exodus 20:2–6)
- ⊗ "Hear, O Israel: The LORD our God, the LORD is one! You shall love the LORD your God with all your heart, with all your soul, and with all your strength." (Deuteronomy 6:4–5, Mark 12:29,)
- ⊗ "And this is eternal life, that they may know You, the only true God, and Messiah Yeshua whom You have sent." (John 17:3)
- ⊗ "Yeshua said to him, "I am the way, the truth, and the life. No one comes to the Father except through Me." (John 14:6)
- ⊗ "Yeshua said to him, 'Have I been with you so long, and yet you have not known Me, Philip? He who has seen Me has seen the Father; so how can you say, 'Show us the Father'? Do you not believe that I am in the Father, and the Father in Me? The words that I speak to you I do not speak on My own authority; but the Father who dwells in Me does the works. Believe Me that I am in the Father and the Father in Me, or else believe Me for the sake of the works themselves.'" (John 14:9–11)
- ⊗ "My sheep hear My voice, and I know them, and they follow Me. And I give them eternal life, and they shall never perish; neither shall anyone snatch them out of My hand. My Father, who has given them to Me, is greater than all; and no one is able to snatch them out of My Father's hand. I and My Father are one.'" (John 10:27–30)
- ⊗ "But be doers of the Word, and not hearers only, deceiving yourselves." (James 1:22)
- ⊗ "Beware lest anyone cheat you through philosophy and empty deceit, according to the tradition of men, according to the basic principles of the world, and not according to Messiah. For in Him dwells all the fullness of the Godhead bodily; and you are complete in Him, who is the head of all principality and power." (Colossians 2:8–10)
- ⊗ "And the person who turns to mediums and familiar spirits, to prostitute himself with them, I will set My face against that person and cut him off from his people. Consecrate yourselves therefore, and be holy, for I am the Lord your God. And you shall keep My statutes, and perform them: I am the LORD who sanctifies you." (Leviticus 20:6–8)
- ⊗ "And Elijah came to all the people, and said, 'How long will you falter between two opinions? If the LORD is God, follow Him; but if Ba'al, follow him.' But the people answered him not a word." (1 Kings 18:21)
- ⊗ "For My people have committed two evils: They have forsaken Me, the fountain of living waters, and hewn themselves cisterns—broken cisterns that can hold no water." (Jeremiah 2:13)
- ⊗ "Now therefore, fear the LORD, serve Him in sincerity and in truth, and put away the gods which your fathers served on the other side of the River and in Egypt. Serve the LORD! And if it seems evil to you to serve the LORD, choose for yourselves this day whom you will serve, whether the gods which your fathers served that were on the other side of the River, or the gods of the Amorites, in whose land you dwell. But as for me and my house, we will serve the LORD.'" (Joshua 24:14–15)
- ⊗ "Therefore, my beloved, flee from idolatry. ... You cannot drink the cup of the LORD and the cup of demons; you cannot partake of the LORD's table and of the table of demons. Or do we provoke the LORD to jealousy? Are we stronger than He?" (1 Corinthians 10:14, 21–22)

- ✧ "Little children, keep yourselves from idols. Amen." (1 John 5:21)
- ✧ "Truly, these times of ignorance God overlooked, but now commands all men everywhere to repent, because He has appointed a day on which He will judge the world in righteousness by the Man whom He has ordained. He has given assurance of this to all by raising Him from the dead." (Acts 17:30–31)
- ✧ "I am the LORD, that is My name; and My glory I will not give to another, nor My praise to carved images. Behold, the former things have come to pass, and new things I declare; before they spring forth I tell you of them." (Isaiah 42:8–9)
- ✧ "And many who had believed came confessing and telling their deeds. Also, many of those who had practiced magic brought their books together and burned them in the sight of all. And they counted up the value of them, and it totaled fifty thousand pieces of silver. So the word of the LORD grew mightily and prevailed." (Acts 19:18–20)
- ✧ "Let no one deceive himself. If anyone among you seems to be wise in this age, let him become a fool that he may become wise. For the wisdom of this world is foolishness with God. For it is written, 'He catches the wise in their own craftiness'; and again, 'The LORD knows the thoughts of the wise, that they are futile.' Therefore let no one boast in men..." (1 Corinthians 3:18–21a)
- ✧ "Keep your heart with all diligence, For out of it spring the issues of life. Put away from you a deceitful mouth, And put perverse lips far from you. Let your eyes look straight ahead, And your eyelids look right before you. Ponder the path of your feet, And let all your ways be established. Do not turn to the right or the left; Remove your foot from evil." (Proverbs 4:23–27)
- ✧ "Do not be deceived: 'Evil company corrupts good habits.'" (1 Corinthians 15:33)
- ✧ "He who walks with wise men will be wise, but the companion of fools will be destroyed." (Proverbs 13:20)

Overcoming Disobedience and Rebellion

- ✧ "Has the LORD as great delight in burnt offerings and sacrifices, as in obeying the voice of the LORD? Behold, to obey is better than sacrifice, and to heed than the fat of rams. For rebellion is as the sin of witchcraft, and stubbornness is as iniquity and idolatry." (1 Samuel 15:22b–23a)
- ✧ "But go and learn what this means: 'I desire mercy and not sacrifice.' For I did not come to call the righteous, but sinners, to repentance." (Matthew 9:13)
- ✧ "For I desire mercy and not sacrifice, and the knowledge of God more than burnt offerings." (Hosea 6:6)
- ✧ "Therefore gird up the loins of your mind, be sober, and rest your hope fully upon the grace that is to be brought to you at the revelation of Messiah Yeshua; as obedient children, not conforming yourselves to the former lusts, as in your ignorance; but as He who called you is holy, you also be holy in all your conduct, because it is written, "Be holy, for I am holy." (1 Peter 1:13–16)
- ✧ "Do you not know that to whom you present yourselves slaves to obey, you are that one's slaves whom you obey, whether of sin leading to death, or of obedience leading to righteousness? But God be thanked that though you were slaves of sin, yet you obeyed from the heart that form of doctrine to which you were delivered." (Romans 6:16–17)
- ✧ "Now by this we know that we know Him, if we keep His commandments. He who says, 'I know Him,' and does not keep His commandments, is a liar, and the truth is not in him. But whoever keeps His Word, truly the love of God is perfected in him. By this we know that we are in Him. He who says he abides in Him ought himself also to walk just as He walked." (1 John 2:3–6)
- ✧ "Therefore, as the Holy Spirit says: 'Today, if you will hear His voice, do not harden your hearts as in the rebellion, in the day of trial in the wilderness, where your fathers tested Me, tried Me, and saw My works forty years. Therefore I was angry with that generation, and said, 'They always go astray in their heart, And they have not known My ways.' So I swore in My wrath, 'They shall not enter My rest.' ... Let us therefore be diligent to enter that rest, lest anyone fall according to the same example of disobedience. For the Word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart. And there is no creature hidden from His sight, but all things are naked and open to the eyes of Him to whom we must give account." (Hebrews 3:7–11, 4:11–13)

- ✧ “if My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land.” (2 Chron. 7:14)
- ✧ “He who covers his sins will not prosper, but whoever confesses and forsakes them will have mercy.” (Prv 28:13)
- ✧ “Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much.” (James 5:16)
- ✧ “If we say that we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.” (1 John 1:8–9)
- ✧ “If you love Me, keep My commandments. And I will pray the Father, and He will give you another Helper, that He may abide with you forever—the Spirit of truth, whom the world cannot receive, because it neither sees Him nor knows Him; but you know Him, for He dwells with you and will be in you. I will not leave you orphans; I will come to you.” (John 14:15–18)
- ✧ “For we ourselves were also once foolish, disobedient, deceived, serving various lusts and pleasures, living in malice and envy, hateful and hating one another. But when the kindness and the love of God our Savior toward man appeared, not by works of righteousness which we have done, but according to His mercy He saved us, through the washing of regeneration and renewing of the Holy Spirit, whom He poured out on us abundantly through Messiah Yeshua our Savior, that having been justified by His grace we should become heirs according to the hope of eternal life. This is a faithful saying, and these things I want you to affirm constantly, that those who have believed in God should be careful to maintain good works. These things are good and profitable to men.” (Titus 3:3–8)
- ✧ “As far as the east is from the west, so far has He removed our transgressions from us.” (Psalm 103:12)
- ✧ “Blessed are those who hunger and thirst for righteousness, for they shall be filled.” (Matthew 5:6)
- ✧ “Let every soul be subject to the governing authorities. For there is no authority except from God, and the authorities that exist are appointed by God. Therefore whoever resists the authority resists the ordinance of God, and those who resist will bring judgment on themselves. For rulers are not a terror to good works, but to evil. Do you want to be unafraid of the authority? Do what is good, and you will have praise from the same. For he is God’s minister to you for good. But if you do evil, be afraid; for he does not bear the sword in vain; for he is God’s minister, an avenger to execute wrath on him who practices evil.” (Romans 13:1–4)
- ✧ “Remind them to be subject to rulers and authorities, to obey, to be ready for every good work, to speak evil of no one, to be peaceable, gentle, showing all humility to all men.” (Titus 3:1–2)
- ✧ “Therefore submit yourselves to every ordinance of man for the LORD’s sake, whether to the king as supreme, or to governors, as to those who are sent by him for the punishment of evildoers and for the praise of those who do good. For this is the will of God, that by doing good you may put to silence the ignorance of foolish men—as free, yet not using liberty as a cloak for vice, but as bondservants of God. Honor all people. Love the brotherhood. Fear God. Honor the king.” (1 Peter 2:13–17)
- ✧ “Honor your father and your mother, that your days may be long upon the land which the LORD your God is giving you.” (Exodus 20:12)
- ✧ “Wives, likewise, be submissive to your own husbands, that even if some do not obey the word, they, without a word, may be won by the conduct of their wives, when they observe your chaste conduct accompanied by fear.... Husbands, likewise, dwell with them with understanding, giving honor to the wife, as to the weaker vessel, and as being heirs together of the grace of life, that your prayers may not be hindered.” (1 Peter 3:1–2, 7)
- ✧ “Children, obey your parents in the LORD, for this is right. ‘Honor your father and mother,’ which is the first commandment with promise: ‘that it may be well with you and you may live long on the earth.’” (Eph 6:1–3)
- ✧ “Servants, be submissive to your masters with all fear, not only to the good and gentle, but also to the harsh. For this is commendable, if because of conscience toward God one endures grief, suffering wrongfully.” (1 Peter 2:18–19)
- ✧ “Remember those who rule over you, who have spoken the word of God to you, whose faith follow, considering the outcome of their conduct.” (Hebrews 13:7)
- ✧ “To the LORD our God belong mercy and forgiveness, though we have rebelled against Him.” (Daniel 9:9)

Overcoming Discouragement, Bewilderment, and Despair

- ⊗ “Why are you cast down, O my soul? And why are you disquieted within me? Hope in God, for I shall yet praise Him For the help of His countenance.... As with a breaking of my bones, my enemies reproach me, while they say to me all day long, ‘Where is your God?’ Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; for I shall yet praise Him, the help of my countenance and my God.” (Ps 42:5, 10-11)
- ⊗ “We are hard-pressed on every side, yet not crushed; we are perplexed, but not in despair; persecuted, but not forsaken; struck down, but not destroyed—always carrying about in the body the dying of the LORD Yeshua, that the life of Yeshua also may be manifested in our body. For we who live are always delivered to death for Yeshua’s sake, that the life of Yeshua also may be manifested in our mortal flesh.” (2 Corinthians 4:8–11)
- ⊗ “Therefore we do not lose heart. Even though our outward man is perishing, yet the inward man is being renewed day by day. For our light affliction, which is but for a moment, is working for us a far more exceeding and eternal weight of glory, while we do not look at the things which are seen, but at the things which are not seen. For the things which are seen are temporary, but the things which are not seen are eternal.” (2 Corinthians 4:16–18)
- ⊗ “The righteous cry out, and the LORD hears, and delivers them out of all their troubles. The LORD is near to those who have a broken heart, and saves such as have a contrite spirit. Many are the afflictions of the righteous, But the LORD delivers him out of them all.” (Psalm 34:17–19)
- ⊗ “Have you not known? Have you not heard? The everlasting God, the LORD, the Creator of the ends of the earth, neither faints nor is weary. His understanding is unsearchable. He gives power to the weak, and to those who have no might He increases strength. Even the youths shall faint and be weary, and the young men shall utterly fall, but those who wait on the LORD shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.” (Isaiah 40:28–31)
- ⊗ “I would have lost heart, unless I had believed that I would see the goodness of the LORD In the land of the living. Wait on the LORD; be of good courage, and He shall strengthen your heart; wait, I say, on the LORD!” (Psalm 27:13–14)
- ⊗ “This I recall to my mind, therefore I have hope. Through the LORD’s mercies we are not consumed, because His compassions fail not. They are new every morning; great is Your faithfulness.” (Lamentations 3:21–23)
- ⊗ “I know how to be abased, and I know how to abound. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need. I can do all things through Messiah who strengthens me.” (Philippians 4:12–13)

Overcoming Insecurity, Loneliness, Shame, Failure, Rejection, and Defeat

- ⊗ “There is therefore now no condemnation to those who are in Messiah Yeshua, who do not walk according to the flesh, but according to the Spirit.” (Romans 8:1)
- ⊗ “Indeed, let no one who waits on You be ashamed; let those be ashamed who deal treacherously without cause.” (Psalm 25:3)
- ⊗ “Oh, that my ways were directed to keep Your statutes! Then I would not be ashamed, when I look into all Your commandments.” (Psalm 119:5–6)
- ⊗ “And He said to me, ‘My grace is sufficient for you, for My strength is made perfect in weakness.’ Therefore most gladly I will rather boast in my infirmities, that the power of Messiah may rest upon me. Therefore I take pleasure in infirmities, in reproaches, in needs, in persecutions, in distresses, for Messiah’s sake. For when I am weak, then I am strong.” (2 Corinthians 12:9–10)
- ⊗ “I sought the LORD, and He heard me, and delivered me from all my fears. They looked to Him and were radiant, and their faces were not ashamed.” (Psalm 34:4–5)
- ⊗ “But now God has set the members, each one of them, in the body just as He pleased.” (1 Corinthians 12:18)
- ⊗ “Not that I have already attained, or am already perfected; but I press on, that I may lay hold of that for which Messiah Yeshua has also laid hold of me. Brethren, I do not count myself to have apprehended; but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, I press toward the goal for the prize of the upward call of God in Messiah Yeshua.” (Philippians 3:12–14)
- ⊗ “Therefore, since we have this ministry, as we have received mercy, we do not lose heart. But we have renounced the hidden things of shame, not walking in craftiness nor handling the word of God deceitfully, but

by manifestation of the Truth commending ourselves to every man's conscience in the sight of God." (2 Corinthians 4:1–2)

- ⊗ "For a righteous man may fall seven times and rise again, but the wicked shall fall by calamity." (Proverbs 24:16)
- ⊗ "He heals the brokenhearted and binds up their wounds." (Psalm 147:3)
- ⊗ "The LORD is near to those who have a broken heart, And saves such as have a contrite spirit." (Psalm 34:18)
- ⊗ "I will praise You, for I am fearfully and wonderfully made; marvelous are Your works, and that my soul knows very well." (Psalm 139:14)
- ⊗ "Do not rejoice over me, my enemy; When I fall, I will arise; When I sit in darkness, The LORD will be a light to me." (Micah 7:8)
- ⊗ "He will again have compassion on us, and will subdue our iniquities. You will cast all our sins Into the depths of the sea." (Micah 7:19)
- ⊗ "And my God shall supply all your need according to His riches in glory by Messiah Yeshua." (Philippians 4:19)
- ⊗ "What then shall we say to these things? If God is for us, who can be against us? He who did not spare His own Son, but delivered Him up for us all, how shall He not with Him also freely give us all things? Who shall bring a charge against God's elect? It is God who justifies. Who is he who condemns? It is Messiah who died, and furthermore is also risen, who is even at the right hand of God, who also makes intercession for us. Who shall separate us from the love of Messiah? Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? As it is written: 'For Your sake we are killed all day long; We are accounted as sheep for the slaughter.' Yet in all these things we are more than conquerors through Him who loved us. For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Messiah Yeshua our LORD." (Romans 8:31–39)
- ⊗ "The steps of a good man are ordered by the LORD, and He delights in his way. Though he fall, he shall not be utterly cast down; for the LORD upholds him with His Hand." (Psalm 37:23–24)
- ⊗ "then He adds, 'Their sins and their lawless deeds I will remember no more.'" (Hebrews 10:17)
- ⊗ "Be strong and of good courage, do not fear nor be afraid of them; for the LORD your God, He is the One who goes with you. He will not leave you nor forsake you.'" (Deuteronomy 31:6)
- ⊗ Yeshua said: "I will not leave you orphans; I will come to you." (John 14:18)
- ⊗ "being confident of this very thing, that He who has begun a good work in you will complete it until the day of Messiah Yeshua;" (Philippians 1:6)

Overcoming Frustration, Anger, Hatred, and Control

- ⊗ "The LORD is merciful and gracious, slow to anger, and abounding in mercy. He will not always strive with us, nor will He keep His anger forever. He has not dealt with us according to our sins, nor punished us according to our iniquities." (Psalm 103:8–10)
- ⊗ "He who is slow to wrath has great understanding, but he who is impulsive exalts folly." (Proverbs 14:29)
- ⊗ "A soft answer turns away wrath, but a harsh word stirs up anger." (Proverbs 15:1)
- ⊗ "He who is slow to anger is better than the mighty, And he who rules his spirit than he who takes a city." (Proverbs 16:32)
- ⊗ "'Be angry, and do not sin': do not let the sun go down on your wrath, nor give place to the devil." (Ephesians 4:26–27)
- ⊗ "So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath; for the wrath of man does not produce the righteousness of God." (James 1:19–20)
- ⊗ "But now you yourselves are to put off all these: anger, wrath, malice, blasphemy, filthy language out of your mouth." (Colossians 3:8)
- ⊗ "Rest in the LORD, and wait patiently for Him; do not fret because of him who prospers in his way, because of the man who brings wicked schemes to pass. Cease from anger, and forsake wrath; do not fret—it only causes harm." (Psalm 37:7–8)
- ⊗ "Do not hasten in your spirit to be angry, For anger rests in the bosom of fools." (Ecclesiastes 7:9)
- ⊗ "The discretion of a man makes him slow to anger, And his glory is to overlook a transgression." (Prov 19:11)

- ⊗ “A wrathful man stirs up strife, but he who is slow to anger allays contention.” (Proverbs 15:18)
- ⊗ “‘You have heard that it was said to those of old, ‘You shall not murder, and whoever murders will be in danger of the judgment.’ But I say to you that whoever is angry with his brother without a cause shall be in danger of the judgment. And whoever says to his brother, ‘Raca!’ shall be in danger of the council. But whoever says, ‘You fool!’ shall be in danger of hell fire. Therefore if you bring your gift to the altar, and there remember that your brother has something against you, leave your gift there before the altar, and go your way. First be reconciled to your brother, and then come and offer your gift.’” (Matthew 5:21–24)
- ⊗ “‘But I say to you who hear: Love your enemies, do good to those who hate you, bless those who curse you, and pray for those who spitefully use you. To him who strikes you on the one cheek, offer the other also. And from him who takes away your cloak, do not withhold your tunic either. Give to everyone who asks of you. And from him who takes away your goods do not ask them back. And just as you want men to do to you, you also do to them likewise. ‘But if you love those who love you, what credit is that to you? For even sinners love those who love them. And if you do good to those who do good to you, what credit is that to you? For even sinners do the same. And if you lend to those from whom you hope to receive back, what credit is that to you? For even sinners lend to sinners to receive as much back. But love your enemies, do good, and lend, hoping for nothing in return; and your reward will be great, and you will be sons of the Most High. For He is kind to the unthankful and evil. Therefore be merciful, just as your Father also is merciful.” (Luke 6:27–36)
- ⊗ “Make no friendship with an angry man, and with a furious man do not go, lest you learn his ways and set a snare for your soul.” (Proverbs 22:24–25)
- ⊗ “Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. And be kind to one another, tenderhearted, forgiving one another, even as God in Messiah forgave you.” (Eph 4:31–32)
- ⊗ “Blessed are the merciful, for they shall obtain mercy.” (Matthew 5:7)
- ⊗ “For judgment is without mercy to the one who has shown no mercy. Mercy triumphs over judgment.” (James 2:13)
- ⊗ “Should you not also have had compassion on your fellow servant, just as I had pity on you?” (Matthew 18:33)
- ⊗ “He has shown you, O man, what is good; And what does the LORD require of you but to do justly, to love mercy, and to walk humbly with your God?” (Micah 6:8)
- ⊗ “If someone says, ‘I love God,’ and hates his brother, he is a liar; for he who does not love his brother whom he has seen, how can he love God whom he has not seen? And this commandment we have from Him: that he who loves God must love his brother also.” (1 John 4:20–21)
- ⊗ “Hatred stirs up strife, but love covers all sins.” (Proverbs 10:12)
- ⊗ “But the wisdom that is from above is first pure, then peaceable, gentle, willing to yield, full of mercy and good fruits, without partiality and without hypocrisy. Now the fruit of righteousness is sown in peace by those who make peace.” (James 3:17–18)
- ⊗ “But Yeshua called them to Himself and said, ‘You know that the rulers of the Gentiles lord it over them, and those who are great exercise authority over them. Yet it shall not be so among you; but whoever desires to become great among you, let him be your servant. And whoever desires to be first among you, let him be your slave—just as the Son of Man did not come to be served, but to serve, and to give His life a ransom for many.’” (Matthew 20:25–28)
- ⊗ “A new commandment I give to you, that you love one another; as I have loved you, that you also love one another. By this all will know that you are My disciples, if you have love for one another.” (John 13:34–35)
- ⊗ “I, therefore, the prisoner of the LORD, beseech you to walk worthy of the calling with which you were called, with all lowliness and gentleness, with long-suffering, bearing with one another in love, endeavoring to keep the unity of the Spirit in the bond of peace.” (Ephesians 4:1–3)
- ⊗ “Let a man so consider us, as servants of Messiah and stewards of the mysteries of God. Moreover it is required in stewards that one be found faithful.” (1 Corinthians 4:1–2)

Overcoming Unforgiveness, Resentment, and Bitterness

- ✧ “You shall not hate your brother in your heart. You shall surely rebuke your neighbor, and not bear sin because of him. You shall not take vengeance, nor bear any grudge against the children of your people, but you shall love your neighbor as yourself: I am the LORD.” (Leviticus 19:17–18)
- ✧ “He who covers a transgression seeks love, But he who repeats a matter separates friends.” (Proverbs 17:9)
- ✧ “And forgive us our debts, As we forgive our debtors.” (Matthew 6:12)
- ✧ “Take heed to yourselves. If your brother sins against you, rebuke him; and if he repents, forgive him. And if he sins against you seven times in a day, and seven times in a day returns to you, saying, ‘I repent,’ you shall forgive him.” (Luke 17:3–4)
- ✧ “For if you forgive men their trespasses, your heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive your trespasses.” (Matthew 6:14–15)
- ✧ “And whenever you stand praying, if you have anything against anyone, forgive him, that your Father in heaven may also forgive you your trespasses.” (Mark 11:25)
- ✧ “Pursue peace with all people, and holiness, without which no one will see the LORD: looking carefully lest anyone fall short of the grace of God; lest any root of bitterness springing up cause trouble, and by this many become defiled;” (Hebrews 12:14–15)
- ✧ “Judge not, and you shall not be judged. Condemn not, and you shall not be condemned. Forgive, and you will be forgiven.” (Luke 6:37)
- ✧ “And above all things have fervent love for one another, for ‘love will cover a multitude of sins.’” (1 Peter 4:8)
- ✧ “But if you have bitter envy and self-seeking in your hearts, do not boast and lie against the truth. This wisdom does not descend from above, but is earthly, sensual, demonic. For where envy and self-seeking exist, confusion and every evil thing are there.” (James 3:14–16)
- ✧ “Love suffers long and is kind; love does not envy; love does not parade itself, is not puffed up; does not behave rudely, does not seek its own, is not provoked, thinks no evil; does not rejoice in iniquity, but rejoices in the truth; bears all things, believes all things, hopes all things, endures all things. Love never fails. . . .” (1 Corinthians 13:4–8)
- ✧ “Therefore, as the elect of God, holy and beloved, put on tender mercies, kindness, humility, meekness, long-suffering; bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Messiah forgave you, so you also must do.” (Colossians 3:12–13)
- ✧ “Repay no one evil for evil. Have regard for good things in the sight of all men. If it is possible, as much as depends on you, live peaceably with all men. Beloved, do not avenge yourselves, but rather give place to wrath; for it is written, ‘Vengeance is Mine, I will repay,’ says the LORD. Therefore ‘If your enemy is hungry, feed him; If he is thirsty, give him a drink; For in so doing you will heap coals of fire on his head.’” Do not be overcome by evil, but overcome evil with good.” (Romans 12:17–21)

Overcoming Anxiety and Worry

- ✧ “Search me, O God, and know my heart; try me, and know my anxieties; and see if there is any wicked way in me, and lead me in the way everlasting.” (Psalm 139:23–24)
- ✧ “Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Messiah Yeshua. Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.” (Phil. 4:6–8)
- ✧ “The LORD is good, a stronghold in the day of trouble; and He knows those who trust in Him.” (Nahum 1:7)
- ✧ “Cast your burden on the LORD, And He shall sustain you; He shall never permit the righteous to be moved.” (Psalm 55:22)
- ✧ “Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal; but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. For where your treasure is, there your heart will be also.” (Matthew 6:19–21)
- ✧ “Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? Look at the birds of

the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? Which of you by worrying can add one cubit to his stature? So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; and yet I say to you that even Solomon in all his glory was not arrayed like one of these. Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith? Therefore do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For after all these things the Gentiles [heathens] seek. For your heavenly Father knows that you need all these things. But seek first the kingdom of God and His righteousness, and all these things shall be added to you. Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble." (Matthew 6:25–34)

- ✧ "You shall not covet your neighbor's house; you shall not covet your neighbor's wife, nor his male servant, nor his female servant, nor his ox, nor his donkey, nor anything that is your neighbor's." (Exodus 20:17)
- ✧ "Let your conduct be without covetousness; be content with such things as you have. For He Himself has said, 'I will never leave you nor forsake you.'" (Hebrews 13:5)
- ✧ "Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, casting all your care upon Him, for He cares for you." (1 Peter 5:6–7)
- ✧ "The work of righteousness will be peace, And the effect of righteousness, quietness and assurance forever." (Isaiah 32:17)

Overcoming Cowardice and Fear

- ✧ "The fear of man brings a snare, but whoever trusts in the LORD shall be safe." (Proverbs 29:25)
- ✧ "But the cowardly, unbelieving, abominable, ... shall have their part in the lake which burns with fire and brimstone, which is the second death." (Revelation 21:8)
- ✧ "The wicked flee when no one pursues, but the righteous are bold as a lion." (Proverbs 28:1)
- ✧ "Whenever I am afraid, I will trust in You. In God (I will praise His Word), In God I have put my trust; I will not fear. What can flesh do to me?" (Psalm 56:3–4)
- ✧ "The LORD is my light and my salvation; Whom shall I fear? The LORD is the strength of my life; Of whom shall I be afraid?" (Psalm 27:1)
- ✧ "Trust in Him at all times, you people; pour out your heart before Him; God is a refuge for us." (Psalm 62:8)
- ✧ "Fear not, for I am with you; be not dismayed, for I am your God. I will strengthen you, yes, I will help you, I will uphold you with My righteous Right Hand." (Isaiah 41:10)
- ✧ "And the LORD, He is the One who goes before you. He will be with you, He will not leave you nor forsake you; do not fear nor be dismayed." (Deuteronomy 31:8)
- ✧ "God is our refuge and strength, a very present help in trouble. Therefore we will not fear, even though the earth be removed, and though the mountains be carried into the midst of the sea; though its waters roar and be troubled, though the mountains shake with its swelling." (Psalm 46:1–3)
- ✧ "There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love." (1 John 4:18)
- ✧ "For God has not given us a spirit of fear, but of power and of love and of a sound mind." (2 Timothy 1:7)
- ✧ "For I, the LORD your God, will hold your right hand, saying to you, 'Fear not, I will help you.'" (Isaiah 41:13)
- ✧ "Yea, though I walk through the valley of the shadow of death, I will fear no evil; for You are with me; Your rod and Your staff, they comfort me." (Psalm 23:4)
- ✧ "For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, 'Abba, Father.'" (Romans 8:15)
- ✧ "And do not fear those who kill the body but cannot kill the soul. But rather fear Him who is able to destroy both soul and body in hell." (Matthew 10:28)
- ✧ "Knowing, therefore, the terror of the LORD, we persuade men; but we are well known to God, and I also trust are well known in your consciences." (2 Corinthians 5:11)
- ✧ "Do not say, 'A conspiracy,' concerning all that this people call a conspiracy, nor be afraid of their threats, nor be troubled. The LORD of hosts, Him you shall hallow; let Him be your fear, and let Him be your dread." (Is 8:12–13)

- ⊗ “And the LORD, He is the One who goes before you. He will be with you, He will not leave you nor forsake you; do not fear nor be dismayed.” (Deuteronomy 31:8)
- ⊗ “Watch, stand fast in the faith, be brave, be strong. Let all that you do be done with love.” (1 Corinth 16:13–14)
- ⊗ “Finally, my brethren, be strong in the LORD and in the power of His might.” (Ephesians 6:10)
- ⊗ “Therefore whoever confesses Me before men, him I will also confess before My Father who is in heaven. But whoever denies Me before men, him I will also deny before My Father who is in heaven.” (Matthew 10:32–33)
- ⊗ “For whoever is ashamed of Me and My words, of him the Son of Man will be ashamed when He comes in His own glory, and in His Father’s, and of the holy angels.” (Luke 9:26)
- ⊗ “And who is he who will harm you if you become followers of what is good? But even if you should suffer for righteousness’ sake, you are blessed. ‘And do not be afraid of their threats, nor be troubled.’ But sanctify the LORD God in your hearts, and always be ready to give a defense to everyone who asks you a reason for the hope that is in you, with meekness and fear; having a good conscience, that when they defame you as evildoers, those who revile your good conduct in Messiah may be ashamed. For it is better, if it is the will of God, to suffer for doing good than for doing evil.” (1 Peter 3:13–17)
- ⊗ “For to me, to live is Messiah, and to die is gain.” (Philippians 1:21)
- ⊗ “Now this I say, brethren, that flesh and blood cannot inherit the kingdom of God; nor does corruption inherit incorruption. Behold, I tell you a mystery: We shall not all sleep, but we shall all be changed—in a moment, in the twinkling of an eye, at the last trumpet. For the trumpet will sound, and the dead will be raised incorruptible, and we shall be changed. For this corruptible must put on incorruption, and this mortal must put on immortality. So when this corruptible has put on incorruption, and this mortal has put on immortality, then shall be brought to pass the saying that is written: “Death is swallowed up in victory.” (1 Corinthians 15:50–54)
- ⊗ “For the LORD Himself will descend from heaven with a shout, with the voice of an archangel, and with the trumpet of God. And the dead in Messiah will rise first. Then we who are alive and remain shall be caught up together with them in the clouds to meet the LORD in the air. And thus we shall always be with the LORD. Therefore comfort one another with these words.” (1 Thessalonians 4:16–18)
- ⊗ “Only be strong and very courageous, that you may observe to do according to all the law which Moses My servant commanded you; do not turn from it to the right hand or to the left, that you may prosper wherever you go. This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success. Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the LORD your God is with you wherever you go.” (Joshua 1:7–9)

Overcoming Distrust and Doubt

- ⊗ “For by grace you have been saved through faith, and that not of yourselves; it is the gift of God, not of works, lest anyone should boast. For we are His workmanship, created in Messiah Yeshua for good works, which God prepared beforehand that we should walk in them.” (Ephesians 2:8–10)
- ⊗ “And those who know Your name will put their trust in You; for You, LORD, have not forsaken those who seek You.” (Psalm 9:10)
- ⊗ “Trust in the LORD with all your heart, And lean not on your own understanding; In all your ways acknowledge Him, And He shall direct your paths.” (Proverbs 3:5–6)
- ⊗ “Cast your burden on the LORD, and He shall sustain you; He shall never permit the righteous to be moved.” (Psalm 55:22)
- ⊗ “Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth!” (Ps 46:10)
- ⊗ “For I know the thoughts that I think toward you, says the LORD, thoughts of peace and not of evil, to give you a future and a hope. Then you will call upon Me and go and pray to Me, and I will listen to you. And you will seek Me and find Me, when you search for Me with all your heart.” (Jeremiah 29:11–13)
- ⊗ “Immediately the father of the child cried out and said with tears, “LORD, I believe; help my unbelief!” (Mark 9:24)

- ⊗ "If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him. But let him ask in faith, with no doubting, for he who doubts is like a wave of the sea driven and tossed by the wind. For let not that man suppose that he will receive anything from the Lord; he is a double-minded man, unstable in all his ways. Let the lowly brother glory in his exaltation," (James 1:5–9)
- ⊗ "So then faith comes by hearing, and hearing by the Word of God." (Romans 10:17)
- ⊗ "Now faith is the substance of things hoped for, the evidence of things not seen.... But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him." (Hebrews 11:1, 6)
- ⊗ "So we are always confident, knowing that while we are at home in the body we are absent from the LORD. For we walk by faith, not by sight. We are confident, yes, well pleased rather to be absent from the body and to be present with the LORD. Therefore we make it our aim, whether present or absent, to be well pleasing to Him. For we must all appear before the judgment seat of Messiah, that each one may receive the things done in the body, according to what he has done, whether good or bad. Knowing, therefore, the terror of the LORD, we persuade men; but we are well known to God, and I also trust are well known in your consciences." (2 Corinthians 5:6–11)
- ⊗ "So Yeshua answered and said to them, 'Assuredly, I say to you, if you have faith and do not doubt, you will not only do what was done to the fig tree, but also if you say to this mountain, 'Be removed and be cast into the sea,' it will be done. And whatever things you ask in prayer, believing, you will receive.'" (Matthew 21:21–22)
- ⊗ "Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them." (Mark 11:24)
- ⊗ "So I say to you, ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you." (Luke 11:9)
- ⊗ "If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you." (John 15:7)
- ⊗ "Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us." (1 John 5:14)
- ⊗ "Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much." (James 5:16)
- ⊗ "And whatever we ask we receive from Him, because we keep His commandments and do those things that are pleasing in His sight." (1 John 3:22)tr

Trusting Our Identity in Messiah Yeshua

- ⊗ "If you confess with your mouth the LORD Yeshua and believe in your heart that God has raised Him from the dead, you will be saved. For with the heart one believes unto righteousness, and with the mouth confession is made unto salvation. For the Scripture says, 'Whoever believes on Him will not be put to shame.' For there is no distinction between Jew and Greek, for the same LORD over all is rich to all who call upon Him." (Rom 10:9–12)
- ⊗ "Therefore, if anyone is in Messiah, he is a new creation; old things have passed away; behold, all things have become new." (2 Corinthians 5:17)
- ⊗ "I have been crucified with Messiah; it is no longer I who live, but Messiah lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me." (Galatians 2:20)
- ⊗ "Blessed is the man who trusts in the LORD, and whose hope is the LORD. For he shall be like a tree planted by the waters, which spreads out its roots by the river, and will not fear when heat comes; but its leaf will be green, and will not be anxious in the year of drought, nor will cease from yielding fruit." (Jeremiah 17:7–8)
- ⊗ "Let not your heart be troubled; you believe in God, believe also in Me. In My Father's house are many mansions; if it were not so, I would have told you. I go to prepare a place for you. And if I go and prepare a place for you, I will come again and receive you to Myself; that where I AM, there you may be also. And where I go you know, and the way you know!... Yeshua said to him, 'I am the Way, the Truth, and the Life. No one comes to the Father except through Me.'" (John 14:1–4, 6)
- ⊗ "And you He made alive, who were dead in trespasses and sins, in which you once walked according to the course of this world, according to the prince of the power of the air, the spirit who now works in the sons of

disobedience, among whom also we all once conducted ourselves in the lusts of our flesh, fulfilling the desires of the flesh and of the mind, and were by nature children of wrath, just as the others. But God, who is rich in mercy, because of His great love with which He loved us, even when we were dead in trespasses, made us alive together with Messiah (by grace you have been saved), and raised us up together, and made us sit together in the heavenly places in Messiah Yeshua, that in the ages to come He might show the exceeding riches of His grace in His kindness toward us in Messiah Yeshua." (Ephesians 2:1–7)

- ⊗ "And we know that all things work together for good to those who love God, to those who are the called according to His purpose." (Romans 8:28)
- ⊗ "Whoever believes that Yeshua is the Messiah is born of God, and everyone who loves Him who begot also loves him who is begotten of Him. By this we know that we love the children of God, when we love God and keep His commandments. For this is the love of God, that we keep His commandments. And His commandments are not burdensome. For whatever is born of God overcomes the world. And this is the victory that has overcome the world—our faith. Who is he who overcomes the world, but he who believes that Yeshua is the Son of God?" (1 John 5:1–5)
- ⊗ "For whatever is born of God overcomes the world. And this is the victory that has overcome the world—our faith." (1 John 5:4)
- ⊗ "If then you were raised with Messiah, seek those things which are above, where Messiah is, sitting at the right hand of God. Set your mind on things above, not on things on the earth. For you died, and your life is hidden with Messiah in God. When Messiah who is our life appears, then you also will appear with Him in glory." (Colossians 3:1–4)
- ⊗ "But you are a chosen generation, a royal priesthood, a holy nation, His own special people, that you may proclaim the praises of Him who called you out of darkness into His marvelous light; who once were not a people but are now the people of God, who had not obtained mercy but now have obtained mercy." (1 Peter 2:9–10)
- ⊗ "But as many as received Him, to them He gave the right to become children of God, to those who believe in His name: who were born, not of blood, nor of the will of the flesh, nor of the will of man, but of God." (John 1:12–13)
- ⊗ "For as many as are led by the Spirit of God, these are sons of God. For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, "Abba, Father." The Spirit Himself bears witness with our spirit that we are children of God, and if children, then heirs—heirs of God and joint heirs with Messiah, if indeed we suffer with Him, that we may also be glorified together." (Rom 8:14–17)
- ⊗ "Blessed be the God and Father of our LORD Messiah Yeshua, who has blessed us with every spiritual blessing in the heavenly places in Messiah, just as He chose us in Him before the foundation of the world, that we should be holy and without blame before Him in love, having predestined us to adoption as sons by Messiah Yeshua to Himself, according to the good pleasure of His will, to the praise of the glory of His grace, by which He made us accepted in the Beloved." (Ephesians 1:3–6)
- ⊗ "Behold what manner of love the Father has bestowed on us, that we should be called children of God! Therefore the world does not know us, because it did not know Him. Beloved, now we are children of God; and it has not yet been revealed what we shall be, but we know that when He is revealed, we shall be like Him, for we shall see Him as He is." (1 John 3:1–2)
- ⊗ "For our citizenship is in heaven, from which we also eagerly wait for the Savior, the LORD Messiah Yeshua, who will transform our lowly body that it may be conformed to His glorious body, according to the working by which He is able even to subdue all things to Himself." (Philippians 3:20–21)
- ⊗ "Therefore we were buried with Him through baptism into death, that just as Messiah was raised from the dead by the glory of the Father, even so we also should walk in newness of life. For if we have been united together in the likeness of His death, certainly we also shall be in the likeness of His resurrection, knowing this, that our old man was crucified with Him, that the body of sin might be done away with, that we should no longer be slaves of sin." (Romans 6:4–6)
- ⊗ "But he who is joined to the LORD is one spirit with Him." (1 Corinthians 6:17)

- ⊗ “You are of God, little children, and have overcome them, because He who is in you is greater than he who is in the world.” (1 John 4:4)

Becoming One New Man in Messiah Yeshua

- ⊗ “Behold, how good and how pleasant it is For brethren to dwell together in unity!” (Psalm 133:1)
- ⊗ “Therefore if there is any consolation in Messiah, if any comfort of love, if any fellowship of the Spirit, if any affection and mercy, fulfill my joy by being like-minded, having the same love, being of one accord, of one mind.” (Philippians 2:1–2)
- ⊗ “For you are all sons of God through faith in Messiah Yeshua. For as many of you as were baptized into Messiah have put on Messiah. There is neither Jew nor Greek, there is neither slave nor free, there is neither male nor female; for you are all one in Messiah Yeshua. And if you are Messiah’s, then you are Abraham’s seed, and heirs according to the promise.” (Galatians 3:26–29)
- ⊗ “Therefore remember that you, once Gentiles in the flesh—who are called Uncircumcision by what is called the Circumcision made in the flesh by hands—that at that time you were without Messiah, being aliens from the commonwealth of Israel and strangers from the covenants of promise, having no hope and without God in the world. But now in Messiah Yeshua you who once were far off have been brought near by the blood of Messiah. For He Himself is our peace, who has made both one, and has broken down the middle wall of separation, having abolished in His flesh the enmity—that is, the law of commandments contained in ordinances—so as to create in Himself one new man from the two, thus making peace, and that He might reconcile them both to God in one body through the cross, thereby putting to death the enmity. And He came and preached peace to you who were afar off and to those who were near. For through Him we both have access by one Spirit to the Father. Now, therefore, you are no longer strangers and foreigners, but fellow citizens with the saints and members of the household of God, having been built on the foundation of the apostles and prophets, Messiah Yeshua Himself being the chief cornerstone, in whom the whole building, being fitted together, grows into a holy temple in the LORD, in whom you also are being built together for a dwelling place of God in the Spirit.” (Ephesians 2:11–22)
- ⊗ “I, therefore, the prisoner of the Lord, beseech you to walk worthy of the calling with which you were called, with all lowliness and gentleness, with long-suffering, bearing with one another in love, endeavoring to keep the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called in one hope of your calling; one LORD, one faith, one baptism; one God and Father of all, who is above all, and through all, and in you all.” (Ephesians 4:1–6)
- ⊗ “And He Himself gave some to be apostles, some prophets, some evangelists, and some pastors and teachers, for the equipping of the saints for the work of ministry, for the edifying of the body of Messiah, till we all come to the unity of the faith and of the knowledge of the Son of God, to a perfect man, to the measure of the stature of the fullness of Messiah; that we should no longer be children, tossed to and fro and carried about with every wind of doctrine, by the trickery of men, in the cunning craftiness of deceitful plotting, but, speaking the truth in love, may grow up in all things into Him who is the head—Messiah—from whom the whole body, joined and knit together by what every joint supplies, according to the effective working by which every part does its share, causes growth of the body for the edifying of itself in love.” (Eph 4:11–16)
- ⊗ “Now I plead with you, brethren, by the name of our LORD Messiah Yeshua, that you all speak the same thing, and that there be no divisions among you, but that you be perfectly joined together in the same mind and in the same judgment.” (1 Corinthians 1:10)
- ⊗ “I do not pray for these alone, but also for those who will believe in Me through their word; that they all may be one, as You, Father, are in Me, and I in You; that they also may be one in Us, that the world may believe that You sent Me. And the glory which You gave Me I have given them, that they may be one just as We are one: I in them, and You in Me; that they may be made perfect in one, and that the world may know that You have sent Me, and have loved them as You have loved Me.” (John 17:20–23)

