

Inner (Emotional) Healing

The scars you can't see are often the hardest to heal. But when you learn from your wounds, you can turn them into wisdom. ~Marcee

1. I am mentally, emotionally and physically strong
2. I am whole from the inside out
3. My past can no longer hurt me, hinder me or haunt me
4. Jesus has set me free indeed from sexual abuse, physical abuse and emotional abuse
5. Jesus has set me free indeed from rejection, control and anger
6. Jesus has set me free indeed from a broken heart, a broken spirit and a broken mind
7. Jesus has set me free indeed from worry, depression, anxiety and fear
8. My past will not define my future; my ending will be greater than my beginning
9. No plot, plan or weapon that is formed against me will succeed
10. I have a spirit of love, power and a sound mind
11. I increase in wisdom, stature and favor daily
12. I am stronger than ever because the **joy** of the Lord is my strength
13. I am a positive person, therefore positive people are attracted to me
14. I survived every test, trial, tragedy and temptation for God's glory
15. I am not a victim, but I am a victorious in everything
16. _____
17. _____



References: Isaiah 54:17, John 8:36, Haggai 2:9, Nehemiah 8:10, II Timothy 1:7, Luke 2:52