

When we know WHOSE we are –God’s child, When we know WHO we are-Truths from God’s Word, We will experience the love, grace, joy, peace, companionship from the Holy Spirit and never be alone, afraid, chaotic, undone or confused☺
Remember You are a beautiful work of God’s ART, made in His image with all of His qualities and characteristics,

Take action today and experience a new life surrendered to the Lord Jesus!

A-Admit I am a sinner, even if I have committed one sin I have sinned against God’s perfect law.

Admit there is a problem in your life. (Romans 3:23)

R-Repent and ask for forgiveness of these sins or whatever the problem may be, write them down and share with a mentor or someone or tell Jesus what you have done and then walk in the opposite direction, leaving your former sinful life behind! (Acts 2:38)

T-Trust in Jesus’ life, death and resurrection has removed all sins and guilt and shame and thank Him for doing this. (2 Corinthians 5:21)

S-Submit and surrender each day now to Jesus’ Lordship by reading, meditating on His Word, forgiving others, meeting together with other born again believers and serving in a church, one day at a time fellowshiping with God and Following Jesus! (Romans 12:2, James 4:7)

CONGRATULATIONS! If you have just believed and received Jesus as your Lord and Savior you have been born again and can now claim all of God’s promises and walk in this new faith! Tell someone, write to us and now get involved in a Bible believing, teaching church in your area. You have a new, eternal purpose now of growing in God’s Word and leading others to all blessings, love, peace and joy that Jesus has to offer☺

Meditate on and speak these verses each day to live out intentionally who you are positionally in Christ Jesus! Our identity is found in who God says we are, not what other people say or think or what the world’s messages speak into our life. God’s Word is Truth, speak these promises into your life and others’ today!

I am complete in Christ who is the Head of all principality and power (Colossians 2:10)

I am the righteousness of God in Christ. (2 Corinthians 5:21)

I am alive with Christ (Ephesians 2:5), I am an ambassador for Christ (2 Corinthians 5:20)

I am victorious in Christ (1 Corinthians 15:57), I am organized in Christ (1 Corinthians 14:33)

I am holy and without blame before Him in love (Ephesians 1:4; 1 Peter 1:16)

I have the mind of Christ (1 Corinthians 2:16; Philippians 2:5)

I have the peace of God that passes all understanding (Philippians 4:7)

I am free in Christ (Galatians 5:1), I flow in the Spirit of God (John 7:38)

I am more than a conqueror in Christ (Romans 8:37), I am an over comer in Christ (1 John 5:4)
I have been blessed with every spiritual blessing in heavenly places in Christ Jesus (Ephesians 1:3)
I am reconciled to God (Colossians 1:22), I am God's Temple (1 Corinthians 6:18-20)
I am not conformed to the world and I am renewing my mind in Christ (Romans 12:2)
I am delivered and saved and healthy in Christ (Ephesians 2:8, 3 John 1:2)
I have the wisdom of God (Colossians 2:2-3), I perform miracles in Christ (Mark 16:17-18)
I trust in Jesus (John 14:1), I live by faith (Galatians 2:20)
I am holy and blameless and a friend of Jesus (Ephesians 1:4, John 15:15)
I have everything I need for life and godliness (2 Peter 1:3)
I have been redeemed by Christ (Ephesians 1:7)
I am loved by God (John 3:16, Romans 5:8), I am full of God's love (Ephesians 3:19)
I am chosen and I am royalty (1 Peter 2:9), I am joint heir with Christ (Romans 8:17)
I am provided for completely because my God supplies all of my needs (Philippians 4:19)
I am pure in Christ (2 Corinthians 11:2), I am forgiven (Ephesians 4:32)
I am God's Masterpiece; He has created me new in Christ Jesus so I can do the good things he planned for me long ago (Ephesians 2:10)
I am a new creation in Christ, I can do all things through Christ (2 Corinthians 5:17, Philippians 4:13)
I am a doer of the Word and blessed in my actions (James 1:22,25)
I am a child of God (John 1:12) and made new (Revelation 21:5)
I am raised up with Christ and seated in heavenly places (Ephesians 2:6; Colossians 2:12)
I am the light of the world (Matthew 5:14), I am no longer condemned (Romans 8:1)
I am delivered from the power of darkness and translated into God's kingdom (Colossians 1:13)
I am the temple of the Holy Spirit; I am not my own (1 Corinthians 6:19)
I have been given all authority and power in heaven and on earth to tread on serpents and scorpions and over all the power of the enemy, satan, and nothing will harm me. (Matthew 28:18, Luke 10:19)
I have been given power and authority over all demons and to cure diseases, to proclaim the kingdom of God and to heal the sick (Luke 9:1-2)

****Kate's Faith and Fitness** is a non-profit fitness ministry and social community ~ We believe when we are spiritually fit we will enjoy fitness in every area of life-Spiritually, nutritionally, physically, relationally, emotionally and financially! Do you need a new, healthy focus in your life or should you refocus on discovering God's best for your life? Let's get FIT for Kingdom service together, let's make America FIT again! Become an intentional Fit Partner by agreeing to pray for this ministry and other Fit Partners regularly, donate to help others get healed and fit and be blessed! www.katesfaithandfitness.org

Kates Faith and Fitness, Inc. 772-766-kate (5283) PO Box 643321 Vero Beach, FL 32964

kate@katesfaithandfitness.org



[Kates_faithandfitness](https://www.instagram.com/Kates_faithandfitness)



[Facebook.com/katesfaithandfitness](https://www.facebook.com/katesfaithandfitness)