

CONFESSION WORRY & DEPRESSION

Today, I make a new proclamation:
I am not afraid. I am not worried.
I am not depressed.
I will not be tormented any longer.
God's love casts out my fears.
I take every thought captive
and make them obedient to Jesus.
I have the peace of God.
My life will be marked by love,
joy and peace, patience and kindness,
goodness and faithfulness,
gentleness and self-control.
God is rich in compassion for me.
His joy is my strength.
As an image-bearer of God
I reflect His goodness.
I am rich in compassion. I do not worry.
I will fear no evil. Worry and depression
have no place in my life.
In Jesus' Name, Amen!