

## 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!