

**WALKING  
IN THE  
OPPOSITE  
SPIRIT**

## INSTEAD OF ANGER:

*I do not let anger gain control over me; I think about it and remain silent. (Psalm 4:4)*

*I do not let the sun go down on my anger. (Ephesians 4:26)*

*I am prayerful and patient in the midst of trouble. (Romans 12:12)*

*I do not pay back evil for evil, but I am patient and do good to everyone. (1 Thessalonians 5:14)*

*I continue to show deep love for others as love covers a multitude of sins. (1 Peter 4:8)*

*It is Christ's love that controls me in whatever I do. (2 Corinthians 5:14)*

## INSTEAD OF CONTROL:

*I trust the Lord with all my heart, not leaning on my own understanding. (Proverbs 3:5)*

*I do not control others but I think of them as better than myself. (Philippians 2:3)*

*I am gentle and show true humility to everyone. (Titus 3:2)*

*I clothe myself with compassion, kindness, humility and gentleness. (Colossians 3:12)*

*I live in a manner that respects and submits to others. (1 Peter 2:13-14)*

*I am the servant of others. (Luke 14:43)*

*I will never be in want for anything because I know the Lord is my shepherd. (Psalm 23:1)*

## INSTEAD OF COMPETING WITH OTHERS:

*I am a servant of Christ. (Matthew 23:11)  
In humility I consider others better than myself. (Philippians 2:3)*

*I look out for the interests of others. (Philippians 2:4)*

*I am a servant of all. (Matthew 23:11)*

*I do good to all people. (Galatians 6:10)*

*I am an encourager of others and I love my brothers and sisters in Christ. (1 Thessalonians 5:14)*

## INSTEAD OF CRITICIZING OTHERS:

*I speak in a way that is helpful to others. (Job 16:4-5)*

*I cover all offences with love. (Proverbs 17:9)*

*I do not judge or condemn others but only forgive. (Matthew 7:1-2; Luke 6:37)*

*I bear the failings of those who are weak and purpose not to please myself. (Romans 15:1)*

*I carry the burdens of others without comparing myself to them. (Galatians 6:1)*

*I put on love and forgive all grievances I might have towards others. (Colossians 3:13-14)*

*I am merciful and speak and act without judgement. (James 2:12-13)*

*I do not speak against, slander, or judge my neighbour. (James 4:11-12)*

## INSTEAD OF BEING FEARFUL:

*I do not fear when the heat comes; my confidence is in the Lord. (Jeremiah 17:7-8)*

*I am kept safe because of my trust in the Lord and I will not fear man. (Proverbs 29:25)*

*I have been given a spirit of power, love and self discipline, not fear. (2 Timothy 1:7)*

*I have no fear of punishment because perfect love casts out fear. (1 John 4:18)*

*I have no fear in my heart because the Lord protects me from danger. (Psalm 27:1-3)*

*I am not afraid when I lie down because my sleep will be sweet. (Proverbs 3:24)*

*I am not afraid of bad news; my heart is steadfast, trusting in the Lord. (Psalm 112:7)*

*I am not afraid because you are close beside me. (Psalm 23:4)*

*I do not fear anything except the Lord. He will keep me safe. (Isaiah 8:13)*

*I am no longer a slave to the fear of dying, for He will deliver me. (Hebrews 2:14-15)*

## INSTEAD OF FEELING HOPELESS:

*I put my hope in your word, for you are my refuge and my shield. (Psalm 119:114)*

*I put my hope in your unfailing love, and I know your eyes are upon me. (Psalm 33:18)*

*I believe you delight in me because I put my hope in your unfailing love. (Psalm 147:11)*

*I know that because I hope in you, You will renew my strength; I will soar on wings like eagles; I will run and not grow weary; I will walk and not faint. (Isaiah 40:31)*

*I hope in the Lord, and He does not disappoint me. (Isaiah 49:23)*

*I will not be disappointed because God pours out His love into my heart. (Romans 5:5)*

*I know that God gives me hope and will keep me happy and full of peace. (Romans 15:13)*

*I will overflow with hope through the power of the Holy Spirit. (Romans 15:13)*

*Since I have such hope, I am very bold. (2 Corinthians 3:12)*

## INSTEAD OF INFERIORITY:

*I will not covet what others have. (Exodus 20:17)*

*I am chosen by God to do the good works that He has prepared for me to do! (Ephesians 2:10)*

*I am strong and I do not fear, for my God will come. (Isaiah 35:4)*

*I am the salt of the earth and the light of the world. (Matthew 5:13-14)*

*I am a spirit-powered witness of Christ. (Acts 1:8)*

*I am God's workmanship. (Ephesians 2:10)*

*I am highly favoured by God, and He is with me. (Luke 1:28)*

*I am a mighty warrior, and the Lord is with me. (Judges 6:12)*

*I am confident of God's unconditional love for me. (1 John 3:1)*

*I have been given a spirit of power, love and self-discipline and not fear. (2 Timothy 1:7)*

## INSTEAD OF INSECURITY:

*I am secure because nothing will separate me from the love of Christ. (Romans 8:38)*

*I am complete in Christ. (Colossians 2:10)*

*I have been chosen and appointed by God to bear fruit. (John 15:16)*

*I may approach God with freedom and confidence. (Ephesians 3:12)*

*The kingdom of God is within me. (Luke 17: 20-21)*

*He directs my path when I seek Him. (Proverbs 3:5-6)*

*I am fearfully and wonderfully made. (Psalm 139:10)*

*I am free from condemnation. (Romans 8:1-2)*

*I am God's workmanship, created for good works. (Ephesians 2:10)*

*I cannot be separated from the love of God. (Romans 8:35-39)*

## INSTEAD OF JEALOUSY AND ENVY:

*I am complete in Christ. (Colossians 2:10)*

*I am assured that all things work together for good. (Romans 8:28)*

*I have been chosen and appointed by God to bear fruit. (John 15:16)*

*I am a temple of God. (1 Corinthians 3:16)*

*I am God's workmanship, created for good works. (Ephesians 2:6)*

*The Lord is my shepherd; I shall not want. You anoint my head with oil, my cup overflows. Surely goodness and love will follow me all the days of my life. (Psalms 23:1, 5-6)*

## INSTEAD OF BEING PASSIVE:

*I walk after the Lord my God and fear Him, and I keep His commandments and obey His voice. I shall serve Him and hold fast to Him. (Deuteronomy 13:4)*

*I am diligent to the very end and am not lazy. (Proverbs 10:4)*

*I work hard and show my love for God by loving and caring for others. (Hebrews 6:10-11)*

*I have been chosen and appointed to bear fruit. (John 15:16)*

*I am God's co-worker. (2 Corinthians 6:1)*

*I can do all things through Him who strengthens me. (Philippians 4:13)*

*I have not been given a spirit of timidity, but of power, love and sound mind. (2 Timothy 1:7)*

*I am not lazy, but I imitate those who through faith and patience inherit what has been promised. (Hebrews 6:11-12)*

## INSTEAD OF PRIDE AND ARROGANCE:

*I hate pride and arrogance, evil behaviour, and perverse speech. (Proverbs 8:13)*

*I am wise to take advice from others because pride only breeds quarrels. (Proverbs 13:10)*

*I choose to walk in humility and let God do the exalting. (Luke 4:11)*

*I am the servant of others. (Luke 14:43)*

*I do not boast about myself, but my approval comes from the Lord. (2 Corinthians 10:10)*

*I love others. I do not boast; I am not proud or self-seeking. (2 Corinthians 13:4-5)*

*I have humbled myself under God's mighty hand, and He will raise me up. (1 Peter 5:6)*

*I am not selfish but think of others as better than myself. (Philippians 2:3)*

*I do not live to make a good impression on others. (Philippians 2:3)*

*I do not look to my own interests but only to the interests of others. (Philippians 2:4)*

*I clothe myself with compassion, kindness, humility, and gentleness. (Colossians 3:12)*

*I am gentle and show true humility to everyone. (Titus 3:2)*

## INSTEAD OF REBELLION:

*I am obedient to God's truth and therefore am loved by Him. (John 14:21)*

*I purpose to do nothing without consulting the Father. (John 5:30)*

*I seek His will and not my own will on everything. (Matthew 26:39)*

*I live in submission to those God has placed in authority. (Romans 13:1-2)*

*I understand that those in authority have been placed there by God. (Hebrews 13:7)*

*I live in a manner that respects and submits to others. (1 Peter 2:13-14)*

*I honor all people and seek to support and protect their honor. (1 Peter 2:17)*

## INSTEAD OF REJECTION:

*I am confident of God's unconditional love for me. (1 John 3:1)*

*I forgive and bless all those who have hurt or rejected me. (Matthew 6:12; Ephesians 3:31-32)*

*I am loving and confident even when I fear people will reject me. (1 John 4:18)*

*I am secure because nothing will separate me from the love of Christ. (Romans 8:38)*

*I rejoice because the Lord has rescued me and has been so good to me. (Psalms 13:1,5-6)*

*I am not forsaken by the Lord for He is the stronghold of my life. (Psalms 27:1,10)*

*I have been chosen by God and am not rejected. (Isaiah 41:9)*

*I do not fear for He is with me to strengthen, help me and uphold me. (Isaiah 41:10)*

*I know that the Lord takes great delight in me and rejoices over me. (Zephaniah 3:17)*

## INSTEAD OF SHAME:

*I will never be put to shame because I put my trust in Him. (Romans 9:33)*

*I will never be put to shame because my hope is in you. (Psalm 25:3)*

*I will humble myself and pray and you will forgive my sin and heal me. (2 Chronicles 7:14)*

*I look to you and I am radiant; my face is never covered with shame. (Psalm 34:5)*

*I have been given a new heart, and a new spirit has been put in me. (Ezekiel 36:26)*

*I am in Christ Jesus; therefore there is no condemnation! (Romans 8:1)*

*I will never again be ashamed for God has worked wonders for me. (Joel 2:26)*

*I am God's workmanship, created in Christ Jesus to do good works. (Ephesians 2:10)*

*I am redeemed and forgiven of all my sins! (Colossians 1:14)*

## INSTEAD OF UNBELIEF:

*I believe that He exists and rewards those who earnestly seek Him. (Hebrews 11:6)*

*I am sure of what I hope for and am certain of what I do not see. (Hebrews 11:1)*

*I ask and believe without doubting because he who doubts is blown by the wind. (James 1:6)*

*I take up the shield of faith and extinguish the arrows of the evil one. (Ephesians 6:13, 16)*

*I live by faith and not by sight. (2 Corinthians 5:7)*

*My faith does not rest in men's wisdom but in God's power. (1 Corinthians 2:4-5)*

*I have faith in Jesus, and I will not only do what he did but greater things. (John 14:12)*

*My faith will be amongst those that He finds when the Son of Man returns. (Luke 18:8)*

*I will receive whatever I ask for in prayer because I believe. (Matthew 21:22)*

*I am undeserving, but just say the word and my servant will be healed. (Matthew 8:8)*

## INSTEAD OF UNFORGIVENESS:

*I forgive others, just as God in Christ also has forgiven me. (Ephesians 4:32)*

*He forgives all my sins and heals all my diseases. (Psalm 103:3)*

*He forgives us our sins as we forgive those who sin against us. (Matthew 6:12)*

*I forgive those who sin against me. (Matthew 18:22)*

*If I hold anything against anyone, I will forgive him. (Mark 11:25-26)*

*I say, "Father, forgive them for they do not know what they are doing." (Luke 23:34)*

*I make allowances for others' faults and forgive those who offend me. (Colossians 3:13)*

*I am merciful, thus God's mercy will win out over His judgment against me. (James 2:13)*

*I confess my sins and He is faithful and just to forgive and purify me of my sin. (1 John 1:9)*

## INSTEAD OF SELF-PITY AND VICTIMIZATION:

*I am secure because nothing will separate me from the love of Christ. (Romans 8:38)*

*I believe you delight in me because I put my hope in your unfailing love. (Psalms 147:11)*

*I know that the Lord takes great delight in me and rejoices over me (Zephaniah 3:17)*

*I forgive others just as God in Christ also has forgiven me. (Ephesians 4:32)*

*I walk after the Lord my God, fear Him, keep His commandments, and obey. (1 Samuel 12:14)*

*I am loving and confident even when I fear people will reject me. (1 John 4:18)*

*I put my hope in your unfailing love, and I know your eyes are upon me. (Psalm 33:18)*

*I am not selfish but think of others as better than myself. (Philippians 2:3)*

*I do not look to my own interests but only to the interests of others. (Philippians 2:4)*

*I am highly favoured by God and He is with me. (Luke 1:28)*