

Dear me,

We will focus and take care of our Mental Health with the word of GOD, and help of the Holy Spirit and those who GOD has predestined to help us.

Declaration: I reject fear, anxiety, and confusion. My mind is renewed daily in Christ! I have the mind of Christ, and my thoughts are aligned with His truth. "We have the mind of Christ." (1 Corinthians 2:16)

Declaration: Fear has no hold on me! I walk in God's strength and peace. God has not given me a spirit of fear but of power, love, and a sound mind.

"For God has not given us a spirit of fear, but of power, love, and a sound mind." (2 Timothy 1:7)

Declaration: My thoughts align with God's truth—I am strong, courageous, and victorious! I take every thought captive and make it obedient to Christ.

"We take captive every thought to make it obedient to Christ." (2 Corinthians 10:5)

Declaration: My heart is whole, my soul is restored, and I am walking in healing. God heals my broken heart and binds up my wounds. "He heals the brokenhearted and binds up their wounds." (Psalm 147:3)

Declaration: My joy is unshakable because it is rooted in Christ! The joy of the Lord is my strength. "The joy of the Lord is your strength." (Nehemiah 8:10)

Love, also me!