

# MENTAL HEALTH RESOURCES

## SOUNDTRACKS & ANTHEMS

We all are playing soundtracks. Ask yourself these questions:

1. **Who do you listen to?**
2. **What past failures dominate your thoughts?**
3. **What negative thoughts are dominating your thinking?**
4. **What thoughts have become strongholds?**

*Don't rush past these questions. Spend some time here in honest reflection.*

**What does God's Word say about me?** (Specifically about the things I struggle with?)

Next, let's craft some statements that help us take captive every thought.

Below are scriptures that you can use as your new anthem:

*Because of Jesus ...*

- **I am a child of God.** (*Galatians 3:26*)
- **I am a spiritual contributor, not a spiritual consumer.**
- **I am alive.** (*Romans 6:11*)

- **I am a faith-filled, life-speaking, fully devoted follower of Christ.**
- **I am Christ's ambassador.** (*2 Corinthians 5:20*)
- **I am a masterpiece.** (*Ephesians 2:10*)
- **I am content in Christ alone.**
- **I am chosen.** (*Ephesians 1:4*)
- **I am determined to love God and people with everything I have.**
- **I am a child of God.** (*John 1:12-13*)
- **I am strengthened by God who upholds me, protects me, and defends me.**
- **I am joyful.** (*Galatians 5:22-23*)
- **I am gentle.** (*Galatians 5:22-23*)
- **I am not easily offended and will not hold onto bitterness.**
- **I am patient.** (*Galatians 5:22-23*)
- **I am faithful.** (*Galatians 5:22-23*)
- **I am self-controlled.** (*Galatians 5:22-23*)
- **I am kind.** (*Galatians 5:22-23*)
- **I am known—even before I was born.** (*Jeremiah 1:5*)
- **I am steady.** (*Psalms 91:1*)
- **I am not alone—God is with me.**
- **I am loved.** (*John 3:16*)
- **I am fierce in confidence and boldness because God is with me.**
- **I am free.** (*John 8:32*)
- **I am healed.** (*1 Peter 2:24*)
- **I am unashamed.** (*Romans 8:1*)
- **I am called and equipped to go after the righteous desires God puts in my heart.**
- **I am strong.** (*1 John 2:14*)

- I am fearless. (*Isaiah 43:5*)
- I am secure. (*John 10:28-29*)
- I am not a people-pleaser because I answer to God first and seek to please Him.
- I am a new creation. (*2 Corinthians 5:17*)
- I am not shaken. (*Psalms 62:6*)
- I am not stuck in worry because Jesus offers a peace this world cannot give.
- I am born again. (*1 Peter 1:23*)
- I am more than a conqueror. (*Romans 8:37*)
- I am named by God, not labeled by man.
- I am the light of the world. (*Matthew 5:14*)
- I am mighty in His power. (*Ephesians 6:10*)
- I am the Church and I exist for the world. (*1 Corinthians 12:27*)

#### *Specifically For Women*

- I am the daughter of the King of all kings.
- Because of Jesus, I lack nothing.
- God has given me everything I need to do what He's called me to do.
- I speak encouraging, life-giving words and build others up.
- The joy of the Lord is my strength. (*Nehemiah 8:10*)
- I will not compare myself to other women. God made us all beautifully unique.
- I will hold myself to God's standards and measure myself with grace.
- I will love and laugh rather than fight and complain.
- I refuse to waste my life on meaningless things.
- I will act justly, love mercy, and walk humbly with my God. (*Micah 6:8*)
- Through Christ I am strong, gentle, fierce, and compassionate.
- I will fight the good fight for what matters most. (*2 Timothy 4:7*)

*Specifically For Men*

- I am the son of the King of all kings.
- I lay down my pride and selfishness, giving all glory to the one true God.
- I love my family like Christ loved the Church—giving Himself up for her.
- I fight for purity, guarding my eyes and heart from tempting situations.
- I seek friendships with other godly men to sharpen my perspective. (*Proverbs 27:17*)
- I wait for God to open the right doors and take action when He does.
- I'm not defined by my failures or successes.
- I finish what I start.
- I never give up!
- I will act justly, love mercy, and walk humbly with my God. (*Micah 6:8*)
- Through Christ I am strong, gentle, fierce, and compassionate.
- I am a warrior! I stand firm, even when the pain is crippling because God is my strength.
- I will fight the good fight for what matters most. (*2 Timothy 4:7*)