



High Performance Disciple

In Christ...

I am faithful (Ephesians 1:1)

To God's holy people in Ephesus, the faithful in Christ Jesus

I am God's child (John 1:12)

Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God

I have been justified (Romans 5:1)

Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ

I am Christ's friend (John 15:15)

I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you.

I belong to God (1 Corinthians 6:20)

you were bought at a price. Therefore honour God with your bodies.

I am a part of Christ's Body (1 Corinthians 12:27).

Now you are the body of Christ, and each one of you is a part of it.

I am know all things work together for good (Romans 8:28)

And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

I have been established, anointed and sealed by God (2 Corinthians 1:21-22).

Now it is God who makes both us and you stand firm in Christ. He anointed us, set his seal of ownership on us, and put his Spirit in our hearts as a deposit, guaranteeing what is to come.

I am confident that God will complete the work He has started in me (Philippians 1:6)

being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.

I am a citizen of heaven (Philippians 3:20)

But our citizenship is in heaven. And we eagerly await a Saviour from there, the Lord Jesus Christ

I am hidden with Christ in God (Colossians 3:3).

For you died, and your life is now hidden with Christ in God.

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

For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

I am born of God and the evil one cannot touch me (1 John 5:18)

We know that anyone born of God does not continue to sin; the One who was born of God keeps them safe, and the evil one cannot harm them.

I am blessed in the heavenly realms with every spiritual blessing (Ephesians 1:3)

Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ.

I am chosen before the creation of the world (Ephesians 1:4, 11).

In him we were also chosen, having been predestined according to the plan of him who works out everything in conformity with the purpose of his will,

I am holy and blameless (Ephesians 1:4)

For he chose us in him before the creation of the world to be holy and blameless in his sight.

I am adopted as his child (Ephesians 1:5).

he predestined us for adoption to sonship through Jesus Christ, in accordance with his pleasure and will

I am given God's unlimited glorious grace (Ephesians 1:6)

to the praise of his glorious grace, which he has freely given us in the One he loves.

I am in Him (1 Corinthians 1:30; Ephesians 1:7).

It is because of him that you are in Christ Jesus, who has become for us wisdom from God – that is, our righteousness, holiness and redemption.

I have redemption and forgiveness (Ephesians 1:7).

In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace

I am forgiven (Colossians 1:14; Ephesians 1:7)

For he has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves, in whom we have redemption, the forgiveness of sins

I have purpose (Ephesians 1:9 & 3:11).

he made known to us the mystery of his will according to his good pleasure, which he purposed in Christ,

I have hope (Ephesians 1:12).

in order that we, who were the first to put our hope in Christ, might be for the praise of his glory.

I am included (Ephesians 1:13).

And you also were included in Christ when you heard the message of truth, the gospel of your salvation. When you believed, you were marked in him with a seal, the promised Holy Spirit

I am sealed with the promised Holy Spirit (Ephesians 1:13).

And you also were included in Christ when you heard the message of truth, the gospel of your salvation. When you believed, you were marked in him with a seal, the promised Holy Spirit.

I am a saint (Ephesians 1:18).

I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people,

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

‘You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot.

‘You are the light of the world. A town built on a hill cannot be hidden.

I have been chosen and God desires me to bear fruit (John 15:16).

You did not choose me, but I chose you and appointed you so that you might go and bear fruit – fruit that will last – and so that whatever you ask in my name the Father will give you.

I am a witness for Jesus Christ (Acts 1:8).

But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.’

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

As God’s fellow workers we urge you not to receive God’s grace in vain.

I am a minister of reconciliation (2 Corinthians 5:17-20).

All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation:

I am alive with Christ (Ephesians 2:5).

made us alive with Christ even when we were dead in transgressions – it is by grace you have been saved.

I am raised up with Christ (Ephesians 2:6; Colossians 2:12).

having been buried with him in baptism, in which you were also raised with him through your faith in the working of God, who raised him from the dead.

I am seated with Christ in the heavenly realms (Ephesians 2:6).

And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus,

I have been shown the incomparable riches of God’s grace (Ephesians 2:7).

in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus.

God has expressed His kindness to me (Ephesians 2:7).

in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus.

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

For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

I have been brought near to God through Christ's blood (Ephesians 2:13).

But now in Christ Jesus you who once were far away have been brought near by the blood of Christ.

I have peace (Ephesians 2:14).

For he himself is our peace, who has made the two groups one and has destroyed the barrier, the dividing wall of hostility,

I have access to the Father (Ephesians 2:18).

For through him we both have access to the Father by one Spirit.

I am a member of God's household (Ephesians 2:19).

Consequently, you are no longer foreigners and strangers, but fellow citizens with God's people and also members of his household,

I am secure (Ephesians 2:20).

built on the foundation of the apostles and prophets, with Christ Jesus himself as the chief cornerstone

I am a holy temple (Ephesians 2:21; 1 Corinthians 6:19).

In him the whole building is joined together and rises to become a holy temple in the Lord..

I am a dwelling for the Holy Spirit (Ephesians 2:22).

And in him you too are being built together to become a dwelling in which God lives by his Spirit

I share in the promise of Christ Jesus (Ephesians 3:6).

This mystery is that through the gospel the Gentiles are heirs together with Israel, members together of one body, and sharers together in the promise in Christ Jesus.

God's power works through me (Ephesians 3:7).

I became a servant of this gospel by the gift of God's grace given me through the working of his power.

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

In him and through faith in him we may approach God with freedom and confidence.

I know there is a purpose for my sufferings (Ephesians 3:13).

I ask you, therefore, not to be discouraged because of my sufferings for you, which are your glory.

I can grasp how wide, long, high and deep Christ's love is (Ephesians 3:18).

may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ,

I am completed by God (Ephesians 3:19).

and to know this love that surpasses knowledge – that you may be filled to the measure of all the fullness of God.

I can bring glory to God (Ephesians 3:21).

to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever!

I have been called (Ephesians 4:1; 2 Timothy 1:9).

As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received.

I can be humble, gentle, patient and lovingly tolerant of others (Ephesians 4:2).

Be completely humble and gentle; be patient, bearing with one another in love

I can mature spiritually (Ephesians 4:15).

Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ

I can be certain of God's truth and the life that He has called me to (Ephesians 4:17).

So I tell you this, and insist on it in the Lord, that you must no longer live as the Gentiles do, in the futility of their thinking

I can have a new attitude and a new lifestyle (Ephesians 4:21-32).

to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.

I can be kind and compassionate to others (Ephesians 4:32).

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

I can forgive others (Ephesians 4:32).

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

I am a light to others and can demonstrate goodness, righteousness and truth (Ephesians 5:8-9).

For you were once darkness, but now you are light in the Lord. Live as children of light (for the fruit of the light consists in all goodness, righteousness and truth)

I can understand what God's will is (Ephesians 5:17).

Therefore do not be foolish, but understand what the Lord's will is.

I can give thanks for everything (Ephesians 5:20).

always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.

I don't have to always have my own agenda (Ephesians 5:21).

Submit to one another out of reverence for Christ.

I can honour God through marriage (Ephesians 5:22-33).

Wives, submit yourselves to your own husbands as you do to the Lord. For the husband is the head of the wife as Christ is the head of the church, his body, of which he is the Saviour.

I can parent my children calmly and composed (Ephesians 6:4).

Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord.

I can be strong (Ephesians 6:10).

Finally, be strong in the Lord and in his mighty power

I have God's power (Ephesians 6:10).

Finally, be strong in the Lord and in his mighty power

I can stand firm in the day of evil (Ephesians 6:13).

Therefore put on the full armour of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.

I am dead to sin (Romans 1:12).

that is, that you and I may be mutually encouraged by each other's faith.

I am not alone (Hebrews 13:5).

God has said, 'Never will I leave you; never will I forsake you.'

I am growing (Colossians 2:7).

rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.

I am His disciple (John 13:15).

I have set you an example that you should do as I have done for you.

I am prayed for by Jesus Christ (John 17:20-23).

My prayer is not for them alone. I pray also for those who will believe in me through their message

I am united with other believers (John 17:20-23).

that all of them may be one, Father, just as you are in me and I am in you.

I am not in want (Philippians 4:19).

And my God will meet all your needs according to the riches of his glory in Christ Jesus.

I have the mind of Christ (I Corinthians 2:16).

'Who has known the mind of the Lord so as to instruct him?'
But we have the mind of Christ.

I am promised eternal life (John 6:47).

Very truly I tell you, the one who believes has eternal life.

I am promised a full life (John 10:10).

The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

I am victorious (I John 5:4).

for everyone born of God overcomes the world. This is the victory that has overcome the world, even our faith.

My heart and mind is protected with God's peace (Philippians 4:7).

And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

I am chosen and dearly loved (Colossians 3:12).

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.

I am blameless (I Corinthians 1:8).

He will also keep you firm to the end, so that you will be blameless on the day of our Lord Jesus Christ.

I am set free (Romans 8:2; John 8:32).

because through Christ Jesus the law of the Spirit who gives life has set you^[a] free from the law of sin and death

I am crucified with Christ (Galatians 2:20).

I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me.

I am a light in the world (Matthew 5:14).

'You are the light of the world. A town built on a hill cannot be hidden.

I am more than a conqueror (Romans 8:37).

No, in all these things we are more than conquerors through him who loved us

I am the righteousness of God (2 Corinthians 5:21).

God made him who had no sin to be sin^[a] for us, so that in him we might become the righteousness of God.

I am safe (I John 5:18).

We know that anyone born of God does not continue to sin; the One who was born of God keeps them safe, and the evil one cannot harm them

I am part of God's kingdom (Revelation 1:6).

and has made us to be a kingdom and priests to serve his God and Father – to him be glory and power for ever and ever! Amen.

I am healed from sin (I Peter 2:24).

'He himself bore our sins' in his body on the cross, so that we might die to sins and live for righteousness; 'by his wounds you have been healed.'

I am no longer condemned (Romans 8:1, 2).

Therefore, there is now no condemnation for those who are in Christ Jesus, **2** because through Christ Jesus the law of the Spirit who gives life has set you[a] free from the law of sin and death

I am not helpless (Philippians 4:13).

I can do all this through him who gives me strength

I am overcoming (I John 4:4).

You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world.

I am persevering (Philippians 3:14).

I press on towards the goal to win the prize for which God has called me heavenwards in Christ Jesus.

I am protected (John 10:28).

I give them eternal life, and they shall never perish; no one will snatch them out of my hand.

I am born again (I Peter 1:23).

For you have been born again, not of perishable seed, but of imperishable, through the living and enduring word of God.

I am a new creation (2 Corinthians 5:17).

Therefore, if anyone is in Christ, the new creation has come:[a] the old has gone, the new is here!

I am delivered (Colossians 1:13).

For he has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves,

I am redeemed from the curse of the law (Galatians 3:13).

Christ redeemed us from the curse of the law by becoming a curse for us, for it is written: 'Cursed is everyone who is hung on a pole.

I am qualified to share in His inheritance (Colossians 1:12).

and giving joyful thanks to the Father, who has qualified you^[a] to share in the inheritance of his holy people in the kingdom of light.

I am victorious (1 Corinthians 15:57).

But thanks be to God! He gives us the victory through our Lord Jesus Christ.