

**TOOLS & TECHNIQUES:**

Articulation

Reinforce truths that you are seeking to know in your inmost being with the words that you speak: 2 Cor 4:13 NIV-- It is written: "I believed; therefore I have spoken." With that same spirit of faith we also believe and therefore speak.

A. Faith Statements: In vulnerable moments, be ready to speak an anointed, scripture-based phrase that directly applies to your place of need. Examples include:

- I will glory in my weakness (2 Cor 12:9)
- Nothing can separate me from the love of God (Rom 8:39)
- The battle is the Lord's (1 Sam 17:47)
- Your Personal Phrase List:

B. Renounce/Announce: Identify any lies and deceit that have filtered into your thinking. Let God's Word have the last word by denying the lies and speaking the truth aloud.

**RENOUNCE LIES**

I am self-sufficient  
(1 Pt 5:5, Hos 5:5, Is 30:1-17)

**ANNOUNCE THE TRUTH (references)**

God is completely sufficient  
(Phil 4:13, Ps 44:3)

C. Express Agreement with God's Word *especially* when your emotions are in turmoil. Use the chart below to help you get in touch with your feelings. Find a corresponding Scripture to stand on and choose to give voice to the truth by the words you choose:

**I FEEL**

Ex: Abandoned

**GOD SAYS**

He will never leave me  
(Josh. 1:5)

**I WILL SAY**

I am not alone.

D. Sing spiritual songs to enrich your abiding relationship. Praise helps God's Word to penetrate every part of your being: Col 3:16 NLT-- Let the words of Christ, in all their richness, live in your hearts and make you wise. Use his words to teach and counsel each other. Sing psalms and hymns and spiritual songs to God with thankful hearts.