

*It is written: "I believed; therefore I have spoken." With that same spirit of faith we also believe and therefore speak.  
2 Cor 4:13 NIV*

**Strategies:** Reinforce the truths that you are seeking to believe wholeheartedly with the words that you speak using the following biblical principles.

A. **Anointed Phrase**--In vulnerable moments, be ready with 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)
- I belong to God (1 Cor 10:31)
- 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. **Announce/Renounce:**

- Ask God to identify the lies that are keeping you from victory in your current set of circumstances. Your words and recurring thoughts are a good starting point.
- Search the Bible for truths that counteract the lies that have infiltrated your thinking. Write down the verse(s) that minister most effectively to you.
- Exercise your faith by renouncing any lies that you have believed and announcing the corresponding truths you find in Scripture.

**ANNOUNCE THE TRUTH** (reference)

**RENOUNCE LIES**

Ex: God is completely sufficient (Phil 4:13)

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

C. **Tongue To Do List**—Whenever you find a verse that directs you to speak the truth, add it to your personal “tongue to do list” and then begin to say it aloud:

- Ex: Ps 91:2-- I will say of the Lord, "He is my refuge and my fortress; My God, in Him I will trust."
- Your personal Tongue To Do List: