

The cover features a teal border with a hand-drawn, brush-stroke style. Four stylized, multi-petaled flowers are scattered around the border: one at the top center, one at the top right, one at the bottom left, and one at the bottom right. The text is centered within the border.

MY  
*thoughts*  
JOURNAL

TAKING EVERY THOUGHT  
CAPTIVE TO OBEY CHRIST

AUDRA SMITH 2020

BECAUSE HE BENDS  
DOWN TO

*listen*

I WILL

**PRA Y** AS LONG AS I  
HAVE BREATH

PSALM 116:2



MY PRAYER

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SEARCH ME, O GOD, AND KNOW MY HEART. TRY ME AND KNOW MY  
ANXIOUS THOUGHTS. LEAD ME IN THE WAY EVERLASTING.



# daily prayer guide



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wed

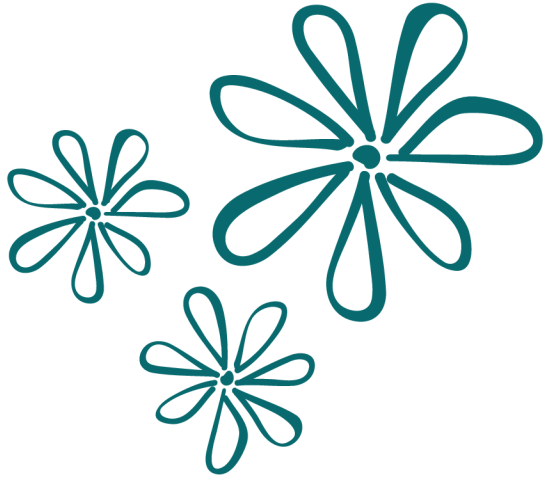
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Let the words of my mouth, and the meditation of  
my heart be acceptable in thy sight, O Lord...



We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.  
1 Corinthians 10:5

## LIE

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DATE: \_\_\_\_\_

## TOXIC THOUGHT

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## TRUTH

In Christ, I am: \_\_\_\_\_

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## SCRIPTURE

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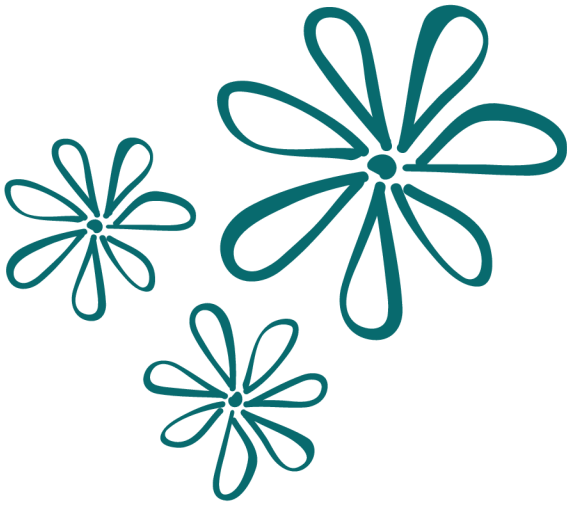
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## PRAYER

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true • honorable • just • pure • lovely • commendable • excellent • praiseworthy

*think on these things...*



You keep him in perfect peace  
whose mind is stayed on you,  
because he trusts in you.  
Isaiah 26:3

<b>LIE</b>
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Date: _____

<b>TOXIC THOUGHT</b>
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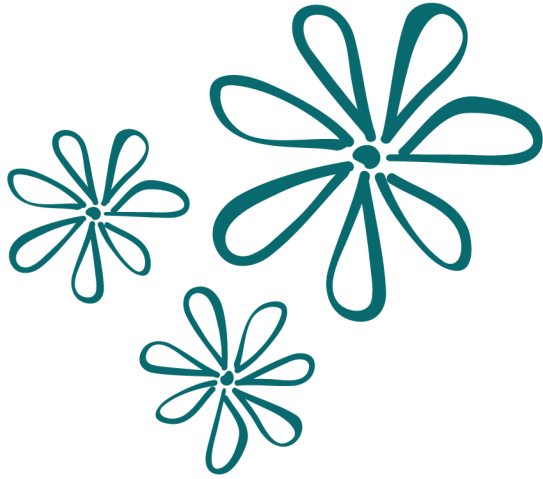
<b>TRUTH</b>
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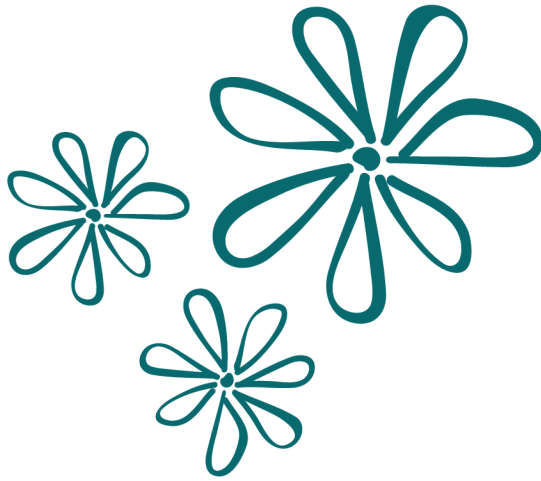
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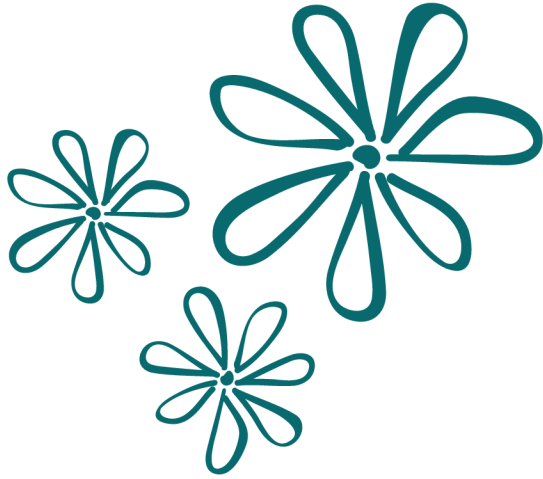
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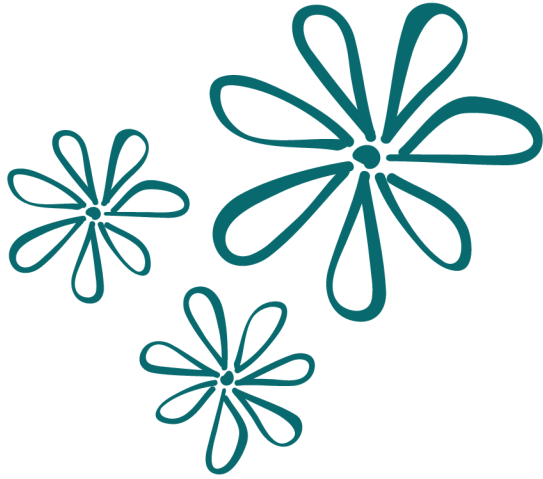
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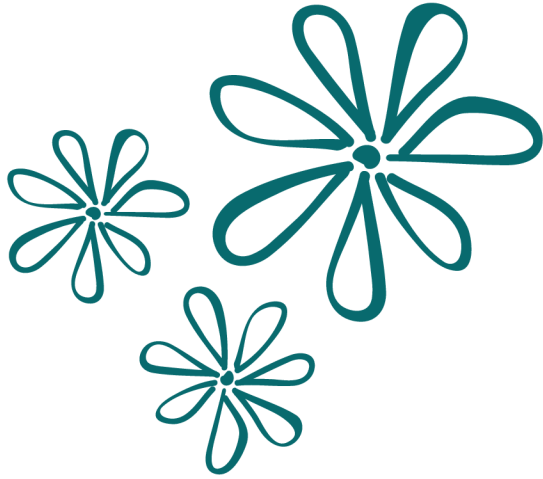
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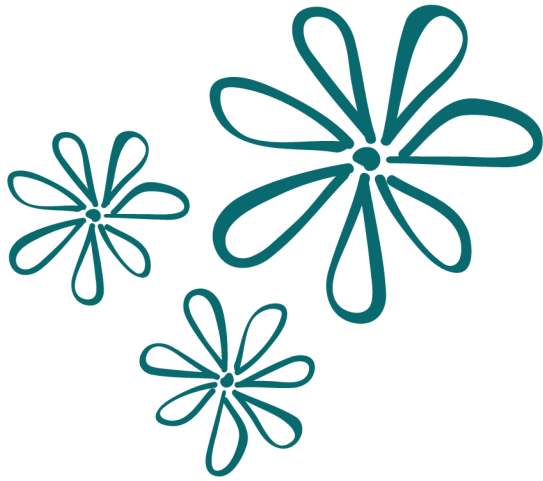
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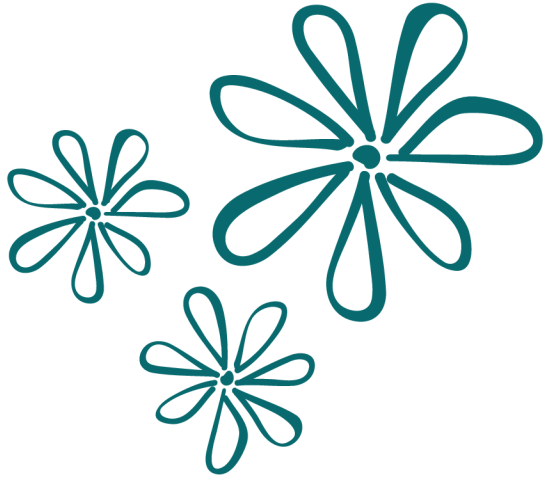
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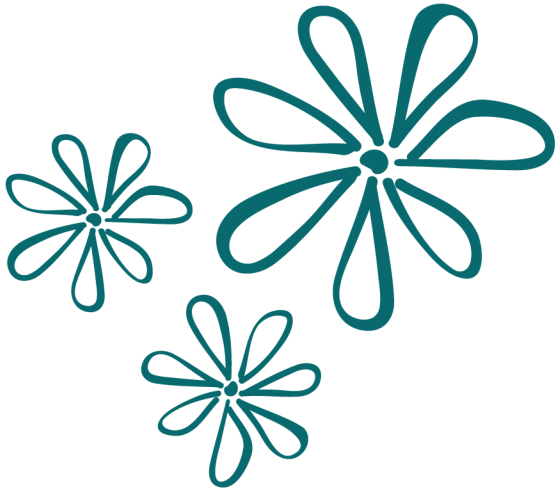
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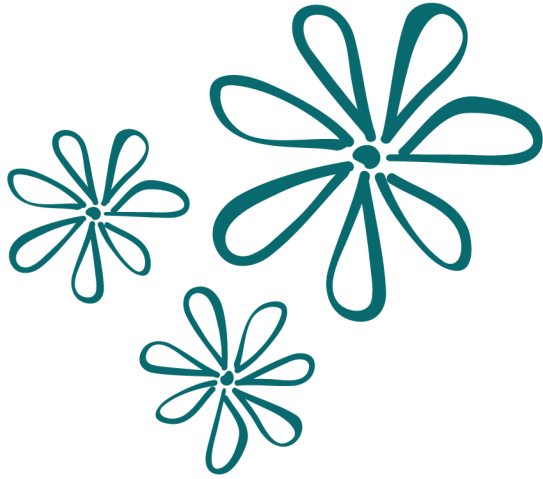
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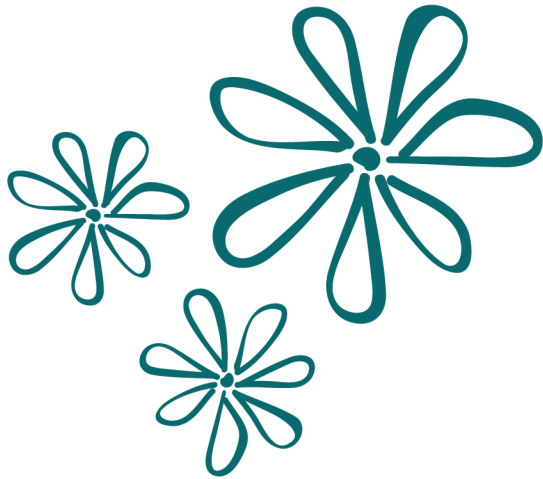
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# In Christ, I am:

**accepted**



JOHN 1:12	<i>I am God's child</i>
JOHN 15:15	<i>I am Christ's friend</i>
ROMANS 5:1	<i>I have been justified</i>
EPHESIANS 1:1	<i>I am united with the Lord and one with Him in Spirit</i>
I CORINTHIANS 6:17	<i>I have been bought with a price, I belong to God</i>
I CORINTHIANS 6:20	<i>I am a member of Christ's Body</i>
I CORINTHIANS 12:27	<i>I am a saint</i>
EPHESIANS 1:5	<i>I have been adopted as God's child</i>
EPHESIANS 2:18	<i>I have direct access to God through the Holy Spirit</i>
COLOSSIANS 1:14	<i>I have been redeemed and forgiven of all my sins</i>
COLOSSIANS 2:10	<i>I am complete in Christ</i>

## **secure**

ROMANS 8:1 & 2	<i>I am free forever from condemnation</i>
ROMANS 8:28	<i>I am assured that all things work together for good</i>
ROMANS 8:33 & 34	<i>I am free from any condemning charges against me</i>
ROMANS 8:35	<i>I cannot be separated from the love of God</i>
II CORINTHIANS 1:21	<i>I have been established, anointed and sealed by God</i>
COLOSSIANS 3:3	<i>I am hidden with Christ in God</i>
PHILIPPIANS 1:6	<i>I am confident that the good work God has begun in me will be perfected</i>
PHILIPPIANS 3:20	<i>I am a citizen of Heaven</i>
II TIMOTHY 1:7	<i>I have not been given a spirit of fear, but of power, love and a sound mind</i>
HEBREWS 4:16	<i>I can find grace and mercy in time of need</i>
I JOHN 5:18	<i>I am born of God and the evil one cannot touch me</i>

## **significant**

MATTHEW 5:13 & 14	<i>I am the salt and light of the earth</i>
JOHN 15:1 & 5	<i>I am a branch of the True Vine, Jesus</i>
JOHN 15:16	<i>I have been chosen and appointed</i>
ACTS 1:8	<i>I am a personal witness of Christ</i>
I CORINTHIANS 3:16	<i>I am God's Temple</i>
II CORINTHIANS 5:17-20	<i>I am a minister of reconciliation</i>
II CORINTHIANS 6:1	<i>I am God's co-worker</i>
EPHESIANS 2:6	<i>I am seated with Christ in the heavenly realm</i>
EPHESIANS 2:10	<i>I am God's workmanship</i>
EPHESIANS 3:12	<i>I may approach God with freedom and confidence</i>
PHILIPPIANS 4:13	<i>I can do all things through Christ who strengthens me</i>





Beautiful

Psalms 45:11

Unique

Psalms 139:13

Loved

Jeremiah 31:3

Special

Ephesians 2:10

Created for a Purpose

Jeremiah 29:11

Cared for

Ephesians 3:17-19

Lovely

Daniel 12:3

Precious

1 Corinthians 6:20

Important

1 Peter 2:9

Forgiven

Psalms 103:12

A New Creation

2 Corinthians 5:17

Protected

Psalms 121:3

Empowered

Philippians 4:1

Chosen

3 John 5:16

Family

Ephesians 2:19

MINE

Isaiah 43:1



You  
are



Cut cards out and place wherever you need to be reminded of your identity in Christ.





Cut cards out and place wherever you need to be reminded of your identity in Christ.





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