

## My Daily Spiritual Exercises

I am Love

Love is my nature

This is the nature of my father – God

Who indwells me, inhabits me

Enriches and fills me up with Himself

His Love is shared abroad in my heart, by the power of the Holy Spirit

Not by my feelings, emotions or anything else

(John 4:7,8 Romans 5:5)

I'm long suffering. I am patient and kind

I am not boastful, nor vain glorious

I don't display myself haughtily

I'm not conceited, arrogant or inflated with pride

I'm not self-seeking

I'm not touchy, fretful nor resentful

I take no account of evil done to me

I pay no attention to a suffered wrong

I don't rejoice at injustice and unrighteousness

But I rejoice as righteousness and truth prevails

I face up boldly courageously to anything and everything that comes

I'm ever ready to believe the best about every person

My hopes are fadeless under all circumstances

I endure everything without weakening

I never fail (1Cor. 13: 4-5 Amplified Bible)

I'm a Love child

Of the Love God

Born of Love

Into the family of Love

Love, mercy and compassion flows out of me to others

(Romans 9: 23 & 24)

I'm a joint intercessor with the Lord Jesus

I cooperate with the Holy Spirit and I give myself over to intercession

I'm very conscious of the leadings and promptings of the Holy Spirit and I respond positively to them

The gifts of the Spirit are very much in manifestation in my life

The gift manifest themselves in me – in Love

The righteous are as bold as the Lion

I'm the righteousness of God in Christ and in Christ is my righteousness

Therefore I'm as bold as the Lion of the tribe of Judah

(Proverbs 28:1, 1Cor. 5:21)

By nature- I'm an overcomer

And I win all the time

I don't know how to lose - For far greater is He that is in me than he that is in the world

(1John 4:4, 5:4-5)

I'm a winner by nature – and I win all of the time

I don't know how to fail – I'm a stranger to defeat

I'm born of God and I have overcome the world with its systems (Romans 8:31-35)

I'm a spirit-being like God is – and I'm made of the same stuff as God

I'm a man of faith – and the word of God is final authority in my life

I live by it and talk it all the time – and the life and nature of God is put to work on my behalf

The light of God floods my whole being – I'm full of the word

The word fills my heart – and flows out like an endless stream out of my mouth (2Cor 4: 5-7)

I only know to do what God desires of me

Prosperity is mine always – and I prosper in all I do because I diligently meditate day and night in the Word; And I have supernatural good success (Joshua 1: 7,8)

My body is the temple of the Holy Ghost

It has been bought with a price – the blood of Jesus

Who bore away my sickness and diseases, by whose stripes I'm healed

I therefore present my body as a living sacrifice to God for His glory and I forbid any of the ravages of sin or satan in Jesus' name to play on my body

The agents of diseases and death cannot come against my body – for the greater one in me is constantly generating life into my body ( Isaiah 53:4-5; 1 Cor 3:16-17; 1Cor 6:15-17; Romans 8:1)