Armor of God:
“A final word: Be strong in the Lord and in his mighty power. Put on all of God’s armor so that you will be able to stand firm against all strategies of the devil. For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places. Therefore, put on every piece of God's armor so you will be able to resist the enemy in the time of evil. Then after the battle you will still be standing firm. Stand your ground, putting on the belt of truth and the body armor of God’s righteousness. For shoes, put on the peace that comes from the Good News so that you will be fully prepared. In addition to all of these, hold up the shield of faith to stop the fiery arrows of the devil. Put on salvation as your helmet, and take the sword of the Spirit, which is the word of God. Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere.”
Ephesians 6:10-18 NLT

“So pay attention to how you hear. To those who listen to my teaching, more understanding will be given. But for those who are not listening, even what they think they understand will be taken away from them -- Jesus Luke 8:18 NLT

"The point is this: whoever sows sparingly will also reap sparingly, and whoever sows bountifully will also reap bountifully." 2 Cor 9:6 ESV

“Still other seed fell on fertile soil. This seed grew and produced a crop that was a hundred times as much as had been planted!” When he had said this, he called out, “Anyone with ears to hear should listen and understand.”

And the seeds that fell on the good soil represent honest, good-hearted people who hear God’s word, cling to it, and patiently produce a huge harvest.”
Luke 8:8, 15 NLT

**It has been said: Fear is the belief that bad is coming; while HOPE is the belief that good is coming! What we believe is MORE important then what we do; because what we do naturally flows from what we believe.

“I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit.”
Romans 15:13 NLT
My personal Lifework:
Truth Statements regarding my Hormonal Imbalance:

1. My struggle is temporary. In a little while, the God of all grace, will personally restore, confirm, strengthen and establish me. (1 Peter 5:10)
2. I rejoice in all circumstances. If it's a good day or a hard day, I will still rejoice in Christ. The Lord has made this day. I am glad for it.
3. The God of all comfort is my comfort today. He is also my source of HOPE! I wait on Him. (2 Cor 1:3; Rom 15:13)
4. For the least amount of struggle; God is producing the greatest amount of good in my life. I trust Him. (James 1:2-4)
5. I have all the energy I need for this day and will not run out. By faith, I choose to tap into the supernatural energy of the Holy Spirit just like Paul did. (Col. 1:29)
6. I say to you God that you are good God and You will teach me about your goodness. I eagerly anticipate your Presence, your energy and your power today. (Ps 119:68)
7. On the hard days, God is doing something I can’t see. He is producing in me perseverance. I will let Him do this work. Someday, I will be mature and complete, not lacking anything. (James 1:2-4)
8. When I don’t know what to do, I ask God for help. He answers me and shows me what to do. (James 1:5)
9. I love God. I am called according to His purpose; therefore, God is turning this struggle into good for me and for His glory. (Roms. 8:28)
10. God has used this difficulty in the past to draw me closer to Himself and build my faith. I would not trade it or seek to change what His has already accomplished through this. Thank You, God, for what You are doing in me. (Heb 12:2)

Example of how this works:
Lies I believed about cleaning:
1. I don’t have the time to clean.
2. Cleaning is not important work.
3. I HATE cleaning.
4. I can’t clean right now; it will take too long...
5. I’ll clean later, when “this” is over...
6. My house is just gonna be messy again really soon, so why bother?
7. My kids make a ton of messes. I don’t want to (or shouldn’t have to) clean up their messes.
8. I’m terrible at cleaning. It is not a gift of mine. It’s too hard. I am such a failure at cleaning. I will never be good at this!

15 Cleaning Declarations:
1. I love to clean my house. Cleaning my house fuels, me with energy and brings me great peace.
2. I have all the time in the world to clean. It is easy and fun!
3. Cleaning is very important work. I do even the little things in an excellent way. I finish what I start.
4. I can clean a lot in a very short amount of time.
5. I worship God when I'm cleaning.
6. I abide with Jesus and tap into his delight in cleaning my house.
7. I call forth the gift of helps/service throughout my family and the delight of cleaning, in Jesus name!
8. I am really good at cleaning and I love to have a clean house.
9. When I clean my house, I do it for the glory of God and God's glory changes me for good.
10. I bless the cleaning of my house and my families attitude is full of love, joy, selflessness and service.
11. I clean my house in the strength of the Lord and it holds incredible eternal value!
12. The eternal rewards of cleaning my house are incredible and every tiny work is accounted for, transferred to rewards in eternity.
13. God hides Himself in the simple mundane acts of cleaning and as I clean I get to discover Him like a treasure hunt.
14. I don't have to clean everything all at once only bits and pieces at a time. I will trust the Lord to know when and where and what.
15. I will praise God every time I see a mess my kids have made. I celebrate their progress as God celebrates mine. I am thankful. My family loves cleaning together.

Small Group:

1. Share with the group the truth statements you wrote this past week. Did you find it easy to do or hard to do?

2. If you didn’t do it (no condemnation) share with the group the area you would like to focus on writing truth statements in.

Action Steps:

30 days of Declarations
Start speaking out loud every morning this week the truth statements you have put together the last few weeks.

If you haven't completed your Truth Statements yet, then finish them now and start speaking them out every morning for 30 days!

Remember that you are targeting that area of hopelessness/defeat with the mighty truth of Scripture!!

Hopeless situation:
Key Battle Verse:
Truth Statements:
1.
2.
3.
4.
5.
Last week Lindsay shared with us the truth statements Kori wrote for her during a difficult period in her life in waiting on the Lord to provide a new home for her family. There were so many people who asked for a copy we decided to put it in the lesson this week.

Lindsay, I challenge you to speak these out loud every day in the morning and before you go to bed. It's so easy to have a disconnect between what we want to believe and what we truly believe. Faith comes by hearing and Your ears need to hear the promises of God. I took some of the things that God is been sharing with me and put them together for you. Feel free to add to it... It's more important to change the way we think that to try and change what we do because what we do will flow from what we think. Speak the following out loud daily and every time doubt in God's provision creeps into your mind.

Love ya, Kori

1. I set the course of my life today with my words. Faith comes by hearing and as I speak out these words God is increasing my faith.
2. I declare that I cannot be defeated, discouraged, depressed or disappointed.
3. God has already determined the place that we will stay next. He is currently working on this need and will supply all our needs according to his riches in glory.
4. As I speak God's promises, they come to pass. They stop all attacks, assaults, oppression, and fear in my life.
5. God is on my side today and therefore I cannot be defeated.
6. I have the wisdom of God today. I will think the right thoughts, say the right words, and make the right decisions in every situation I face.
7. I choose life today. I choose health. I will not be depressed today. I will not lack today. I will not become confused today.
8. I quickly identify lies over my mind and replace them with the truth.
9. I expect the best day of my life spiritually, emotionally, relationally and financially in Jesus name.
10. I speak to the raging waters in my life; peace, be still. I say to my emotions; peace, be still. I say to my body; peace, be still. I say to my hormones; peace, be still. I say to my home; peace, be still. I say to my family; peace, be still. I speak to my future; peace be still.
11. I now speak to every mountain of fear, discouragement, stress, deception, depression, unbelief, and every mountain of lack and insufficiency; and I say, "Be removed and cast into the sea in Jesus name!"
12. And I speak to this day and I call you blessed. And I declare that I serve a mighty God who today will do exceedingly and abundantly beyond all that I can ask think or imagine.
13. I say to you God that you are good God and I eagerly anticipate your goodness, your presence, your energy and your power today.
14. I trust God to open all the right doors and firmly close all the wrong doors for my family.
15. I refuse to be bullied by fear, anxiety and worry. I have great hope for the future.
16. God has set up massive angels to guard, protect, and minister His Word to each one of my family members. We abide in Christ. We are under the "Psalms 91" divine supernatural protection. I am not afraid.
17. Thank you, God, for the beautiful new home you are preparing for us. I expectantly await your goodness and provision. I will testify of your goodness!

*Disclaimer: I did not create all of these Truth Statements myself. They have been shared with me by another fellow warrior in Christ and I have used them in my own battles.

Kori Trierweiler