



CHRISTIAN FOUNDATIONS

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NORTHSTAR INSPIRATION

*Emotional
Health Insights
from a Christian
Perspective*



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THE CHRISTIAN FAITH

Christianity has several foundational truths and key principles. As believers, it is essential to know, understand, and believe the fundamentals of our faith. Using the Apostles and Nicene Creeds, Christians have verbally reviewed their beliefs for generations.

The following doctrinal statements are biblically sound and serve as a great reminder of what you believe. Doubt or deception may try to stop you. Reading the following statements aloud, as often as necessary, will encourage your faith. Boldly affirm your commitment to biblical truth.

WHO IS GOD?

I recognize that there is only one true and living God who exists as the Father, Son, and Holy Spirit, and that He is worthy of all honor, praise, and glory as the Creator, Sustainer, and Beginning and End of all things. (Exodus 20:2-3; Isaiah 43:1, 7, 21; Revelation 4:11; 5:9; 10; 22:13)

WHO IS JESUS?

I recognize Jesus Christ as the Messiah, the Word who became flesh and dwelt among us. (John 1:1, 14)

I believe that He came to destroy the works of Satan, that He disarmed the rulers and authorities, and made a

public display of them, having triumphed over them. (Colossians 2:15, 1 John 3:8)

GOD LOVES ME

I believe that God has proven His love for me because when I was still a sinner, Christ died for me. (Romans 5:8)

I believe that He delivered me from the domain of darkness and transferred me to His kingdom, and in Him I have redemption—the forgiveness of sins. (Colossians 1:13, 14)

I AM GOD'S CHILD

I believe I am now a child of God and am seated with Christ in the heavenlies. (Ephesians 2:6; 1 John 3:1-3)

I believe I was saved by the grace of God through faith, and that it was a gift, not the result of any works on my part. (Ephesians 2:8,9)

STANDING FIRM

I choose to be strong in the Lord and in the strength of His might. (Ephesians 6:10)

I put no confidence in the flesh for the weapons of warfare are not of the flesh. (2 Corinthians 10:4; Philippians 3:3)

I put on the whole armor of God, resolve to stand firm in my faith, and resist the evil one. (Ephesians 6:10-20)

DEPENDENT ON GOD

I believe that apart from Christ, I can do nothing so I declare myself dependent on Him. (John 15:5)

I choose to abide in Christ in order to bear much fruit and glorify the Lord. (John 15:5, 8)

I announce to Satan that Jesus is my Lord and I reject any counterfeit gifts or works of Satan in my life. (1 Corinthians 12:3)



FREE IN CHRIST

I believe the truth will set me free and that walking in the light is the only path of fellowship. (John 8:32; 1 John 1:7)

Therefore, I stand against Satan's deception by taking every thought captive in obedience to Christ.
(2 Corinthians 10:5)

I declare that the Bible is the only authoritative standard.
(2 Timothy 3:15, 16)

I choose to speak the truth in love.
(Ephesians 4:15)

DEDICATED TO HIM

I choose to present my body as an instrument of righteousness, a living and holy sacrifice, and I renew my mind by the living Word of God in order that I may prove that the will of God is good, acceptable and perfect.
(Romans 6:13; 12:1, 2)

I put off the old self with its evil practices and put on the new self and I declare myself to be a new creature in Christ.
(2 Corinthians 5:17; Colossians 3:9, 10)

FILLED WITH THE HOLY SPIRIT

I trust my heavenly Father to fill me with His Holy Spirit, lead me into all truth, and to empower my life that I may live above sin and not carry out the desires of the flesh. (John 16:13; Galatians 5:16; Ephesians 5:18)

I crucify the flesh and choose to walk by the Spirit. (Galatians 5:24)

THE GREATEST COMMANDMENT

I renounce all selfish goals and choose the ultimate goal of love. (1 Timothy 1:5)



I choose to obey the two greatest commandments: to love the Lord my God with all my heart, soul, strength, and mind, and to love my neighbor as myself.
(Matthew 22:37-39)

SUBMITTED TO HIS AUTHORITY

I believe that Jesus has all authority in heaven and on earth and that He is the Head over all rule and authority.
(Matthew 28:18; Colossians 2:10)

I believe that Satan and his demons are subject to me in Christ, since I am a member of Christ's Body.
(Ephesians 1:19-23)

Therefore, I obey the command to submit to God and to resist the devil, and I command Satan, in the name of Christ, to leave my presence. (James 4:7)

PRACTICE THE TRUTH

The previous doctrinal statements help outline what Christians believe. If we believe the truth, it will affect the way we live, behave and talk. Jesus declared:

Therefore everyone who hears these words of mine and puts them into practice is like the wise man who built his house on the rock. (Matthew 7:24)

Actively practice living these truths. Because it is difficult to live out what you

cannot remember, it is often helpful to memorize a few key verses. The Bible reminds us:

Then you will know the truth, and the truth will set you free. John 8:32

A closer relationship with the living God depends on knowing the truth about Him. False perceptions bring confusion and distortion to our daily life. Understand and know the truth. Live boldly according to the truth every day.

DOCTRINAL AFFIRMATION STATEMENT

Anderson, N.T. (2006). *The Bondage Breaker*. Eugene, OR: Harvest House.



ABOUT THE AUTHOR

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The information in this publication is not intended as a substitute for professional help or to be used as a diagnostic tool. If you have serious difficulties with anxiety, depression, or other mental health issues, please seek professional help.