

God declares that these are true about you, as you live in Christ:

1. I am accepted and worthy Romans 15:7; Psalm 139
2. I am never alone Hebrews 13:5b; Romans 8:38,39
3. I am adequate 2 Corinthians 3:5-6; Philippians 4:13
4. I have boldness and confidence Proverbs 3:26; Hebrews 10:19
5. God is faithful to me Philippians 1:6; 2:13; 2 Thessalonians 3:3
6. I have the mind of Christ 1 Corinthians 2:16; 2 Timothy 1:7
7. I have hope Psalm 62:5; Romans 15:13; Col. 1:27
8. I am seen as perfect Hebrews 10:14; Colossians 2:13
9. I have been chosen and set apart Ephesians 1:4; 1 Peter 2:9
10. I lack nothing Philippians 4:19
11. I am free from fear Psalm 34:4; 2 Timothy 1:7
12. I live by faith Romans 1:17; 2 Corinthians 5:7
13. I have strength 2 Samuel 22:33; Psalm 28:7
14. I have victory Proverbs 2:7-8; Romans 8:37
15. I have wisdom Proverbs 2:6-7; 1 Corinthians 1:30
16. I am free 2 Corinthians 3:17; Romans 6:18
17. I have comfort 2 Corinthians 1:3,4
18. I am protected Psalm 18:2; 32:7
19. I am perfectly loved Romans 8:38,39; Ephesians 2:4-5; 5:1-2
20. I am an adopted child of God Romans 8:16; Galatians 4:6-7; Ephesians 1:5
21. I am totally forgiven Psalm 103:12; Ephesians 1:7
22. I have been declared righteous Romans 3:24; 1 Corinthians 1:30
23. I am indwelt by the Holy Spirit Acts 1:8; Galatians 4:6; 1 Corinthians 3:16
24. I have direct access to God Ephesians 2:6; Hebrews 4:16
25. I am blameless Jude 1:24; Romans 8:1
26. I have been created for good works Ephesians 2:10
27. I am a new creation 2 Corinthians 5:17
28. I have authority over Satan 1 Peter 5:8,9; 1 John 4:4
29. I have peace with God Romans 5:1-2
30. I am a light in the world Matthew 5:14
31. I have an eternal inheritance Romans 8:16-17; Ephesians 1:14,18
32. I have been raised with Christ Romans 6:4-8; Galatians 2:20
33. I will be with Christ in heaven 2 Corinthians 5:1; Philippians 3:20
34. I have eternal security 1 John 5:11-13
35. I have spiritual gifts for His service 1 Corinthians 12

FOCAL POINT: A visual reminder to keep a Godly perspective

Ask: How can I keep my focus on Christ during competition?

Read: Hebrews 12:1-2 “Fix your eyes on Jesus”

Theme: A focal point can help reframe your perspective.

Live It: Pick a focal point and look at it as often as needed.

Using a focal point can help remind you that God is present with you, wherever you are. It can also remind you of your identity in Christ (the 35 truths listed on the left page).

A visual focal point could be a cross on your shoe, a scar on your arm, a piece of sporting equipment, or a tree by your practice field, etc. You want to make sure though, that whatever you pick for a focal point is something that can quickly bring your mind back to God with just a quick look. A focal point isn't supposed to take your focus off of the game you are in. Rather it should help you focus your intensity more in the right direction, with added motivation that comes from remembering who you are and why God has put you in your sport. It also needs to be located in a spot that is easy for you to see it, so that when you need to refocus, you can simply glance at it and keep going.

In preparation before your practice or competition starts, you'll want to take a couple of minutes to locate a good focal point and think through what it will remind you of and how that will motivate you. Some people use a different one each day. Some use the same one for awhile. Soon you will have several favorite ones to choose from that work best for you.

Down Time is His Time: depending on your sport, the best time to look at your focal point is when there is “down time” or a break in the action (time out, out of bounds, penalty shots, etc.). Just like anything it will take practice, practice, practice. As you get more comfortable using a focal point, it will get easier for you to know how it works best for you.