The thinking in our heart needs to change: Jesus said that “...they were thinking in their heart...” (Luke 9:47). According to the Bible, it is the way our “heart” thinks that needs to change: “For as he thinks within himself, so he is...” (Pro 23:7); “…the heart of man reflects man.” (Pro. 27:19); “For from within, out of the heart of men, proceed the...evil things...” (Mark 7:21-23); “They always go astray in their heart...” (Heb. 3:10).

Science and the Bible, agree that our heart thinks. We know today that our physical heart has transmitters and process information like our brain. But, our heart has far fewer transmitters and receptors than our brain. So, our heart learns slowly, with much repetition, and best also, where emotion accompanies what is being learned.

What is Heart-training? Heart-training is a tool for removing obstacles between us and God. It changes how our heart thinks, by speaking these statements out loud with joy, carefully listening to what we are saying, and being purposful about agreeing with the truth we are saying.

Why should I use Heart-training? All people have needs for confidence and security. God designed us this way and HE wants to be with us in practical ways that fill these needs. But, over the years we have all learned habit patterns of thinking about how we think we can best meet our needs, apart from God. Heart-training changes our thinking in ways that enable us to depend on God and experience Him more fully. Your heart can learn new ways of thinking, but you have to become the teacher and your own heart has to become your student. Fears will decrease. You will learn to experience God as what makes you feel secure and confident. Your heart will learn to believe and love and enjoy God much more than ever before.

How to use it: Speak the statements out loud and focus on listening to what you are saying. But please note that the speed of processing thought is MUCH slower with your heart.

So when you say these statements you have to go slowly or it won’t work. You also have to pause between the statements to give your heart time to agree and receive it as truth. Let me say again, that there has to be a lot of repetition because the patterns of thinking you have now, were learned by life experiences over the course of many years. Also, to be most effective, it helps your heart to hear, if you use joy in your tone of voice as you read the statements. It is hard to do this at first but try to read with joy in your tone of voice – even if you aren’t feeling joy at the moment. Your heart-training will be more effective if you can learn to do it that way.

More heart-training sections are available. But, you should know that heart-training is like taking your heart to college and is organized into sections called, “core classes” and “electives.” If you are working on one of the elective sections in the heart-training and are having difficulty getting your heart to hear it, you may need to go back and do some of the “core classes” for your heart so that you can break up the hardness in more basic areas before you can hear and believe what you find in the elective you are working on. Blessings on you!
... (Your name) , listen to what you are saying. Let yourself believe, love, and be thankful for the truth!

...heart, let yourself find joy and freedom that success is NOT defined by my own human glory. Success is in my exalting and honoring God by my childlike dependance on God being near and surround me with His kingdom, His power, His love. Heart, enjoy that God IS being exalted by my depending on Him...

...the success I love is NOT from exalting myself with subtle forms of internal praise: I will exalt God with a continual sacrifice of praise for His attributes, not mine. I turn from feeding myself with praise toward myself. I turn my heart to love worshiping God, not myself. Heart, God IS being honored and I enjoy that...

...the success I love is NOT to enjoy exalting myself with evidence of how good I am. I love praising You Lord because it is You who are good. My good is because Your goodness is near to me and touching me. And I set my heart to keep on receiving the radiance that shines from God because I am determined to depend on God to do His work by the Holy Spirit flowing from Him as He walks with me here...

...heart the success I long for includes loving God by a continual sacrifice of not exalting myself. I delight that I can love God and exalt Him by praising His attributes and not mine. I love You Lord, and I set my will to sacrificially love God with continual praise that would normally go toward me...

...the success I love is in NOT trying to find reasons why they should be impressed with me. You are the God of all glory. Heart, success is NOT to bring honor to myself. Any human glory that comes to me, I will exalt You with it Lord. My God is the commander of the armies of heaven and it is heaven that rules...

...the success I love is NOT in fighting to achieve and then defend my “self-worth.” I don't have to play that game anymore. I pause and trust that my eyes are looking at You Lord. I trust that You are walking with me here. I enjoy exalting you God, not myself. My ears are set to keep listening for You to speak to me here...

...Heart, believe and ENJOY that my freedom in worship and praise has great value for eternity! Heart, let yourself enjoy that God feels pleasure and is greatly honored by my childlike faith in depending on His closeness as my refuge, my strength, and my glory. My freedom in worship, my praise toward God, and my childlike dependance on the closeness of His kingdom, GREATLY exalts and honors Him before a vast audience of heavenly beings! After having explained about entering the throne room (Heb 10:19-22), it says, “...we have...witnesses surrounding us...” (Heb. 12:1); It describes the audience in Heb. 11, and also talks about “....rulers and the authorities in the heavenly places” (Eph. 3:10); And, “...spiritual forces of wickedness in the heavenly places” (Eph. 6:12). So heart, let yourself believe and enjoy the eternal value of my worship that GREATLY exalts God before a vast audience in heavenly realms, even when nobody here sees.

“...Praise God in His sanctuary...” (Psa. 150:1); “to the end that we...would be to the praise of His glory.” (Eph. 1:12); “...worship in the Spirit of God and glory in Christ Jesus and put no confidence in the flesh...” (Phil. 3:3); Lord, “You are my God...I exalt you.” (Psa. 118:28 NIV); You are my King and my God...” (Psa. 44:4 NIV); Heart hear this: “He is your praise...” (Deut. 10:21). “...the Lord God is a sun and shield; The Lord gives grace and glory; No good thing does He withhold from those who walk uprightly.” (Psa. 84:11); Lord, “...You...are...my glory...” (Psa. 3:3 TAB). “I will be glad...in You...O most High.” (Psa. 9:2); “...My soul clings to You...” (Psa. 63:8). “...I know that the Lord is great, and that our Lord is above all the gods.” (Psa. 135:5)

Heart, success comes from God because “...from Me comes your fruit” (Hosea 14:8). Success comes my receiving the shine of God’s face upon me, “the Lord make His face shine on you, and be gracious to you” (Num. 6:24-26). And so, “...as the eyes of servants look to the hand of their master, as the eyes of a maid to the hand of her mistress, so our eyes look to the Lord our God, until He is gracious to us” (Psa. 123:2).
Redefining Success: Being to the Praise of God’s Glory, Not my Own

... (Your name), listen to what you are saying. Let yourself believe, love, and be thankful for the truth!
...the success I love is NOT in coveting earthly things in order to try and dull my thirst for God. It is the presence of God that is my delight. I love that I can love God with praise and that I can give the Holy Spirit reason to enjoy being near me... (pause to let yourself feel confidence because of the truth!)

...heart, I am turning away from defining success by how well I find reasons to praise myself inside. The success I love is in KNOWING that I really am exalting God in a big way. God IS being honored by my childlike dependance on His being God to me here...

...heart, my success is to keep drinking from God and to let Him work as He pours Himself on and through me. Heart, believe that you are before the Lord and that He is before you here. Enjoy that the radiance of God is shining on me and on those around me because I am standing before the Lord. Heart, believe it because God says, “...from Me comes your fruit” (Hosea 14:8).

...the success I love is NOT to exalt myself when I think I have things figured out. God is the God of all understanding. I will love Him with a continual sacrifice of praise that normally would go toward me...

...the success I love is NOT to exalt myself because of how much I help other people. The success I love is NOT to daydream about my saving the world. Jesus is the Messiah and Savior, not me. I humble myself before You Lord. Heart hear this! Because I have entered the throne room, it is right to trust that Jesus is walking with me and that HE is being the Savior and ministering to the people around me here...

...the success I love is NOT by what I do for God—it is by what God does because He is in me and walking with me here. I will keep on drinking from You Jesus so that together, we can glorify the Father...

...the success I love is NOT to satisfy myself with how much other people enjoy me. Heart. feed on God! I will exalt the Lord with any glory that comes toward me. Inside, I will erupt with praise toward God. I demonstrate my love for God that way. Heart, God is my friend and it is heaven that rules...

...I grab my soul and I turn it from exalting myself. Lord, I turn and give You praise — I give You a sacrifice of praise that normally goes back toward me. Lord, You are God — not me.

Heart, let yourself love that you don’t have to be afraid about not having enough discipline to keep drinking from God – I CAN use my neediness as motivation! (Your name), love that I can receive from the radiance of God like a sponge. I CAN draw near to God and my need is so great, that the more I love and enjoy being secure and strong in God’s presence, the more it helps motivate me to keep the “drinking straw” of my inner being, pointed toward the closeness of Lord and His kingdom 24 hours-a-day. Thank You for walking with me here Lord! (pause to enjoy God with you here!)

I set my heart to live, “to the end that we...would be to the praise of His glory.” (Eph. 1:12); Lord, “You are my God...I exalt you.” (Ps. 118:28 NIV); “The Lord is my strength...and I will praise Him...” (Exo. 15:2)
Heart hear this: “He is your praise...” (Deut. 10:21). “I will say to the Lord, ‘My refuge and my fortress, My God, in whom I trust!’” (Ps. 91:2).
“My soul shall make its boast in the Lord...” (Ps. 34:2); “Some boast in chariots and some in horses, But we will boast in the name of the Lord, our God.” (Ps. 20:7)
“Praise the Lord! Praise God in His sanctuary...” (Ps. 150:1); “…Ascribe greatness to our God!” (Deut. 32:3); “…you, O Lord, are a compassionate and gracious God, slow to anger, abounding in love and faithfulness.” (Psa. 86:15 NIV); “…The Lord is my God.” (Zech.. 13:9)
Heart hear this: “He is your praise...” (Deut. 10:21); “…My soul clings to You...” (Ps. 63:8)
“The Lord’s lovingkindnesses indeed never cease, For His compassions never fail.” (Lam. 3:22)
... (Your name) , listen to what you are saying. Let yourself believe, love, and be thankful for the truth!

...the success I love is NOT in the pleasure I find exalting myself with evidence of my knowledge and understanding: I will exalt the Lord and His attributes—not mine. I love praising You Lord, You are the God of all knowledge and wisdom...

...the success I love is NOT in how well I protect myself: Even if I have to praise Him quietly, I will exalt the Lord instead of myself. It is only God who is strong enough to provide the protection I need. I love Your closeness Lord. I hide myself in You...

...the success I love is to love God and know that He enjoys it. I will love God by praising His attributes and not mine. Success isn’t to feed myself with human glory. I turn from that and I set my will to sacrificially love God with continual praise...

...the success I love is NOT to find joy in how well I justify myself: I will exalt the Lord—not myself. You alone are the God who justifies and I praise YOU for that Lord! (pause to let yourself enjoy God!)

...the success I love is NOT in daydreams of when I might achieve standards that just keep getting higher: Lord, You are the standard. I praise YOU God and I set my eyes are on You Lord—not on myself...

...the success I love is NOT to thrill myself over evidence of my human significance. I turn from wanting to feed myself with the praises of people. When it comes, I will thank them, but inside I will explode with praise toward You Lord... (pause to let yourself feel confidence because of the truth!)

...I turn from living to the praise of my glory. The Lord is God. His presence given to me freely is a far better refuge, a better strength, a greater glory than the little gods of this world. Lord, I praise You... (let yourself feel confidence from the closeness of God’s power and glory!)

Success comes from God because “...from Me comes your fruit” (Hosca 14:8). The success I long for comes by my entering the throne room and trusting that God is walking with me here. Heart, receive the shine of God’s face upon me because, “the Lord make His face shine on you, and be gracious to you” (Num. 6:24-26). And, “...as the eyes of servants look to the hand of their master, as the eyes of a maid to the hand of her mistress, so our eyes look to the Lord our God, until He is gracious to us” (Psa. 123:2).

I set my heart to live, “to the end that we...would be to the praise of His glory.” (Eph. 1:12)  
“Through Him then, let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that give thanks to His name.” (Heb. 13:15)

“You are my God...I exalt you.” (Psa. 118:28  NIV)  
Heart hear this: “He is your praise...” (Deut. 10:21)  
“From the rising of the sun to its setting The name of the Lord is to be praised.” (Psa. 113:3)

Lord, “...You...are...my glory...” (Psa. 3:3  TAB)  
“May your unfailing love rest upon us, O Lord, even as we put our hope in you.” (Psa. 33:22  NIV)  
“You are my King and my God...” (Psa. 44:4  NIV)  
“My mouth will speak the praise of the Lord...” (Psa. 145:21)

Lord, You are “...my rock and my fortress.” (Psa. 71:3); “I will say to the Lord, ‘My refuge and my fortress, My God, in whom I trust!’” (Psa. 91:2); “I will be glad...in You...O most High.” (Psa. 9:2).
Redefining Success: Being to the Praise of God’s Glory, Not my Own

... (Your name), listen to what you are saying. Let yourself believe, love, and be thankful for the truth!

...not to thrill myself with how well I perform spiritually: I will exalt the Lord instead of myself. I set my affections on You Lord... (pause to let yourself feel confidence because of the truth!)

...the success I love is NOT _______________. Success is to exalt God and to keep drinking from Him like a branch drinks from the trunk of the tree AND like a branch drinks from the rain. I rest into opening up and drinking like a branch. I determine to keep my eyes and the loves of my heart set on You Lord...

...the success I love is NOT in the joy of exalting myself with subtle forms of internal praise: I love exalting God because He alone is worthy. Heart, enjoy believing the truth that my praise greatly honors God...

...the success I love is NOT in daydreams of how well I achieve perfection. I love the closeness of Your perfection touching me Lord. You are my God... (pause to let yourself feel confidence because of the truth!)

...the success I love is NOT to exalt myself because of the new things I learn. I love the closeness of Your wisdom Lord. You are the God of all understanding. I turn my ears to listen to the Holy Spirit who is close and inside me... (pause to let yourself feel confidence because of the truth!)

...the success I love is NOT in how well I avoid all possibilities of risk: I praise You Lord, even if it has to be quiet. You are my protection. And, my God is the commander of all the angels of heaven...

...the success I love is NOT to drink from the glory of my being what people think I can be: Lord, You don’t hold back Your plans for good... (pause to let yourself feel confidence because of the truth!)

...I turn from looking for reasons to believe I have glory humanly speaking. I grab my soul and turn it toward exalting God—not myself. I praise You Lord! You are a far better refuge, a greater strength. My freedom in worship, my praise toward God, and my childlike dependence on the closeness of His kingdom, GREATLY exalts and honors Him before a vast audience of heavenly beings! After having explained about entering the throne room (Heb 10:19-22), it says, “…we have…witnesses surrounding us…” (Heb. 12:1); It describes the audience in Heb. 11, and also talks about “...rulers and the authorities in the heavenly places” (Eph. 3:10); And, “…spiritual forces of wickedness in the heavenly places” (Eph. 6:12). So heart, let yourself believe and enjoy the eternal value of my worship that GREATLY exalts God before a vast audience in heavenly realms, even when nobody here sees.

...I “…have boldness and confident access through faith in Him” (Eph. 3:12).
“for through Him we both have our access in one Spirit to the Father.” (Eph. 2:18)
“You are my God…I exalt you.” (Psa. 118:28 NIV)
I set my heart to live, “to the end that we...would be to the praise of His glory.” (Eph. 1:12)
Heart hear this: “He is your praise…” (Deut. 10:21)

...When I come to You Lord, You wash me clean (Heb. 10:19,22). I don’t have to wait to draw near because You are my good; I welcome Your presence (Psa. 73:28). Lord, “…You...are...my glory...” (Psa. 3:3 TAB); “You are my King and my God…” (Psa. 44:4 NIV); “…I know that the Lord is great, and that our Lord is above all the gods.” (Psa. 135:5); “I will be glad...in You...O most High.” (Psa. 9:2).
“...the Lord will not abandon His people on account of His great name...” (1 Sam. 12:22).
... (Your name), listen to what you are saying. Let yourself believe, love, and be thankful for the truth!

...the success I love comes from the shine of God’s face. And, it thrills my heart to praise Him when human glory comes my way. I exalt You Lord. I delight that my praises give the Holy Spirit reason to enjoy being close to me in power, love, compassion, and righteousness...

...the success I love is NOT in how well I use stress as a tool to help me achieve more: I rest into allowing God to work through me. I set my affections on You Lord—not on what I achieve. I love the closeness of the Holy Spirit who is my helper. (pause to let yourself feel confidence because of the truth!)

...does not rise or fall when nobody notices the good things I do: God knows and He is writing His own set of history books. As for me, I will keep on trusting that God is with me here and that He is producing spiritual fruit through me by my absorbing His radiance and letting the Holy Spirit flow through me...

...is not in the evidence I find of my own creativity: I will exalt the Lord of all creativity and not myself. I praise You Lord. (pause to let yourself feel confidence because of the truth!)

...the success I love does NOT in how well I get someone to make me feel secure. God is my strong security. I love Your closeness Lord. I have no security apart from You. My heart rests and is confident in You Lord—not in myself. (pause to let yourself feel confidence because of the truth!)

...I turn from looking for reasons to believe I have glory humanly speaking. I grab my soul and turn it toward exalting God—not myself. I praise You Lord! You are a far better refuge, a greater strength. My freedom in worship, my praise toward God, and my childlike dependance on the closeness of His kingdom, GREATLY exalts and honors Him before a vast audience of heavenly beings! After having explained about entering the throne room (Heb 10:19-22), it says, “...we have...witnesses surrounding us...” (Heb. 12:1); It describes the audience in Heb. 11, and also talks about “...rulers and the authorities in the heavenly places” (Eph. 3:10); And, “...spiritual forces of wickedness in the heavenly places” (Eph. 6:12). So heart, let yourself believe and enjoy the eternal value of my worship that GREATLY exalts God before a vast audience in heavenly realms, even when nobody here sees.

...I “...have boldness and confident access through faith in Him” (Eph. 3:12).

Lord, “I have become a marvel to many; for You are my strong refuge.” (Psa. 71:7)
“The Lord is my strength and my shield; My heart trusts in Him, and I am helped; Therefore my heart exults, And with my song I shall thank Him.” (Psa. 28:7)
“It is better to take refuge in the Lord than to trust in man.” (Psa. 118:8)

“My soul shall make its boast in the Lord...” (Psa. 34:2)

Lord, I praise the closeness of all Your attributes. I praise Your name—not mine.

“God is to us a God of deliverances...” (Psa. 68:20)

Lord, You are “...my rock and my fortress.” (Psa. 71:3)

“...God said, "I will dwell in them and walk among them; and I will be their God, and they shall be My people” (2Cor 6:16).

And Lord, “You are my hiding place and my shield...” (Psa. 119:114)

“...the Lord will not abandon His people on account of His great name...” (1 Sam. 12:22)

“I will say to the Lord, ‘My refuge and my fortress, My God, in whom I trust!’” (Psa. 91:2)

“It is better to take refuge in the Lord than to trust in man.” (Psa. 118:8)
Redefining Success: Being to the Praise of God’s Glory, Not my Own

... (Your name), listen to what you are saying. Let yourself believe, love, and be thankful for the truth!

...the success I love is NOT to find pleasure in how well I protect myself from being embarrassed: I put on the humility of Christ and will thrill my heart by exalting the Lord with praise—even if I have to do it quietly. I turn my eyes to look at You Lord—not at myself...

...the success I love is NOT to feed myself with praise toward me. Lord, You are the God of all glory. Lord, I praise You for the closeness of Your attributes—not mine. I praise Your power, Your beauty, Your awesomeness, Your kindness, Your wisdom, Your strength...

...the success I love is NOT to be more attractive in order to get what I need. Success is in exalting God. You have the beauty, the majesty, and the glory. Nothing on earth will ever come close. I love knowing that my praise honors You Lord... (pause to let yourself feel confidence because of the truth!)

...the success I love is NOT to push myself to be something that others want to pursue: Lord, only You are worthy of my pursuit... (pause to let yourself feel confidence because of the truth!)

...the success I love is NOT to achieve the praise of people in order to be O.K.. It is God that I love. I rest into enjoying the touch of Your approval Lord...

...the success I love is NOT in loving how well I measure up to the people around me: it is far better to thrill myself by exalting God... (pause to let yourself feel confidence because of the truth!)

...the success I love is NOT to delight in what people think about me. My delight is the closeness of God. I love that by trusting I am in the throne room the Kingdom of God is here. My eyes are on You Lord and I am trusting You to work through me... (pause to let yourself feel confidence because of the truth!)

...I turn my soul away from having to find reasons for praising myself. I don’t have to feed myself that way! I will exalt and honor God—He is a far better refuge, a greater strength and glory... (pause to let yourself feel confidence from the closeness of God’s power and glory!)

“...worship in the Spirit of God and glory in Christ Jesus and put no confidence in the flesh,” (Phil. 3:3)
“to the end that we...would be to the praise of His glory.” (Eph. 1:12); “You are my God...I exalt you.” (Psa. 118:28 NIV); “You are my King and my God...” (Psa. 44:4 NIV); Heart hear this: “He is your praise...” (Deut. 10:21)

“For the Lord God is a sun and shield; The Lord gives grace and glory; No good thing does He withhold from those who walk uprightly.” (Psa. 84:11)
“I will be glad...in You...O most High.” (Psa. 9:2)
“...My soul clings to You...” (Psa. 63:8)
“...I know that the Lord is great, and that our Lord is above all the gods.” (Psa. 135:5)
Lord, “...You...are...my glory...” (Psa. 3:3 TAB)

Success comes from God because “...from Me comes your fruit” (Hosca 14:8). The success I long for comes by my receiving the shine of God’s face upon me, “the Lord make His face shine on you, and be gracious to you” (Num. 6:24-26). And so, “...as the eyes of servants look to the hand of their master, as the eyes of a maid to the hand of her mistress, so our eyes look to the Lord our God, until He is gracious to us” (Psa. 123:2).
..._Your name_, listen to what you are saying. Let yourself believe, love, and be thankful for the truth!

...the success I love is NOT in the joy of exalting myself with subtle forms of internal praise. Success is depending on God and exalting Him. I set my heart to enjoy that God is honored by my praise and by my dependance on Him. My God is the commander of the armies of heaven and it is heaven that rules...

...the success I love is NOT to love having other people want to be like me: I will love the Lord and thrill myself to exalt Him by praise...  *(pause to let yourself feel confidence because of the truth!)*

...the success I love is NOT to enjoy dominating people in order to achieve: My eyes are on You Lord. I will trust You to bear fruit through me...  *(pause to let yourself feel confidence because of the truth!)*

...the success I love is NOT to drink from respect other people have for me: I can exalt God in spiritual realms even when nobody here sees. Because the scriptures say it, I am believing that I am exalting God before an audience of angels, saints who have died before me, and before demonic rulers and authorities...

...the success I love is NOT to keep talking until they think I am important: I can significantly exalt God by loving His presence and praise...  *(pause to let yourself feel confidence because of the truth!)*

...the success I love is NOT in finding evidence that my words have influence: It is God’s word that has power. Success is in exalting You Lord...  *(pause to let yourself feel confidence because of the truth!)*

...the success I love is NOT to push myself to be more impressive when others around me are competing: Lord, Your glory is greater...  *(pause to let yourself feel confidence because of the truth!)*

...I grab my soul and I turn it from exalting myself. Lord, I turn and give You praise — I give You a sacrifice of praise that normally goes back toward me. You are the Lord — not me...  *(pause to let yourself feel confidence from the closeness of God’s power and glory!)*

“You are my God...I exalt you.”  *(Psa. 118:28 NIV)*

“The Lord is my strength...and I will praise Him...”  *(Exo. 15:2)*

Heart hear this: “He is your praise...”  *(Deut. 10:21)*

“I will say to the Lord, ‘My refuge and my fortress, My God, in whom I trust!’”  *(Psa. 91:2)*

_I set my heart to live_, “to the end that we...would be to the praise of His glory.”  *(Eph. 1:12)*

“My soul shall make its boast in the Lord...”  *(Psa. 34:2)*

“Some boast in chariots and some in horses, But we will boast in the name of the Lord, our God.”  *(Psa. 20:7)*

“Praise the Lord! Praise God in His sanctuary...”  *(Psa. 150:1)*

“...The Lord is my God.”  *(Zech. 13:9)*

“...Ascribe greatness to our God!”  *(Deut. 32:3)*

“...you, O Lord, are a compassionate and gracious God, slow to anger, abounding in love and faithfulness.”  *(Psa. 86:15 NIV)*

Heart hear this: “He is your praise...”  *(Deut. 10:21)*

“...My soul clings to You...”  *(Psa. 63:8)*

“The Lord’s lovingkindnesses indeed never cease, For His compassions never fail.”  *(Lam. 3:22)*
... _(Your name)_ , listen to what you are saying. Let yourself believe, love, and be thankful for the truth!
...the success I love is NOT in my having to keep talking until I sense their approval of me. My honor and praise comes from God (Rom. 2:29; 1 Sam. 2:30; Jer. 13:11).

...the success I love is NOT to exalt myself with evidence of my being right: I love the closeness of God’s righteousness. I love that You told us to seek Your righteousness (Matt. 6:33). You also commanded us to let righteousness “roll down” like “an ever-flowing stream” (Amos 5:24). I set my affections to keep doing that Lord... *(pause to let yourself feel confidence because of the truth!)*

...the success I love is NOT in my having religious status where people are impressed with my spirituality. It is the glory of God that I love. I set my affections on You Lord. I love Your closeness...

...the success I love is NOT in quenching my thirst with what I earn: the Lord is the adequate God. He is worthy of my praise. I rest into receiving the touch of Your adequacy Lord...

I don't have to believe the lies of the enemy, to get what I need by my having to achieve the glory of God. I denounce these things! Lord, You are my God—rebuke any enemy pushing me, I pray. And Lord, I ask that with Your authority and power You would command the forces of evil to leave me alone and to never come back...(pause to let yourself believe that He is doing it)...*

...I turn from living to the praise of my glory. The _Lord_ is God. His presence given to me freely is a far better refuge, a better strength, a greater glory than the little gods of this world. Lord, I praise _You_...*(pause to let yourself feel confidence from the closeness of God’s power and glory!)*

... _(Your name)_ , I love that I can receive from the radiance of God like a sponge. I CAN draw near to God and my need is so great, that the more I love and enjoy being secure and strong in God’s presence, the more it helps motivate me to keep the “drinking straw” of my inner being, pointed toward the closeness of Lord and His kingdom 24 hours-a-day. *(pause to let your heart hear, believe, and love the God and the closeness of His kingdom all around!)*

Success comes from God because “…from Me comes your fruit” (Hosea 14:8). The success I long for comes by my receiving the shine of God’s face upon me, “the Lord make His face shine on you, and be gracious to you” (Num. 6:24-26). And so, “…as the eyes of servants look to the hand of their master, as the eyes of a maid to the hand of her mistress, so our eyes look to the Lord our God, until He is gracious to us” (Psa. 123:2).

When I draw near to God, He draws near by bringing heaven around me here. And, my God is the commander of the armies of heaven! It is heaven that rules...

“...You are my hiding place and my shield...” *(Psa. 119:114)*
“...The Lord is my strength...and I will praise Him...” *(Exo. 15:2)*
“...My soul clings to You...” *(Psa. 63:8)*
“God is to us a God of deliverances...” *(Psa. 68:20)*
“...My soul shall make its boast in the Lord...” *(Psa. 34:2)*

“I will be glad...in You...O most High.” *(Psa. 9:2)*
“...My soul clings to You...” *(Psa. 63:8)*
“...I know that the Lord is great, and that our Lord is above all the gods.” *(Psa. 135:5)*
Lord, “...You...are...my glory...” *(Psa. 3:3 TAB)*
Believing and Enjoying God as Our Thrill and Pleasure

... (Your name), listen to what you are saying. Let yourself believe, love, and be thankful for the truth!

...my pleasure is not to come to the place where I think that I deserve Your presence God. Lord, I love that it is by my faith in the truth of Your word and Your grace that You draw near to me. You DO give me Yourself! And, I love that You don’t hold back... (pause to let yourself feel confident and be reassured!)

...the pleasure I long for is not from the twisted glory there is in sin—there is far more glory in being near and in experiencing You God. Lord God of all glory and life, it is Your presence close to me that is my thrill and my pleasure... (pause to let yourself feel confident and be reassured by God’s presence!)

...the pleasure I need most is not to change my earthly circumstances—I turn to God because He is my thrill and my pleasure. Lord, I love Your grace to draw near to me and soothe me when things aren’t going well... (pause to hear, believe, and love it as the truth!)

...the pleasure I love is not the evidence I find of my being strong—the nearness God is my strength and my pleasure. Lord God, I love the touch of Your strength. I love Your grace and love that draws You to want to be near to me. I rest in You... (pause to let yourself feel confidence because of the truth!)

...the pleasure I need is not from evidence of my human adequacy—the closeness of God is my adequacy. Lord, I love Your grace to draw near so that I can depend on You as my God. I rest into letting You touch me with Your adequacy... (pause to let yourself feel confidence and be reassured by God’s presence!)

...I turn away from earthly sources as my greatest thrill and pleasure. Lord, I love the awesome thrill and pleasure of standing right here before You. I welcome the rush of Your LIVING presence, Your LIVING power, and Your LIVING love into and all around me... (pause to feel courage by it!)

...Heart hear this: “Delight yourself in the Lord...” (Psa. 37:4). I turn my heart to You God! The presence of the God is my pleasure. I set my heart to find the thrill I need in enjoying God with me here: “...great is your love toward me...” (Psa. 86:13 NIV).

...I am making God my treasure: “For where your treasure is, there will your heart be also.” (Mat. 6:21). God as my treasure is what I want. I grab my soul and I turn my affections from ________________________.

...Heart hear this: “He is your praise...” (Deut. 10:21). My soul will love the Lord—and I turn away from loving earthly things. I take pleasure in You God, and heart hear this, “...the Lord takes pleasure in His people...” (Psa. 149:4).

...I am making God my delight and my thrill: “...the children of men take refuge in the shadow of Your wings. They drink their fill of the abundance...of the river of Your delights.” (Psa. 36:7,8). I turn my heart to love Your presence God!

“O Lord, I love the habitation of Your house And the place where Your glory dwells.” (Psa. 26:8)

...I am making God my greatest love. “I love You, O Lord...” (Psa. 18:1). And, when God draws near to me, He brings heaven with Him. Angels are here. It is heaven that rules...

...heart hear this and find the delight that you need by enjoying that “Splendor and majesty are before Him, strength and beauty are in His sanctuary” (Psa. 96:6). I am making it my greatest love to be close to God and to thrill myself with His splendor and majesty.

“Worthy are You, our Lord and our God, to receive glory and honor and power...” (Rev. 4:11). I turn my heart to love giving praise toward God—and not toward myself.
... (Your name) , listen to what you are saying. Let yourself believe, love, and be thankful for the truth!

...the pleasure I love is not from the power I feel from being over other people—God is my thrill and my pleasure. Lord, I love that it is from Your sanctuary that You give strength and power to the people (Psa. 68:35)... (pause to let yourself feel confidence and be reassured by God’s presence!)

...the pleasure I long for most will never come from daydreams of what I would say to ______________. God will lead me and give me what I need to say. God is my glory—I turn to You...

...the pleasure I need is not from forcing circumstances and people to cooperate with my plans for achievement. My glory is to let God work through me as He chooses...

...the pleasure I need most is not from making comparisons of my status to that of other people. The presence of God is my thrill and my pleasure. I love that I can exalt and honor God by depending on Him to quench my thirst... (pause to let yourself feel confidence and be reassured by God’s presence!)

...the pleasure I long for will never come from sexual sin or lust. The presence of God is my thrill and my pleasure. It is God’s glory, strength, and His beauty touching me that I love far more...

...I turn away from earthly sources as my greatest thrill and pleasure. It is the rush of God’s presence around me that I love. The closeness of God my greatest joy because doing anything else is evil...

...rather than loving ______________, I am setting my heart to love You God. Heart don’t be afraid; “...the Lord loves His people...” (2 Chron. 2:11). I am determined to rest in the truth about God—to love Him and to let God love me back...

“...great is your love toward me...” (Psa. 86:13 NIV).

...heart hear this: “Delight yourself in the Lord...” (Psa. 37:4). I set my heart to find delight and pleasure in loving You God...

...I repent of wanting ______________ as my treasure. I am declaring to my heart that God is my treasure because “...where your treasure is, there will your heart be also.” (Mat. 6:21). It is the presence of God that I love! You are my treasure Lord.

...I am setting my heart to praise God rather than myself: “Praise the Lord! Praise God in His sanctuary...” (Psa. 150:1)... (let yourself feel confidence from the closeness of God’s power and glory!)

“My soul shall make its boast in the Lord; the humble shall hear it and rejoice.” (Psa. 34:2)... rather than praise toward me about ______________ I am telling my heart that praising God is far better: “The Lord is my strength...and I will praise Him...” (Exo. 15:2).

“...Holy, holy, holy is the Lord God, the Almighty, who was and who is and who is to come.” (Rev. 4:8); “You are my God...I exalt you.” (Psa. 118:28 NIV)

...I am determined that my heart will find the thrill and pleasure that I need in God: “...take diligent heed to yourselves to love the Lord your God” (Jos. 23:11).

...heart hear this: “...you are to cling to the Lord your God...” (Jos. 23:8). I am stopping right now and am trusting that I am taking hold of God.

...I am confident and I am secure because “...the Lord takes pleasure in His people...” (Psa. 149:4). “I love You, O Lord...” (Psa. 18:1)... (let yourself feel confidence from the closeness of God’s power and glory!)

... (Your name) , listen to what you are saying. Let yourself believe, love, and be thankful for the truth!
Believing and Enjoying God as Our Thrill and Pleasure

...my greatest thrill and pleasure is not to compare myself to other people and find that I am better than they. Lord, I grab my soul and turn away from having to feed myself by comparisons. I love that receiving from You is so much easier... (pause to let yourself feel confidence and be reassured by God’s presence!)

...the pleasure I want most will never come from my getting more toys—only the Lord will satisfy. I love that I can so freely turn to You Lord... (pause to let yourself feel confidence because of the truth!)

...the pleasure I need will never come from earthly possessions, a house, a car, ____________. Lord, I love that Your grace to draw near to me. I can trust You to lavish Your presence on me because You want to be God to me... (pause to let yourself feel confidence and be reassured by God’s presence!)

...the pleasure I need is not to feed myself with how I appear to others. Instead, I am trusting that I am before the Lord in all His glory and that having His glory touching me is a far greater pleasure...

...the pleasure I love most is not to look at friends as evidence of my being worthy. God is my glory—it is not the glory I receive from people. Lord, I love that I can receive Your presence without having to earn a sense of being worthy... (pause to let yourself feel confidence and be reassured by God’s presence!)

I don't have to believe the lies of the enemy that I have to get the thrill and pleasure I need apart from drinking Your presence. Lord, You are my God. I pray that You would rebuke any enemy pushing me to delight myself in earthly things. I denounce these things! And Lord, with Your authority and power I ask that you would command evil to leave me alone and to never come back...(pause to let yourself believe that He is doing it)...

...I turn away from earthly sources as my greatest thrill and pleasure. Lord, I love the awesome thrill and pleasure of standing right here before You. I welcome the rush of Your presence upon me... (pause to let yourself feel confidence and be reassured by God’s presence!)

...I am training myself to “Delight yourself in the Lord...” (Psa. 37:4); making God my delight and treasure helps me to turn from sin because “...where your treasure is, there will your heart be also” (Mat. 6:21).

“May your unfailing love rest upon us, O Lord, even as we put our hope in you.” (Psa. 33:22 NIV).

“You shall love the Lord your God with all your heart and with all your soul and with all your might.” (Deut. 6:5); ...cling to Him.” (Deut. 13:4). (pause to hear, believe, and love the God who is close!)

“For as the waistband clings to the waist of a man, so I made the whole household of Israel and...of Judah cling to Me,' declares the Lord, 'that they might be for Me a people, for renown, for praise and for glory; but they did not listen.’” (Jer. 13:11). (pause to believe and love the God who is close!)

“Splendor and majesty are before Him, Strength and beauty are in His sanctuary.” (Psa. 96:6)

“...Around God is awesome majesty.” (Job 37:22)

“How blessed are the people who know the joyful sound! O Lord, they walk in the light of Your countenance. In Your name they rejoice all the day, and by Your righteousness they are exalted. For You are the glory of their strength...For our shield belongs to the Lord, and our king to the Holy One of Israel.” (Psa. 89:15-18); “...My soul clings to You...” (Psa. 63:8)

(let yourself feel confidence from the closeness of God’s power and glory!)
Believing and Enjoying God as Our Thrill and Pleasure

... (Your name), listen to what you are saying. Let yourself believe, love, and be thankful for the truth!

...the pleasure I need most is not from having acceptance and approval from people. The Lord is the acceptance I love. By my salvation I have God’s acceptance — by my faith, I have His pleasure...

...the pleasure I long for is not to feed myself with how great I might think my personality is. God is my thrill and my pleasure. I love knowing that my praise exalts God before an on-looking audience of angels, saints in heaven, and demonic rulers and authorities...

...the pleasure I long for most is not to feed myself with how great I might think my personality is. The understanding of God is greater. Lord, I lift my hands up to Your word (Psa. 119:48). I wait expectantly for You to speak...

...the pleasure I need is not from feeding myself with how good I might think I am. The nearness of God is my God—His presence is my pleasure... (pause to let yourself feel confidence because of the truth!)

...the thrill and pleasure I long for most is not from __________________________ . God’s presence is my pleasure. I love that I don’t have to deserve your willingness to draw near...

...the pleasure I long for most is not from my sophistication and being “above” other people. It is the Lord who is God—not me... (pause to hear, believe, and love it as the truth!)

...the pleasure I need is not from security provided by earthly things or people. God is my security and my pleasure... (pause to let yourself feel confidence and be reassured by God’s presence!)

...I turn away from earthly sources as my greatest thrill and pleasure. Lord, I love the awesome thrill and pleasure of standing right here before You. I welcome the rush of Your presence upon me... (pause to let yourself feel confidence and be reassured by God’s presence!)

...“...God said, “I will dwell in them and walk among them; and I will be their God, and they shall be My people” (2Cor 6:16). Heart hear this: “Delight yourself in the Lord...” (Psa. 37:4). “For where your treasure is, there will your heart be also.” (Mat. 6:21)

“...My soul shall make its boast in the Lord; the humble shall hear it and rejoice.” (Psa. 34:2)... 
“...take diligent heed to yourselves to love the Lord your God.” (Jos. 23:11)
“...you are to cling to the Lord your God...” (Jos. 23:8); “I love You, O Lord...” (Psa. 18:1)... 
“Worthy are You, our Lord and our God, to receive glory and honor and power; for You created all things, and because of Your will they existed, and were created.” (Rev. 4:11).
“Splendor and majesty are before Him, Strength and beauty are in His sanctuary.” (Psa. 96:6)
“...Around God is awesome majesty.” (Job 37:22)
“...My soul clings to You...” (Psa. 63:8). (let yourself feel confidence from the closeness of God’s power and glory! And, pause to love Him!)

“...the Lord your God turned the curse into a blessing for you because the Lord your God loves you.” (Deut. 23:5); “...He will quiet you with His love, He will rejoice over you with singing.” (Zeph. 3:17 NIV).
“...my soul shall rejoice in the Lord; It shall exult in His salvation.” (Psa. 35:9)
Believing and Enjoying God as Our Thrill and Pleasure

... (Your name), listen to what you are saying. Let yourself believe, love, and be thankful for the truth!

...the pleasure I long for will never come from how much I get done today—it is better to drink like a branch during my activities and let God work through me. I love exalting You, Lord...

...the pleasure I long for will never come from thinking back over how well I protected myself—it is God who is my thrill and my pleasure. Lord, I love Your grace to draw near to me and be my protection...

...the pleasure I love is not from my always being right. The nearness of God is my good—He alone is my righteousness. I rest into letting You touch me with Your righteousness...

...the thrill and pleasure I long for most will never come from what I could eat. Lord, I love that I can feed myself with You... (pause to let yourself feel confidence and be reassured by God’s presence!)

...the pleasure I love most is not from how well I make people laugh. I love that my faith causes God to feel pleasure. It thrills my heart to know that my praises make the Holy Spirit enjoy being with me in power, love, compassion... (pause to let yourself feel confidence and be reassured by God’s presence!)

...the pleasure I long for most is not from my having people who are impressed with me. Lord God, I delight that You take pleasure in Your people—and that includes me...

...I set my heart to find the thrill I need by standing before the Lord, enjoying that He is here in all His glory: “...Around God is awesome majesty” (Job 37:22). I set my affections on You God and it thrills my heart that “...the Lord loves His people...” (2 Chron. 2:11). I am setting my heart to love You God and I am determining to let you love me back. (pause to hear, believe, and love the God who is close!)

“...My soul shall make its boast in the Lord; the humble shall hear it and rejoice.” (Psa. 34:2)...

   Heart hear this and do it: “...take diligent heed to yourselves to love the Lord your God” (Jos. 23:11);
   “...you are to cling to the Lord your God...” (Jos. 23:8).

...heart hear this: it is God that I want because “...love is from God...” (1 John 4:7); “...God is love, and the one who abides in love, abides in God and God abides in him.” (1 John 4:16).

   “...abide in [His] love.” (John 15:9); “keep yourselves in the love of God...” (Jude 1:21).

“The Lord is my rock and my fortress and my deliverer, My God, my rock, in whom I take refuge; My shield...my salvation, my stronghold.” (Psa. 18:2)...

   Lord, “You are my hiding place...” (Psa. 32:7)
   “he who takes refuge in Me...will possess My holy mountain.” (Isa. 57:13)
   “To You, O Lord, I lift up my soul. O my God, in You I trust...” (Psa. 25:1,2)
   “...You are my God...My soul thirsts for You, my flesh yearns for You...Thus I have seen You in the sanctuary, to see Your power and Your glory...My soul is satisfied...” (Psa. 63:1,2,5).

“...the Lord takes pleasure in His people...” (Psa. 149:4).

“...You are my God...I will not look to any Helps...” (Psa. 144:9)
   “To You, O Lord, I lift up my soul. O my God, in You I trust...” (Psa. 25:1,2); “I will be glad...in You...O most High.” (Psa. 9:2). (let yourself feel confidence from the closeness of God’s power and glory!)

   “...Holy, holy, holy is the Lord God, the Almighty, who was and who is and who is to come.” (Rev. 4:8). (let yourself feel confidence from the closeness of God’s power and glory!)
... (Your name) , listen to what you are saying. Let yourself believe, love, and be thankful for the truth!

...my pleasure is not to come to the place where I think that I deserve Your presence God. Lord, I love that it is by my faith in the truth of Your word and Your grace that You draw near to me. You DO give me Yourself! And, I love that You don’t hold back... (pause to let yourself feel confident and be reassured!)

...the pleasure I long for is not from the twisted glory there is in sin—there is far more glory in being near and in experiencing You God. Lord God of all glory and life, it is Your presence close to me that is my thrill and my pleasure... (pause to let yourself feel confident and be reassured by God’s presence!)

...the pleasure I need most is not to change my earthly circumstances—I turn to God because He is my thrill and my pleasure. Lord, I love Your grace to draw near to me and soothe me when things aren’t going well... (pause to hear, believe, and love it as the truth!)

...the pleasure I love is not the evidence I find of my being strong—the nearness God is my strength and my pleasure. Lord God, I love the touch of Your strength. I love Your grace and love that draws You to want to be near to me. I rest in You... (pause to let yourself feel confidence because of the truth!)

...the pleasure I need is not from evidence of my human adequacy—the closeness of God is my adequacy. Lord, I love Your grace to draw near so that I can depend on You as my God. I rest into letting You touch me with Your adequacy... (pause to let yourself feel confidence and be reassured by God’s presence!)

...I turn away from earthly sources as my greatest thrill and pleasure. Lord, I love the awesome thrill and pleasure of standing right here before You. I welcome the rush of Your LIVING presence, Your LIVING power, and Your LIVING love into and all around me... (pause to feel courage by it!)

...Heart hear this: “Delight yourself in the Lord...” (Psa. 37:4). I turn my heart to You God! The presence of the God is my pleasure. I set my heart to find the thrill I need in enjoying God with me here: “...great is your love toward me...” (Psa. 86:13 NIV).

...I am making God my treasure: “For where your treasure is, there will your heart be also.” (Mat. 6:21). God as my treasure is what I want. I grab my soul and I turn my affections from ________________.

...Heart hear this: “He is your praise...” (Deut. 10:21). My soul will love the Lord—and I turn away from loving earthly things. I take pleasure in You God, and heart hear this, “...the Lord takes pleasure in His people...” (Psa. 149:4).

...I am making God my delight and my thrill: “...the children of men take refuge in the shadow of Your wings. They drink their fill of the abundance...of the river of Your delights.” (Psa. 36:7,8). I turn my heart to love Your presence God!

“O Lord, I love the habitation of Your house And the place where Your glory dwells.” (Psa. 26:8)

...I am making God my greatest love. “I love You, O Lord...” (Psa. 18:1). And, when God draws near to me, He brings heaven with Him. Angels are here. It is heaven that rules...

...heart hear this and find the delight that you need by enjoying that “Splendor and majesty are before Him, strength and beauty are in His sanctuary” (Psa. 96:6). I am making it my greatest love to be close to God and to thrill myself with His splendor and majesty.

“Worthy are You, our Lord and our God, to receive glory and honor and power...” (Rev. 4:11). I turn my heart to love giving praise toward God—and not toward myself.
... (Your name), listen to what you are saying. Let yourself believe, love, and be thankful for the truth!

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(pause to let yourself feel confidence and be reassured by God’s presence!)

...the pleasure I long for most will never come from daydreams of what I would say to ___________________. God will lead me and give me what I need to say. God is my glory—I turn to You...

...the pleasure I need is not from forcing circumstances and people to cooperate with my plans for achievement. My glory is to let God work through me as He chooses...

...the pleasure I need most is not from making comparisons of my status to that of other people. The presence of God is my thrill and my pleasure. I love that I can exalt and honor God by depending on Him to quench my thirst...  
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...the pleasure I long for will never come from sexual sin or lust. The presence of God is my thrill and my pleasure. It is God’s glory, strength, and His beauty touching me that I love far more...

...I turn away from earthly sources as my greatest thrill and pleasure. It is the rush of God’s presence around me that I love. The closeness of God my greatest joy because doing anything else is evil...

...rather than loving ___________________, I am setting my heart to love You God. Heart don’t be afraid; “...the Lord loves His people...” (2 Chron. 2:11). I am determined to rest in the truth about God—to love Him and to let God love me back...

“...great is your love toward me...” (Psa. 86:13 NIV).

...heart hear this: “Delight yourself in the Lord...” (Psa. 37:4). I set my heart to find delight and pleasure in loving You God...

...I repent of wanting __________________ as my treasure. I am declaring to my heart that God is my treasure because “...where your treasure is, there will your heart be also.” (Mat. 6:21). It is the presence of God that I love! You are my treasure Lord.

...I am setting my heart to praise God rather than myself: “Praise the Lord! Praise God in His sanctuary...” (Psa. 150:1)...  
(let yourself feel confidence from the closeness of God’s power and glory!)

“My soul shall make its boast in the Lord; the humble shall hear it and rejoice.” (Psa. 34:2)...  

...rather than praise toward me about __________________ I am telling my heart that praising God is far better: “The Lord is my strength...and I will praise Him...” (Exo. 15:2).  

“...Holy, holy, holy is the Lord God, the Almighty, who was and who is and who is to come.” (Rev. 4:8); “You are my God...I exalt you.” (Psa. 118:28 NIV)

...I am determined that my heart will find the thrill and pleasure that I need in God: “...take diligent heed to yourselves to love the Lord your God” (Jos. 23:11),...

...heart hear this: “...you are to cling to the Lord your God...” (Jos. 23:8). I am stopping right now and am trusting that I am taking hold of God.

...I am confident and I am secure because “[...the Lord takes pleasure in His people...” (Psa. 149:4). “I love You, O Lord...” (Psa. 18:1)...

(let yourself feel confidence from the closeness of God’s power and glory!)
... (Your name) , listen to what you are saying. Let yourself believe, love, and be thankful for the truth!

...my greatest thrill and pleasure is not to compare myself to other people and find that I am better than they. Lord, I grab my soul and turn away from having to feed myself by comparisons. I love that receiving from You is so much easier...  (pause to let yourself feel confidence and be reassured by God’s presence!)

...the pleasure I want most will never come from my getting more toys—only the Lord will satisfy. I love that I can so freely turn to You Lord...  (pause to let yourself feel confidence because of the truth!)

...the pleasure I need will never come from earthly possessions, a house, a car, ______________. Lord, I love that Your grace to draw near to me. I can trust You to lavish Your presence on me because You want to be God to me...  (pause to let yourself feel confidence and be reassured by God’s presence!)

...the pleasure I need is not to feed myself with how I appear to others. Instead, I am trusting that I am before the Lord in all His glory and that having His glory touching me is a far greater pleasure...

...the pleasure I love most is not to look at friends as evidence of my being worthy. God is my glory—it is not the glory I receive from people. Lord, I love that I can receive Your presence without having to earn a sense of being worthy...  (pause to let yourself feel confidence and be reassured by God’s presence!)

I don't have to believe the lies of the enemy that I have to get the thrill and pleasure I need apart from drinking Your presence. Lord, You are my God. I pray that You would rebuke any enemy pushing me to delight myself in earthly things. I denounce these things! And Lord, with Your authority and power I ask that you would command evil to leave me alone and to never come back...(pause to let yourself believe that He is doing it)...

...I turn away from earthly sources as my greatest thrill and pleasure. Lord, I love the awesome thrill and pleasure of standing right here before You. I welcome the rush of Your presence upon me...  (pause to let yourself feel confidence and be reassured by God’s presence!)

...I am training myself to “Delight yourself in the Lord...” (Psa. 37:4); making God my delight and treasure helps me to turn from sin because “…where your treasure is, there will your heart be also” (Mat. 6:21).

“May your unfailing love rest upon us, O Lord, even as we put our hope in you.” (Psa. 33:22 NIV). “You shall love the Lord your God with all your heart and with all your soul and with all your might.” (Deut. 6:5); “…cling to Him.” (Deut. 13:4).  (pause to hear, believe, and love the God who is close!)

“For as the waistband clings to the waist of a man, so I made the whole household of Israel and...of Judah cling to Me,’ declares the Lord, ‘that they might be for Me a people, for renown, for praise and for glory; but they did not listen.’” (Jer. 13:11).  (pause to believe and love the God who is close!)

“Splendor and majesty are before Him, Strength and beauty are in His sanctuary.” (Psa. 96:6)

“…Around God is awesome majesty.” (Job 37:22)

“How blessed are the people who know the joyful sound! O Lord, they walk in the light of Your countenance. In Your name they rejoice all the day, and by Your righteousness they are exalted. For You are the glory of their strength...For our shield belongs to the Lord, and our king to the Holy One of Israel.” (Psa. 89:15-18); “…My soul clings to You...” (Psa. 63:8)

(let yourself feel confidence from the closeness of God’s power and glory!)
... (Your name) , listen to what you are saying. Let yourself believe, love, and be thankful for the truth!

...the pleasure I need most is not from having acceptance and approval from people. The Lord is the acceptance I love. By my salvation I have God’s acceptance — by my faith, I have His pleasure...

...the pleasure I long for is not to feed myself with how great I might think my personality is. God is my thrill and my pleasure. I love knowing that my praise exalts God before an on-looking audience of angels, saints in heaven, and demonic rulers and authorities...

...the pleasure I long for most is not to feed myself with how great I might think my personality is. The understanding of God is greater. Lord, I lift my hands up to Your word (Psa. 119:48). I wait expectantly for You to speak...

...the pleasure I need is not from feeding myself with how good I might think I am. The nearness of God is my God—His presence is my pleasure... (pause to let yourself feel confidence because of the truth!)

...the thrill and pleasure I long for most is not from ____________________________. God’s presence is my pleasure. I love that I don’t have to deserve your willingness to draw near...

...the pleasure I long for most is not from my sophistication and being “above” other people. It is the Lord who is God—not me... (pause to hear, believe, and love it as the truth!)

...the pleasure I need is not from security provided by earthly things or people. God is my security and my pleasure... (pause to let yourself feel confidence and be reassured by God’s presence!)

...I turn away from earthly sources as my greatest thrill and pleasure. Lord, I love the awesome thrill and pleasure of standing right here before You. I welcome the rush of Your presence upon me... (pause to let yourself feel confidence and be reassured by God’s presence!)

...“...God said, "I will dwell in them and walk among them; and I will be their God, and they shall be My people” (2Cor 6:16). Heart hear this: “Delight yourself in the Lord...” (Psa. 37:4). “For where your treasure is, there will your heart be also.” (Mat. 6:21)

“My soul shall make its boast in the Lord; the humble shall hear it and rejoice.” (Psa. 34:2)... “...take diligent heed to yourselves to love the Lord your God.” (Jos. 23:11)

“...you are to cling to the Lord your God...” (Jos. 23:8); “I love You, O Lord...” (Psa. 18:1)... “Worthy are You, our Lord and our God, to receive glory and honor and power; for You created all things, and because of Your will they existed, and were created.” (Rev. 4:11).

“Splendor and majesty are before Him, Strength and beauty are in His sanctuary.” (Psa. 96:6)

“...Around God is awesome majesty.” (Job 37:22)

“...My soul clings to You...” (Psa. 63:8). (let yourself feel confidence from the closeness of God’s power and glory! And, pause to love Him!)

“...the Lord your God turned the curse into a blessing for you because the Lord your God loves you.” (Deut. 23:5);

“...He will quiet you with His love, He will rejoice over you with singing.” (Zeph. 3:17 NIV).

“The Lord is my strength and my shield; my heart trusts in Him, and I am helped; therefore my heart exults, and with my song I shall thank Him.” (Psa. 28:7) (pause to hear, believe, and love the truth!)

“...my soul shall rejoice in the Lord; It shall exult in His salvation.” (Psa. 35:9)
... (Your name), listen to what you are saying. Let yourself believe, love, and be thankful for the truth!
...the pleasure I long for will never come from how much I get done today—it is better to drink like a branch during my activities and let God work through me. I love exalting You Lord...

...the pleasure I long for most will never come from thinking back over how well I protected myself—it is God who is my thrill and my pleasure. Lord, I love Your grace to draw near to me and be my protection...

...the pleasure I love is not from my always being right. The nearness of God is my good—He alone is my righteousness. I rest into letting You touch me with Your righteousness...

...the thrill and pleasure I long for most will never come from what I could eat. Lord, I love that I can feed myself with You... (pause to let yourself feel confidence and be reassured by God's presence!)

...the pleasure I love most is not from how well I make people laugh. I love that my faith causes God to feel pleasure. It thrills my heart to know that my praises make the Holy Spirit enjoy being with me in power, love, compassion... (pause to let yourself feel confidence and be reassured by God's presence!)

...the pleasure I long for most is not from my having people who are impressed with me. Lord God, I delight that You take pleasure in Your people—and that includes me...

...I set my heart to find the thrill I need by standing before the Lord, enjoying that He is here in all His glory: “...Around God is awesome majesty” (Job 37:22). I set my affections on You God and it thrills my heart that “...the Lord loves His people...” (2 Chron. 2:11). I am setting my heart to love You God and I am determining to let you love me back. (pause to hear, believe, and love the God who is close!)

“My soul shall make its boast in the Lord; the humble shall hear it and rejoice.” (Psa. 34:2)... Heart hear this and do it: “...take diligent heed to yourselves to love the Lord your God” (Jos. 23:11); “...you are to cling to the Lord your God...” (Jos. 23:8).

...heart hear this: it is God that I want because “...love is from God...” (1 John 4:7); “...God is love, and the one who abides in love, abides in God and God abides in him.” (1 John 4:16). “...abide in [His] love.” (John 15:9); “keep yourselves in the love of God...” (Jude 1:21).

“The Lord is my rock and my fortress and my deliverer, My God, my rock, in whom I take refuge; My shield...my salvation, my stronghold.” (Psa. 18:2)... Lord, “You are my hiding place...” (Psa. 32:7) “he who takes refuge in Me...will possess My holy mountain.” (Isa. 57:13) “To You, O Lord, I lift up my soul. O my God, in You I trust...” (Psa. 25:1,2) “...You are my God...My soul thirsts for You, my flesh yearns for You...Thus I have seen You in the sanctuary, to see Your power and Your glory...My soul is satisfied...” (Psa. 63:1,2,5).

“...the Lord takes pleasure in His people...” (Psa. 149:4). “To You, O Lord, I lift up my soul. O my God, in You I trust...” (Psa. 25:1,2); “I will be glad...in You...O most High.” (Psa. 9:2). (let yourself feel confidence from the closeness of God’s power and glory!) “...Holy, holy, holy is the Lord God, the Almighty, who was and who is and who is to come.” (Rev. 4:8). (let yourself feel confidence from the closeness of God’s power and glory!)

...__(Your name)__ , listen to what you are saying. Let yourself believe, love, and be thankful for the truth!

...Heart, rejoice in the truth that my glory is not to exalt myself by trying to make God submit to my demands. I love praising You Lord... (pause to let yourself feel confidence because of the truth!)

...Heart, rejoice in the truth that my glory is not to boast in myself—instead of me, I will boast in God. Oh, how I love You Lord. I set my eyes and my ears on You Lord... (let yourself feel confidence from the closeness of God’s power and glory!)

...Heart, rejoice in the truth that my glory is not to boast in my being God; I don't have to be the sovereign “I AM.” God is who I love to praise... (pause to let yourself feel confidence because of the truth!)

...Heart, rejoice in the truth that my glory is not to boast in being king in order to be “Ok.” I love and praise You Lord. I submit to the truth that it is right for me to love and believe that I am in the throne room and the You Lord are walking with me here—my eyes are on You... (let yourself feel confidence from the closeness of God’s power and glory!)

...Heart, rejoice in the truth that my glory is not to exalt myself by drinking from the glory of__ (example of something you drink from). God is my first love... (pause to be thankful and love it as the truth!)

...Heart, rejoice in the truth that it is right to boast in God. I delight to grab my soul and turn it away from letting the boasting and praise come back toward myself. The Lord is God—not me. I praise God for the glory of His attributes not mine. My eyes are on You God... (pause to believe it)

...__(Your name)__ , listen and let yourself love the presence of God as your boast!

“My soul shall make its boast in the Lord...” (Psa. 34:2). (pause to hear and believe it)

“How blessed are the people who know the joyful sound! O Lord, they walk in the light of Your countenance. In Your name they rejoice all the day, and by Your righteousness they are exalted. For You are the glory of their strength...For our shield belongs to the Lord, and our king to the Holy One of Israel.” (Psa. 89:15-18). (let yourself feel confidence from the closeness of God’s power and glory!)

God has promised with an “...everlasting covenant, to be God to you and to your descendants...” (Gen. 17:7; and also Gal. 3:29), “...I know that the Lord is great, and that our Lord is above all the gods.” (Psa. 135:5)... “You are my God...I exalt you.” (Psa. 118:28 NIV)

“...the nations will bless themselves in Him, and in Him they will glory.” (Jer. 4:2).

“...worship in the Spirit of God and glory in Christ Jesus and put no confidence in the flesh,” (Phil. 3:3). (let yourself feel confidence from the closeness of God’s power and glory!)

“...the Lord God is a sun and shield; The Lord gives grace and glory...” (Psa. 84:11)... “to the end that we...would be to the praise of His glory.” (Eph. 1:12). (pause to hear and believe it)

“...The Son of God appeared for this purpose, to destroy the works of the devil.” (1 John 3:8)... “God is to us a God of deliverances...” (Psa. 68:20). (pause to hear and believe it)

“The God of peace will soon crush Satan under your feet...” (Rom. 16:20). (pause to hear and believe it)

“You know of Jesus...God anointed Him with the Holy Spirit and with power, and...He went about doing good and healing all who were oppressed by the devil, for God was with Him.” (Acts 10:38)

“The Lord performs righteous deeds and judgments for all who are oppressed” (Psa 103:6).
... (Your name), I delight that I don't have to glory in being above other people who...

...don't achieve... (pause to be thankful and love it as the truth!)

...don't measure up... (pause to be thankful and love it as the truth!)

...don't have health... (pause to be thankful and love it as the truth!)

...are struggling with sin and failed... (pause to be thankful and love it as the truth!)

...are not athletic enough... (pause to be thankful and love it as the truth!)

...are not friendly enough... (pause to be thankful and love it as the truth!)

...can’t recognize the truth... (pause to be thankful and love it as the truth!)

...don’t think... (pause to be thankful and love it as the truth!)

...don’t _________________... (pause to be thankful and love it as the truth!)

...who don’t know and believe the right things... (pause to be thankful and love it as the truth!)

...I repent and turn from directing internal praise toward me. The Lord is God. I praise You who are close to me—I praise Your power, Your love, Your wisdom, Your goodness, Your glory, Your strength, Your beauty. And by faith I am trusting that my eyes are looking at Your presence close and all around me here... (pause to let yourself feel confidence and be reassured by God’s presence!)

... (Your name), listen and let yourself love the presence of God as your protection!

“Some boast in chariots, and some in horses; but we will boast in the name of the Lord, our God.” (Psa. 20:7)... (let yourself feel confidence from the closeness of God’s power and glory!)

“You are my King and my God...” (Psa. 44:4 NIV). (pause to believe and love the God who is close!)

“...let us continually offer up a sacrifice of praise to God...” (Heb. 13:15); “He is your praise...” (Deut. 10:21).

“Seek the Lord and His strength; Seek His face continually.” (1 Chron. 16:11). (pause to hear and believe it)

“O God, You are awesome from Your sanctuary...God...gives strength and power to the people. Blessed be God!” (Psa. 68:35). (let yourself feel confidence from the closeness of God’s power and glory!)

“Praise the Lord! Praise God in His sanctuary...” (Psa. 150:1). (pause to hear and believe it)

“My soul shall make its boast in the Lord...” (Psa. 34:2).

“The Lord is my strength...and I will praise Him...” (Exo. 15:2). (pause to hear and believe it)

By entering to stand before the Lord of hosts, I “...have made the Lord...the Most High, ...[my] dwelling place.” (Psa. 91:9). (let yourself feel confidence from the closeness of God’s power and glory!)

“...O Lord God, You are my confidence...” (Psa. 71:5). (pause to hear, believe, and love the truth!)

My “...confidence...is...through Christ before God...our competence comes from God” (2 Cor. 3:4,5 NIV).

My “...praise is not from men, but from God.” (Rom. 2:29).

“...Ascribe greatness to our God!” (Deut. 32:3). (pause to hear, believe, and love the God who is close!)
... (Your name), I delight that I don't have to glory in being above other people who...
...are not impressive... (pause to hear, believe, and love it as the truth!)
...don't have friends... (pause to hear, believe, and love it as the truth!)
...who don't have the right things... (pause to hear, believe, and love it as the truth!)
...are not spiritual enough... (pause to hear, believe, and love it as the truth!)

... (Your name), listen to what you are saying and let yourself believe and love the truth!
...my glory is not to exalt myself by trying to make God submit to my demands...
...I can keep redirecting the praise toward God, even when they like my jokes. I set my eyes to keep looking at You Lord—not on them or on myself... (pause to hear, believe, and love the truth!)
...I am free to show appreciation when someone compliments me. Inside I will keep the flow of praise going toward God... (pause to be thankful and love it as the truth!)

...I repent and turn from directing internal praise toward me. The Lord is God. So Lord, I praise Your power, Your love, Your wisdom, Your goodness, Your glory, Your strength, Your beauty. I boast in You. My eyes are on Your power and beauty close to me here Lord... (pause to believe it)

... (Your name), listen and let yourself love the presence of God as your protection!
“But seek first His kingdom and His righteousness...” (Mat. 6:33).
“...righteousness and justice are the foundation of His throne.” (Psa. 97:2).
“Then he showed me a river of the water of life...coming from the throne of God...” (Rev. 22:1).
“Righteousness and justice are the foundation of Your throne; lovingkindness and truth go before You.” (Psa. 89:14). (let yourself feel confidence from the closeness of God’s power and glory!)

“...it is Heaven that rules.” (Dan. 4:26). And, by drawing near I can welcome the kingdom of God here: “Draw near to God and He will draw near to you...” (James 4:8). (pause to be thankful and love the God who is close!)

“...[I] have boldness and confident access through faith in Him” (Eph. 3:12).
“for through Him we...have our access in one Spirit to the Father.” (Eph. 2:18; see also Heb. 4).

“My soul shall make its boast in the Lord...” (Psa. 34:2). (pause to believe and love the God who is close!)
“...I know that the Lord is great, And that our Lord is above all the gods.” (Psa. 135:5)...
God has promised with an “...everlasting covenant, to be God to you and to your descendants...” (Gen. 17:7; and also Gal. 3:29).

“...God said, "I will dwell in them and walk among them; and I will be their God, and they shall be My people" (2Cor 6:16). “The Lord is my strength and my shield; my heart trusts in Him, and I am helped; therefore my heart exults, and with my song I shall thank Him.” (Psa. 28:7). “...The Lord is my God.” (Zech. 13:9). (let yourself feel confidence from the closeness of God’s power and glory!)
Turning from Demonic Pressure to Avoid and Believe Lies About God

(Security and protection from God rather than self-protection by staying away)

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... (Your name) , listen to what you are saying. Let yourself believe, love, and be thankful for the truth!

...I don’t have to agree with demonic pressure to doubt whether God’s promises apply to me—they do apply to me...

(pause to let yourself feel confidence because of the truth!)

...I don’t have to agree with demonic pressure to pride myself because of the presence of God—that only weakens me for spiritual battle. I enter and draw near to God and the God who is before me here is the commander of all the angels of heaven...

(pause to hear, believe, and love it as the truth!)

...I don’t have to agree with demonic pressure to live in dullness or apathy. An river of the Holy Spirit is not too much for me to expect—I love that I can quench my thirst with God. I have full access into the radiance shining from God.....

(pause to let yourself feel confidence and be reassured by God’s presence!)

...I don’t have to agree to close up and avoid receiving the Holy Spirit because of pressure to believe demonic lies that I need to do something to deserve God’s presence somehow...

...I don’t have to agree with demonic pressure to believe lies that I should feel shame and avoid receiving the Holy Spirit from the fountain of God—the power of the washing from God burns away my shame...

...I don’t have to agree with pressure to believe lies that evil is good—God is good. It is evil that’s evil. And, I don’t have to agree with demonic pressure to believe lies that self-condemnation will help me somehow...

(pause to hear, believe, and love it as the truth!)

“Who will bring a charge against God's elect? God is the one who justifies;” (Rom. 8:33).

...I don’t have to agree with demonic pressure to hide from God because of intimidation or fear...

(pause to hear, believe, and love it as the truth!)

...It is the Lord who is God not the spiritual forces of evil. My God is a stronger fortress and a better refuge. I trust I am before the Lord and am putting on the armor of light (Rom. 13:12 and Psa. 27:1-8),...

“...Though war arise against me, in spite of this I shall be confident...For in the day of trouble He will conceal me in His tabernacle...” (Psa. 27:3 and 5)

“I have set the Lord continually before me; because He is at my right hand, I will not be shaken. Therefore my heart is glad and my glory rejoices; my flesh also will dwell securely.” (Psa. 16:8,9).

...The Son of God appeared for this purpose, to destroy the works of the devil.” (1 John 3:8).
Turning from Demonic Pressure to Avoid and Believe Lies About God

(Security and protection coming from God rather than self-protection by staying away)

... (Your name), listen to what you are saying. Let yourself believe, love, and be thankful for the truth!

...I don’t have to agree with demonic pressure to harden my heart when I hear God’s voice...

...I don’t have to agree about cowering away from the throne room and from standing before God...

...because of the truth about God and my access to the throne room, I don’t have to agree with deception and lies from the demonic intended to keep me away... (pause to hear, believe, and love the truth!)

...because God is my God, I don’t have to avoid praising Him because of pressure from the demonic. And, I don’t have to agree to avoid the throne room of God because of deception from the enemy. When I draw near to God He draws near by bringing heaven with Him. Angels are here all around me and my God is the commander of all the angels of heaven...

...I don’t have to agree with demonic pressure to enjoy criticizing other Christians...

...I don’t have to believe lies from the enemy regarding my weakness: the God who is with me is strong... “...armed in the presence of the Lord...” (Num. 32:32)

...I don’t have to agree with demonic pressure to stay away from God because of people who care about me think I am wrong... (pause to hear, believe, and love it as the truth!)

...I don’t have to agree with demonic pressure find the security I need by staying away from God...

...I don’t have to agree with demonic pressure to believe lies that sexual pursuits are better because of the thrill and pleasure of having intimate closeness with the Spirit of God who is beautiful, strong, and loves me greatly... (pause to let yourself feel confidence and be reassured by God’s presence!)

...I don’t have to agree with demonic lies that I should avoid God because religious people make me feel ashamed... (pause to hear, believe, and love it as the truth!)

...I don’t have to agree with the demonic pressure to avoid God because of criticism I receive from people I love... (pause to hear, believe, and love it as the truth!)

...because of the truth about God, I don’t have to agree with strong delusion to stay out of the throne room and avoid ‘drinking’ the Holy Spirit like a sponge... (pause to hear, believe, and love it as the truth!)

...I don’t have to agree with demonic pressure to avoid God because of accusation and gossip from other Christians... (pause to let yourself feel confidence because of the truth!)

...It is the Lord who is God not the spiritual forces of evil. My God is a stronger fortress and a better refuge. I trust I am before the Lord and am putting on the armor of light (Rom. 13:12 and Psa. 27:1-8)... “...Though war arise against me, In spite of this I shall be confident...For in the day of trouble He will conceal me in His tabernacle...” (Psa. 27:3 and 5)

“I have set the Lord continually before me; because He is at my right hand, I will not be shaken. Therefore my heart is glad and my glory rejoices; my flesh also will dwell securely.” (Psa. 16:8,9).

“...The Son of God appeared for this purpose, to destroy the works of the devil.” (1 John 3:8).
(Security and protection coming from God rather than self-protection by staying away)

... (Your name), listen to what you are saying. Let yourself believe, love, and be thankful for the truth!
...I don’t have to agree with demonic pressure to feed myself with praise because of God’s presence...

...I delight to turn away from accepting demonic pressure that it is wrong somehow for me to praise God freely...  (let yourself feel confidence from the closeness of God’s power and glory!)

...I turn from agreeing to pride myself with the lie that I am above needing to praise God for some reason...

...I delight to turn away from accepting demonic pressure to avoid putting my hope in God...

...I don’t have to agree with demonic pressure that it is wrong somehow to pray...

...I don’t have to agree with demonic pressure to live in dullness or apathy—I can quench my thirst with God... (let yourself feel confidence from the closeness of God’s power and glory!)

...I don’t have to avoid reading and believing the Bible because of pressure from the demonic...

...I denounce and reject demonic pressure to put my hope in despair...

...because of the abundant availability of the Spirit of God, I don’t have to agree with demonic pressure to feed myself with food as my best hope for thrill and pleasure...

...I denounce and reject demonic lies about their power because my God is a strong fortress—His Light is a thick shield...  (pause to let yourself feel confidence and be reassured by God’s presence!)

...I don’t have to agree to avoid standing before the Lord because of threats of physical harm...

...I don’t have to agree with demonic pressure to stay away from God when people I care about, make me feel bad...  (pause to hear, believe, and love it as the truth!)

...I don’t have to agree with demonic pressure to harden my heart when I hear God’s voice...

...I don’t have to believe the lies that push me to fear. I don’t have to be afraid. You are my God! Holy and awesome God, I will fear You alone. Lord, rebuke any enemy pushing me to fear or dread. I denounce fear! I denounce any fear that is or was passed on to me by my parents. God, You are the Commander of the armies of heaven. And Lord, I ask that with Your authority and power You would command the forces of evil to leave me alone and to never come back...(pause to let yourself believe that He is doing it)...

...It is the Lord who is God not the spiritual forces of evil. My God is a stronger fortress and a better refuge of strong power...  (pause to let yourself feel confidence and be reassured by God’s presence!)

I set my heart to trust that I am before the Lord here and that the armor of God is all around me because of the radiance that is all around me from Him. By this I “...lay aside the deeds of darkness and put on the armor of light”  (Rom. 13:12 )...  (pause to hear, believe, and love the God who is close!)

Heart hear this and turn to face toward God! “The Lord is my light and my salvation; Whom shall I fear? The Lord is the defense of my life; Whom shall I dread?”  (Psa. 27:1)

“...The Son of God appeared for this purpose, to destroy the works of the devil.”  (1 John 3:8).