

# WORKSHEETS AND SCRIPTURES

These worksheets are taken from the book *Our Hands His Healing* and form part of the section on Pastoral Prayer Ministry. Sheets may be printed and given to the person coming for prayer ministry to work on between sessions.

All scriptures are taken from NIV unless otherwise stated.

## **IDENTITY**

God calls Himself “I Am that I Am” and makes us in His image. This means our identity is very important to our spiritual health: we must know who God really is and who we ourselves really are. There are many wonderful Bible verses to help us. When you have looked up the Scriptures in these two lists, write out one Scripture from each list every week, digest it, and proclaim it. Let them become part of you and strengthen your new identity in Christ.

Who God really is

God is King of the universe. This means that all circumstances are ultimately in His hands. He is in control of my life (Psalm 24:1; 1 Chronicles 29:11–12; Job 12:10; Romans 8:38–39)

God is righteous. He cannot sin against me (Psalms 119:137, 142; Psalm 36:6; Psalm 103:6)

God is just. He will always be fair with me (Deuteronomy 32:4)

God is love. He wants to help me to get the most out of life (1 John 4:8)

God is eternal. The plan He is working out for me is everlasting (Deuteronomy 33:27)

God is all knowing. He knows all about me and my situation and how to work it out for good (2 Chronicles 16:9; Psalm 139:1–6)

God is everywhere. There is nowhere I can go that He won't take care of me (Psalm 139:7–10)

God is all powerful. There is nothing He can't do on my behalf (Job 42:2)

God is truth. He cannot lie to me (Hebrews 6:18; Titus 1:2)

God is unchangeable. I can depend on Him (Malachi 3:6)

God is faithful. I can trust Him to do what He promises (2 Peter 1:3–4; Jeremiah 29:11–13).

God is holy. He will be holy in all His acts (Revelation 15)  
Who I am in Christ I am a new creation (2 Corinthians 5:16–19)  
I belong to God (Romans 14:7–8)  
I am the apple of His eye (Psalm 17:8)  
I am His treasured possession (Deuteronomy 7:6)  
The Holy Spirit lives in me (John 14:26; 1 Corinthians 3:16)  
I am a child of God (1 John 5:18–19)  
I am the aroma of Christ (2 Corinthians 2:15)  
I am written on His hands (Isaiah 49:16)  
He took my guilt and shame on the cross (Hebrews 12:2; Romans 8:1–17)  
He died for me (1 Peter 2:24; Romans 6:23; 2 Corinthians 5:21)  
He bought me with a price – His life (1 Corinthians 6:19–20)  
I will be with Him for eternity (Matthew 28:20; John 3:16)  
I am tenderly loved (Jeremiah 31:3)  
Nothing can separate me from His love (Romans 8:39)  
God is my Father (Isaiah 64:8; John 14:23; John 20:17)

As you get used to doing this on a regular basis you will no longer have to look at the sheet, because these truths will become part of you as you “let the word of Christ dwell in you richly”  
Colossians 3:16 (NKJV)

As you read the Bible every day, notice other truths about who you are in Him; treasure them and write them down. Make up a promise box with cards in and fill with Scriptures that affirm who He is and affirm you in Him. Read them often until those truths sink in and become part of you.

Go through Scripture, seeing the truth, and start declaring it. For example, look at the text below:

“So God created mankind in his own image, in the image of God he created them; male and female he created them.”  
Genesis 1:27

Then declare the truth aloud: “I am created in the image of God.” Find more verses that you can start declaring aloud. This will not only build you up with truth but it keeps the enemy at bay. Fill your mind with truth and you will be able to recognise and refute the enemy’s deceit and lies. As you pray, speak to God as your:

- Creator
- Father
- Provider

- Brother
- Friend
- Shepherd
- Healer
- Saviour
- King
- Lord.

He is Father  
 He is King  
 He is Brother  
 He is Saviour  
 He is Teacher  
 He is Friend  
 He is Healer  
 He is Comforter  
 He is Counsellor  
 He is Shepherd

He is Father..He is MY Father.. so I am His.....  
 He is King...He is MY King.....so I am His.....  
 He is Brother...He is MY brother so I am His.....  
 He is Saviour..He is MY Saviour so I am.....  
 He is Teacher...He is My Teacher so I am His.....  
 He is Friend...He is MY Friend....so I am His.....  
 He is Healer....He is MY Healer....so I will be.....  
 He is Comforter....He is MY Comforter...so I will be.....  
 He is Shepherd....He is MY Shepherd ...so I am His.....

Because of Jesus I am my Father's daughter/son; therefore I am a daughter/son of the King