

When you are dealing with an illness, anxiety, or depression, it is easy to wear the labels “sick”, “depressed”, “anxious”, “defeated”, and have a mindset of “That is just who I am.” No! That is *not* who you are. That is what you are dealing with. You are not a sick person trying to get well. You are a well person fighting off sickness. Don’t let the difficulty become your identity. Don’t get in agreement with the negative.

Focus on what your Creator says. God says He is restoring health to you. He says you will run and not be weary. He says weeping endures for a night, but joy comes in the morning. Say about yourself: “I am a temple of God. I am healthy, whole, energetic, free, happy, and victorious.” If you start saying what God says about you instead of what you feel, you will see things begin to turn around. Don’t go through life wearing negative labels.

1 Corinthians 3:16 “You realize, don’t you, that you are the temple of God, and God Himself is present in you?”