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The Overcoming Life Daily Action Plan

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Truth That Sets Us Free

We Are Not Just Saved For Heaven, We Have Been Restored to A New Life Now. *“You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness”*

(Eph. 4:22-24).

We Are No Longer Slaves To Sin. *“For we know that our old self was crucified with Him so that the body of sin might be done away with, that we should no longer be slaves to sin—because anyone who has died has been freed from sin”* (Rom. 6:6).

We Belong To God, We Are Under His Care. *“You are not your own; you were bought at a price”* (1 Cor. 6:19, 20).

Look To God To Meet Your Deepest Needs, Accept No Substitutions or Counterfeits. *“How lovely is your dwelling place, O Lord Almighty! My soul yearns, even faints for the courts of the Lord; my heart and my flesh cry out for the living God. Blessed are those whose strength is in You, who have set their hearts on pilgrimage. As they pass through the Valley of Baca, they make it a place of springs; the autumn rains also cover it with pools. They go from strength to strength...,”* (Psalm 84:1, 2, 5-7).

Victory in the Battle

1. **Put on the Full Armor of God.** Study Ephesians 6:10-18 *“Be strong in the Lord, and in the strength of His might.”*
2. **Don’t Focus on How You Feel, Focus on God’s Truth.** *“As a man thinks, so is he”* (Prov. 23:7).
3. **Don’t Tolerate Darkness.** *“God has rescued us from the domain of darkness, and transferred us to the kingdom of His beloved Son”* (Col. 1:13).
4. **Magnify God, Not the Circumstance.** *“For you, O Lord, are the Most High over all the earth; you are exalted far above all gods”* (Psalm 97:9).
5. **Don’t Allow the Enemy To Draw You Away From Trusting Christ.** *“So then, just as you received Christ Jesus as Lord, continue to live in Him, rooted and built up in Him, strengthened in the faith as you were taught...”* (Col. 2:6).
6. **Ask God Daily To Expose the Devil’s Lies.** *“For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every*

pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ” (2 Cor. 10:3-5).

You Are Not An Orphan, You Are A Child of God

- 1- **The Trinity consists of Father, Son and Holy Spirit.** If you don't have a father or didn't have a good relationship with him, it may be difficult for you to relate to your Heavenly Father.
- 2- **Your Heavenly Father Loves You.** “For He chose us in Him before the creation of the world to be holy and blameless in His sight. In love He predestined us to be adopted as His sons through Jesus Christ, in accordance with His pleasure and will...” (Eph. 1:4.5).
- 3- **Your Heavenly Father Guides You.** “Trust in the Lord with all thine heart, and lean not unto thine own understanding. In all thy ways acknowledge Him, and He shall direct thy paths” (Prov. 3:5-6).
- 4- **Your Heavenly Father Knows You Intimately.** “Before a word is on my tongue you know it completely, O Lord” (Psalm 139:4).
- 5- **Your Heavenly Father Is In Control of Everything, You Don't Have To Be.** ‘I am the Alpha and the Omega, says the Lord God, “who is, and who was, and who is to come, the Almighty” (Rev. 1:8).
- 6- **Your Heavenly Father Provides For You.** “My God shall supply all your needs according to His riches in glory by Christ Jesus” (Phil. 4:19).

The Overcomers Declaration of Truth

After a lifetime of receiving and believing the devil's lies of sadness, discouragement, fear, guilt, shame, and condemnation it's time to believe what God says about you. Declare these truths out loud daily and let them transform the way you see yourself and react to life. These are fighting words! Write declarations with verses for specific attacks.

Praise be to the Lord my Rock who trains my hands for war, my fingers for battle. He is my loving God and my Fortress, my Stronghold and my Deliverer, my Shield in whom I take refuge.*Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!*I waited patiently for the Lord; He turned to me and heard my cry. He lifted me out of the slimy pit, out of mud and mire; He set my feet on a rock and gave me a firm place to stand. He put a new song in my mouth, a hymn of praise to our God..*All the days ordained for me were written in your Book before one of them came to be* When my spirit grows faint within me, it is You who knows my way. *I sought the Lord and He answered me; He delivered me from all my fears.* Rejoice in the Lord always!
(Psalm 144:1, 2; 2 Cor.5:17; Psalm 40:1-3; Psalm 139:16; Psalm 142:3; Psalm 34:4-5)

Freedom from Addiction book by **Neil T. Anderson** and **Mike Quarles**.

Helping Others Overcome Addiction book by **Steve McVey** and **Mike Quarles**.

Free Overcoming Addictive Behavior webinars at: freenhim.org.

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Lifetime Guarantee book by **Bill Gillham**. **Victorious Christian Living** CD or MP3. Both available along with other resources at: Lifetime.org. Cindy's testimony at: CompleteinChrist.com;

