

# 40 I Am Identity Worksheet

KEEP YOUR EYES UP

Read over the 40 I Am Statements. Choose one to focus on. If you don't know which one to focus on, find the one that is the hardest to believe and start with that one.

I AM:

VERSE:

WHO DOES GOD SAY YOU ARE?

IS THIS HARD FOR YOU TO BELIEVE? WHY OR WHY NOT?

Set a five-minute timer. Sit quietly and ask God to show you the truth about the verse and how it is true.

SPENDING TIME WITH GOD IS GOOD FOR YOUR MENTAL WELLNESS.  
WRITE DOWN YOUR THOUGHTS OR PRAYERS BELOW:

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