

MARGARET FEINBERG

**GOD'S
POWER**

IN ME



**52 DECLARATIONS AND
DEVOTIONS FOR KIDS**

 **ZONDERkidz**

ZONDERKIDZ

God's Power in Me

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THE POWER OF DAILY

DECLARATIONS



Have you ever lied? Do you sometimes say things that aren't true just so people will like you or you won't get in trouble? Lying is something that most of us do from time to time, but each time that we do we get deeper and deeper into trouble. Unlike Pinocchio, our noses don't grow, but our relationships might just break.

The truth is we don't just lie to others, we sometimes lie to ourselves, and that can be just as bad as lying to someone else—if not worse. When we lie to ourselves we believe things that can make us worried and fearful. When we lie to ourselves, we build our dreams, hopes, and fears on something that isn't solid. It's like building your Jenga tower on an air mattress in the pool. It might stand up for a minute, but it won't last for long.

When I finally realized that I was building my life on a pile of lies, I decided to do something about it. So, I grabbed some paper and started to write down all the lies I'd been telling myself:

I'm scared of what might happen.

No one loves me.

I'll never get any better.

Why was I even born?

Looking at this list made me sad. I didn't want to be sad. And I didn't want to keep lying to myself. So I opened up the Bible and looked for the truth to confront my lies. What came out of that work was this book. I came up with 52 Daily Declarations that proved my lies wrong. Then I started to read these declarations for two minutes each morning. I read them out loud. And one by one I rejected the lies I had been telling myself were true when God was telling me they weren't. Three days later I felt totally different. I wasn't so stressed out or fearful. I wasn't as angry, and I wasn't as worried.

You might not believe that, but it's true! Taking two minutes each morning to recite these Daily Declarations changed my life. Now, whenever I start to freak out or feel bad for myself, I shut it down with the truth of who God is, what God says, and who I am as his child.

You might be thinking, *I don't lie to myself. I don't need Daily Declarations.* I hear you, but have a look at the table of contents and see if any of the lies you see listed there are something you, up until now, thought were true. Chances are you will find some lies you didn't even realize you were telling yourself.

So how does this work? I'm glad you asked. First, take a look at the Two-Minute Challenge. It would be best if you would read the Daily Declarations out loud to get them into your brain better. After reading those, read through the devotions at your own pace. Each of the fifty-two entries goes into the *what* and *why* behind the declarations. These are designed to help you better understand the lies you've been telling yourself and get to the truth of who you *really* are as a child of God.

All you will need besides this book is a pen and a friend or family member who wants to go through it with you. You can go through the book alone, but sometimes getting together with others helps you to see the truth better than when you are by yourself.

As a believer, you have the Spirit of Almighty God living inside of you. That means that you have access to all the power you need to stop the lies and embrace the truth.

So, if you're ready to break free from the lies that make you scared, stressed out, and worried, then you have everything you need, because God's power is in you!

Margaret



THE TWO-MINUTE DAILY CHALLENGE

DAILY POWER DECLARATIONS



So, are you up for the challenge?

Yes?

Then here it is: I dare you to take two minutes every day and read these Daily Declarations out loud for the next 30 days. All of them are rooted in Scripture, and you'll find this list on page 157 as well, with the Scripture references. You might like one particular statement more than another and want to repeat that one a few extra times. As you do, see if you can tell what the Holy Spirit brings to your mind as you read.

- ★ Jesus is King of my life.
- ★ I am who Christ says I am.
- ★ I take every thought captive. I smash every lie that enters my mind.
- ★ My purpose is to love, serve, glorify, and enjoy God forever.
- ★ I am filled with the Holy Spirit. The same power that raised Jesus from the dead lives in me.
- ★ I am God's kid and he thinks I'm wonderful. I am fearfully and wonderfully made, beautiful beyond measure.

- ★ The power of God guards my thoughts, the Word of God guides my steps, and the favor of God rests on me.
- ★ Worry is not the boss of me. I trust in the Lord with all my heart and I don't lean on my own understanding. In all my ways I will acknowledge him, and he will make my paths straight.
- ★ The Lord is my shepherd. I don't need anything more than he's given me. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul.
- ★ God is my strength, my shield. He's always with me, always for me, always sees me. No weapon formed against me will prosper.
- ★ I am anointed, empowered, and called to reach people who don't know God.
- ★ My words have power. I will look for every opportunity to speak life, show compassion, and bring out the best in others.
- ★ Shame is not my master. God's power is perfected in my weakness.
- ★ I won't let unforgiveness control my life. I will forgive over and over because I am forgiven.
- ★ I am an overcomer. I refuse to listen to Satan or freak out when things don't go my way.
- ★ God works all things together for my good and his glory.
- ★ I will find God in every situation.
- ★ I am on God's team.



You shall have no other gods before me.

EXODUS 20:3

When Moses, the leader of the Israelites, disappears up the side of a mountain, those left behind get worried. They start thinking maybe their leader has fallen off a cliff. The people run to Moses's brother Aaron and say they'll *be happy if only* they can have a god to lead them. So, they pile up everyone's gold earrings, melt them down, and forge a fancy cow sculpture. Then they throw a raging party and parade the golden beast all over camp.

Convinced God is too difficult to follow, they create a god they can lead wherever they want.

The Lord is fuming at their betrayal and by the time Moses

Jesus is King of my life. • 1

returns to camp with two stone tablets in his hands, he finds a wild party. Moses gets so upset he smashes the tablets and grinds the golden calf into powder, never to be seen or worshiped again. When Moses asked the people to choose, either you're for the Lord or you're not, God spared the lives of those that chose him.

Moses climbs the mountain a second time. He comes back with a couple of brand new tablets listing all the rules on idolatry. God says his people can't have other gods or make anything an idol (Exodus 20:3–4). In fact, he says if they make idols, they will be punished and so will their kids, and their kids, and their kids, and their kids (see Exodus 20:5). God's not messing around.

So what does all this talk about idols have to do with you? You don't have any idols, or do you? Here's how to find out. Fill in the blank:

I'D BE HAPPY IF ONLY _____.

Whatever you put in the blank is an idol.

When you need something more than God to make you happy, you create idols. Baby gods—those things you love so

When you confess that Jesus is the only ruler of your life, you will find God's rescue from darkness.

much and can't possibly live without—promise to save and complete you, but ultimately they crush you. They make you feel good until they make you need them so much you feel like

you'd die without them. And you end up giving your heart to something you think will save you but ultimately destroys you.

The Lord has designed a better way for you to live. When

2

**I AM WHO CHRIST
SAYS I AM.**

**LIE: I'M NOT
ENOUGH.**



You are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light.

1 PETER 2:9

In the beginning, God creates the world and he calls it good. Then a dark character slithers into the scene and whispers twisted lies. He says that God doesn't want Adam and Eve to know all that he knows. That's why God's holding back the fruit (Genesis 3:4) from the tree of the knowledge of good and evil from them. The serpent creates separation between God and humans, and Eve wants to be more than she is.

4 • God's Power in Me

Seems dumb that Eve fell for it, but then how many times have I told myself that I'm not enough? As a kid I was so stressed out about it that I worked extra hard to prove to myself and everyone else that I *was* enough. In fact, I worked so hard that I gave myself an ulcer. Take that stomach! My 'not enoughness' led me to a life of anxiety, discontentment, and fear.

Maybe you have the feeling that you are not enough for your parents or your friends. Not enough for your teachers. Not even enough for God. Maybe you've been tempted to believe . . . *You are not smart enough. You are not attractive enough. You are not enough* _____. (You fill in the blank.)

This lie is so effective that Satan tries it on Jesus: "You say you're the Son of God? . . . then turn these stones into fresh baked loaves, leap from the top of the temple, kneel to me and have all the kingdoms of the world."

"You can't do it?"

"Then you're not enough!"

But Jesus knows better. He uses God's Word to prove that doing those things doesn't make him enough. *God* makes him enough (see Matthew 4:1–11). Scripture proves that Jesus is deeply loved, celebrated, and powerful. And so are you.

You can use the truths of Scripture to refute the lie that you are not enough. Remember that *you* are holy, chosen, an adopted child and heir of God. Remember that you are redeemed, forgiven, and chosen by God (Ephesians 1:1–8). You're showered with God's love—you aren't just his friend, you're family (1 John 3:1).

If Christ sits on the throne of your life, then he's the One who

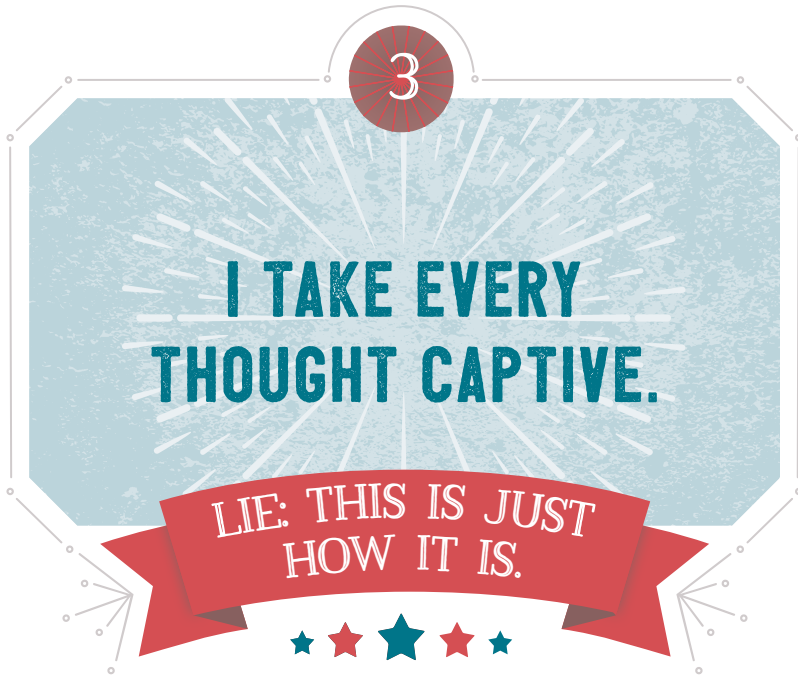
has the final say about who you are. Jesus sees you when others overlook you, he hears you when others ignore you, and he makes you more powerful than you imagine.

◦ DECLARATION ◦

I AM WHO CHRIST SAYS I AM.

JOURNAL

Today, journal about your feelings of being not enough. When have you felt not good enough? After you look at the negative thoughts in your life, look up Scripture that tells you who you are in Christ and make the declaration, “I am who Christ says I am.” Listen to, “Who You Say I Am” by Hillsong for inspiration.



We take captive every thought to make it obedient to Christ.

2 CORINTHIANS 10:5B

When my friend Holden's new puppy died, I was sure my dog would be next. I was so scared. I freaked myself out about it. It was all I could think about. You've probably done the same. A group of friends have a party without you and suddenly you're thinking about all the reasons nobody likes you and you'll never be happy again. You analyze all that you could have done wrong and think about how horrible they are for not including you.

Psychologists call this "overthinking," which means losing control of your thoughts and obsessing over stuff. The more you

I take every thought captive. • 7

worry, the more you feel anxious and discouraged. Your brain doesn't know the difference between reality and the stuff you are worried about. It all hurts just the same. And you ultimately become what you think.

You ultimately become
what you think.

Whatever you allow to control your mind determines your day. In fact, the more you think about something, the more your brain gets addicted to thinking that way. No wonder God is so committed to getting your attention back on him, and he has told you how in his Word. Second Corinthians 10:5 says you just take every thought captive, that means you don't let them have the run of your mind, but you stop them when you notice that they are negative.

After you've stopped the bad thoughts, you have to replace them with good thoughts. Say a prayer, speak a verse, give a compliment, say your Daily Declarations, breathe. As you do, you help your brain learn a new way of being.

Whenever you get into a spiral of negative thoughts, figure out what lie you are telling yourself by looking into God's Word for the truth and start to tell yourself that truth.

Talk to your parents, a Christian friend, or pastor about your negative thoughts, even if—like me—you're embarrassed to say them. It might be a little freaky to be so transparent, but you'll probably find out that you're not alone. And the Holy Spirit will work through them to help you stop the negative thoughts.

4

**I SMASH THE LIES AND
TEAR DOWN THE WALLS
I'VE BUILT UP TO KEEP
OUT THE TRUTH OF GOD.**

**LIE: MY LIFE WILL
NEVER GET BETTER.**



*We demolish arguments and every pretension
that sets itself up against the knowledge of God.*

2 CORINTHIANS 10:5A

What bad things do you think about yourself? These are probably things you say to yourself when you do something dumb, or when you don't like something about yourself. I actually have a lot of those thoughts. So one day when I had decided I was tired of those thoughts ruling my life, I shut myself in a room with paper and pen and I prayed. There, I scribbled a list of my lies:

- I am ugly.
- I am unlovable.