



The ART of WAR

Hoosier *Harvest* Church

The 7 Day CHALLENGE

Day 1

Take **The S.H.A.P.E. Assessment**

www.freeshapetest.com



Day 2

P.R.A.Y. for at least 10 minutes

Praise - Declare the goodness of God

Repent - Reset your day

Ask - Lay your request before God

Yield - Expect opportunities

Day 3

Gratitude List

Write down what you are thankful for?

- | | | |
|----------|----------|----------|
| 1) _____ | 4) _____ | 7) _____ |
| 2) _____ | 5) _____ | 8) _____ |
| 3) _____ | 6) _____ | 9) _____ |

Day 4

Worship

Listen to your favorite worship song and write down what God shows you.

Day 5

Affirmations

Declare the list of affirmations on the back of this paper, out loud.

Day 6

Bible Reading

Read your favorite Bible verse(s) and reflect on what God shows you.

Day 7

Church Service

Come ready to take notes on what God is showing you during the message.

I am forgiven. 1 John 2:12 “because your sins have been forgiven through Jesus.”

I am never alone. Heb 13:5 “He Himself has said, ‘I will never desert you, nor will I ever forsake you.’”

God meets all my needs. Phil 4:19 “And my God will meet all your needs according to the riches of his glory in Christ Jesus.”

I am free from condemnation. Romans 8:1 “There is now no condemnation for those who are in Christ Jesus.”

I have a future of hope. Jeremiah 29:11 “‘For I know the plans I have for you,’ declares the Lord, ‘plans to prosper you and not to harm you, plans to give you hope and a future.’”

I have eternal life. John 10:28 “I give them eternal life, and they shall never perish; no one will snatch them out of my hand.”

I am a new creation. 2 Cor. 5:17 “Therefore, if anyone is in Christ, the new creation has come. The old has gone, the new is here!”

I am an heir of God. Romans 8:17 “Now if we are children, then we are heirs—heirs of God and co-heirs with Christ if indeed we share in his sufferings in order that we may also share in his glory.”

I am God’s workmanship. Eph 2:10 “For we are his workmanship, created in Christ Jesus for good works, which God prepared in advance for us to do.”

I am seated in the heavenly realms with Christ Jesus. Eph 2:6 “And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus.”

I am loved by God before the creation of the world. Matthew 25:34 “Then the King will say to those on his right, ‘Come, you who are blessed by my Father; take your inheritance, the kingdom prepared for you since the creation of the world.’”

I have been adopted as God’s child. Ephesians 1:5 “God was kind and decided that Christ would choose us to be God’s own adopted children.”

I am a saint. Ephesians 1:1 “Paul, an apostle of Christ Jesus through the will of God, to the saints that are at Ephesus, and the faithful in Christ Jesus.”

God takes care of me. Psalm 16:5 “No, the Lord is all I need. He takes care of me.”

I am accepted. Romans 15:7 “Christ accepted you, so you should accept each other, which will bring glory to God.”

I am blameless. Ephesians 1:4 “For he chose us in him before the creation of the world to be holy and blameless in his sight.”

I am a citizen of heaven. Philippians 3:20 “But our citizenship is in heaven. And we eagerly await a Savior from there, the Lord Jesus Christ.”

I am chosen. John 15:16 “You did not choose me; I chose you.”

My life is restored. Psalm 71:20 “Though you have made me see troubles, many and bitter, you will restore my life again; from the depths of the earth you will again bring me up.”

I am strong. Ephesians 6:10 “Finally, be strong in the Lord and in his great power.”

I am wonderfully made. Psalm 139:14 “I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.”

Nothing can separate me from the love of Christ. Romans 8:35 “Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword?”

I am chosen by God holy and dearly loved. Colossians 3:12 “Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness, and patience.”

I can do all things through Christ. Philippians 4:13 “I can do all this through him who gives me strength.”