

## **I am statements from Rev. Tara's Talk "Healing Identity in Jesus"**

I am loved by God's first love. I will return to my First Love (*1 John 4:19, Rev. 2:2*)  
I am able to love others with God's love (1 John 4:19).  
I am fearfully and wonderfully made ([Psalm 139:1](#)).  
I am fully known and cared for by God in all my ways. ([Psalm 139:2](#)).  
I am made perfectly in God's image. (*Genesis 1:27*).  
I am a child of the Most High God (*Galatians 3:26*).  
I am known and loved before I was conceived and born. God loved me first before any imperfect love could harm me (*Jeremiah 1:4-5*).  
*I am* chosen and planned by God (*Ephesians 1:11-12*).  
I am not a mistake. God was not surprised by me. God delighted in the day I was born. God brought me forth into being. ([Psalm 139:15-16](#), [Psalm 139:13](#) [Psalm 71:6](#)).  
I am written in the Book of life ([Psalm 139:1516](#)).  
I am returning to God daily ([Luke 15:7](#)).  
I am a child of my loving Father who will never leave me (*Ephesians 3:14-15*). ([John 1:12-13](#)).  
I am choosing to respond to God's grace, today. God has heard my cry; God has given me favor and helped me. Today is my day of salvation ( 2 Corinthians 6:1b-2).  
I am led by the Spirit of God who testifies Abba is my Father (Romans 8:14).  
I am a child of God and not a slave ( Romans 8:15).  
I am not living in fear ( Romans 8:15).  
I am adopted as a child of God who is my Abba Father (Romans 8:15).  
I am a child and an heir of God and a co-heir with Christ (Romans 8:16-17).  
I am watched over by God's angels everywhere I go. I am safe in their hands. (Psalm 91:11-12)  
I am filled with the Spirit of God in my heart (Galatians 4:6).  
I am born of God (John 1: 12-14).  
I am strengthened with God's glorious riches and power through the Holy Spirit in my inner being (Eph. 3: 16).  
I am indwelled by the love of Christ by faith (Eph. 3: 17).  
I am rooted and established in love ( Eph. 3:18).  
I am filled with power to grasp how wide and long and high and deep is the love of Christ, knowing that this love that surpasses all understanding (Eph. 3:19).  
I am filled to the fullest measure of all the fullness of God (Eph. 3:19).

Other links referred to in her talk

<https://henrinouwen.org/meditations/dare-to-claim-the-first-love/> ,April 5, 2023

<https://psalm91.com/a-love-letter-from-god/>