

Identity Statements (Promises) from Ephesians

- I am blessed in the heavenly realms with every spiritual blessing** (Ephesians 1:3)
- I am chosen before the creation of the world** (Ephesians 1:4, 11)
- I am holy and blameless** (Ephesians 1:4)
- I am adopted as his child** (Ephesians 1:5)
- I am given God's glorious grace lavishly and without restriction** (Ephesians 1:5,8)
- I am in Him** (Ephesians 1:7; 1 Corinthians 1:30)
- I have redemption** (Ephesians 1:8)
- I am forgiven** (Ephesians 1:8; Colossians 1:14)
- I have purpose** (Ephesians 1:9 & 3:11)
- I have hope** (Ephesians 1:12)
- I am included** (Ephesians 1:13)
- I am sealed with the promised Holy Spirit** (Ephesians 1:13)
- I am a saint** (Ephesians 1:18)
- I am alive with Christ** (Ephesians 2:5)
- I am raised up with Christ** (Ephesians 2:6; Colossians 2:12)
- I am seated with Christ in the heavenly realms** (Ephesians 2:6)
- I have been shown the incomparable riches of God's grace** (Ephesians 2:7)
- God has expressed His kindness to me** (Ephesians 2:7)
- I am God's workmanship** (Ephesians 2:10)
- I have been brought near to God through Christ's blood** (Ephesians 2:13)
- I have peace** (Ephesians 2:14)
- I have access to the Father** (Ephesians 2:18)
- I am a member of God's household** (Ephesians 2:19)
- I am secure** (Ephesians 2:20)
- I am a holy temple** (Ephesians 2:21; 1 Corinthians 6:19)
- I am a dwelling for the Holy Spirit** (Ephesians 2:22)
- I share in the promise of Christ Jesus** (Ephesians 3:6)
- God's power works through me** (Ephesians 3:7)
- I can approach God with freedom and confidence** (Ephesians 3:12)
- I know there is a purpose for my sufferings** (Ephesians 3:13)
- I can grasp how wide, long, high and deep Christ's love is** (Ephesians 3:18)
- I am completed by God** (Ephesians 3:19)
- I can bring glory to God** (Ephesians 3:21)
- I have been called** (Ephesians 4:1; 2 Timothy 1:9)
- I can be humble, gentle, patient and lovingly tolerant of others** (Ephesians 4:2)
- I can mature spiritually** (Ephesians 4:15)
- I can be certain of God's truths and the lifestyle which He has called me to** (Ephesians 4:17)
- I can have a new attitude and a new lifestyle** (Ephesians 4:21-32)
- I can be kind and compassionate to others** (Ephesians 4:32)
- I can forgive others** (Ephesians 4:32)
- I am a light to others, and can exhibit goodness, righteousness and truth** (Ephesians 5:8-9)
- I can understand what God's will is** (Ephesians 5:17)
- I can give thanks for everything** (Ephesians 5:20)
- I don't have to always have my own agenda** (Ephesians 5:21)
- I can honor God through marriage** (Ephesians 5:22-33)
- I can parent my children with composure** (Ephesians 6:4)
- I can be strong** (Ephesians 6:10)
- I have God's power** (Ephesians 6:10)
- I can stand firm in the day of evil** (Ephesians 6:13)