



**ELIZABETH BAPTIST CHURCH
DR. CRAIG L. OLIVER, SR.**

SPIRITUAL LIFE MANAGEMENT
The Prescription of a Poor Self-image

1

I am **LOVEABLE**, because God
has **GRACED** me

Ephesians 2:4-5 (ESV) | John 3:16 (ESV) | Romans 5:8 (ESV)

2

I am **VALUABLE**, because God
has **REDEEMED** me

Colossians 1:12-14 (ESV) | Psalm 107:1-3 (ESV)

3

I am **CAPABLE**, because God
has **EMPOWERED** me

2 Peter 1:3 (ESV) | Philippians 4:13 (ESV)

4

I am **ACCEPTABLE**, because
God has **CHOSEN** me

Ephesians 1:3-4 (ESV) | 1 Peter 2:9 (ESV)

5

I am **USABLE**, because God
has **GIFTED** me

Romans 12:3-8 (ESV) | 1 Peter 4:10-11 (ESV) | Ephesians 2:10 (ESV)

6

I am **FORGIVABLE**, because
GOD has **COVERED** me

Psalm 32:1-5 (ESV)

7

I am **UNCONDEMNABLE**,
because **GOD** has **JUSTIFIED** me

Romans 8:31-34 (ESV)

8

I am **UNCONQUERABLE**,
because **GOD's** Son **LOVES** Me

Romans 8:35-39 (ESV)

9

I am **CHANGEABLE**, because
God has **INHABITED** me

1 Corinthians 6:19-20 (ESV)

10

I am **UNOBJECTIONABLE**,
because **GOD** has **ESTEEMED** me

Zephaniah 3:17-19 (ESV)