

**Standing on the ROCK,  
I choose courage!**

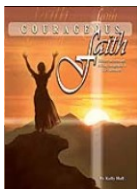
- 1. I refuse to be overcome by my circumstances or controlled by my emotions.** Instead, I choose to live my life fully CONVINCED that God's character is unchanging, His promises unfailing, and my eternal hope in Jesus Christ will never disappoint.
- 2. I refuse to pretend with God.** Instead, I choose to be HONEST about my sin, my hurts, my weaknesses and my need for God's forgiveness, help and healing.
- 3. I refuse to be self-sufficient, trusting in my own plans and strength.** Instead, I choose to be DEPENDENT on the Lord, trusting Him to meet all my needs and guide my ways.
- 4. I refuse to walk in willful disobedience.** Instead, I choose to be OBEDIENT to my Lord, surrendering my fear, doubt and worry at the throne of His grace.
- 5. I refuse to treat the Word of God as an afterthought.** Instead, I choose to be ATTENTIVE to His Word and His voice.
- 6. I refuse to ignore God's work in my world.** Instead, I choose to practice a lifestyle of REMEMBERING and celebrating His many acts of faithfulness and love.
- 7. I refuse to be held captive by an earthly, temporal perspective.** Instead, I choose to have KINGDOM EYES, which look beyond the here and now into glory.

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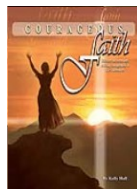
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