



21 DAYS OF FASTING & PRAYER 2024 GUIDE

**OUR 21 DAYS OF FASTING & PRAYER
WILL INCLUDE FOCUSED QUIET TIME WITH GOD THROUGH READING THE
WORD AND PRAYER, AND WILL FOLLOW THE GUIDELINES OF THE DANIEL
FAST EATING PLAN.**

The Daniel Fast is premised on the fasting and eating plan from the book of Daniel during a time when he sought God for answers to his fervent request for the restoration of Israel and that God would be acknowledged and worshipped as the only God.

The Daniel Fast eating plan is a strict vegan diet that prohibits animal products, leavened breads, processed foods, caffeine, and alcohol among other foods and beverages for 21 days.

“In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled.” - Daniel 10:2-3 (NKJV)

FASTING & PRAYER

During the Fast, we will commit to increasing our quiet time with God (praying and reading the Bible), seeking a closer relationship with Him, seeking His plan, purpose, and direction for our lives, our families, our church, and our communities. We are also committing to abstaining from certain foods. **See the Daniel Fast Eating Guide below.**

“Dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him. ² Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.” - Romans 12:1-2 (NLT)

“If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.” 2 Chronicles 7:14 (NIV)

“So humble yourselves before God. Resist the devil, and he will flee from you. ⁸ Come close to God, and God will come close to you. Wash your hands, you sinners; purify your hearts, for your loyalty is divided between God and the world. ⁹ Let there be tears for what you have done. Let there be sorrow and deep grief. Let there be sadness instead of laughter, and gloom instead of joy. ¹⁰ Humble yourselves before the Lord, and he will lift you up in honor.” James 4:7-10 (NLT)

In keeping with passages above, this time of Fasting & Prayer is more than just “something we do every year.” This is a time of consecration. The Webster dictionary defines consecration as “*dedication to the service and worship*” of God.

Our Commitment

We are taking this month, as it is the beginning of a new year, to make it a time of setting ourselves apart in dedication to the Lord. Let this be a time of tremendous blessings and revelation for you as we diligently seek God's face as a community of faith.

21 DAY FASTING SUGGESTED SCHEDULE – DANIEL FAST

Week 1 (January 8 – January 14, 2024): Daniel Fast

Week 2 (January 15 – January 21, 2024): Daniel Fast

Week 3 (January 22 – January 28, 2024): Daniel Fast or Juices & Water Only

January 29th: Break Fast

See the foods to avoid in the accompanying notes.

SCRIPTURE READING

Each day, we'll be meditating and reading "I AM" scriptures about the character and nature of God, and who we are in Him. ***See accompanying notes.***

PRAYER

Commit to talking with God daily as well as attend our Corporate Prayer on Tuesday at 12pm or 7pm (via Zoom). Text the word "prayer" to (310) 589-4046 for the meeting link or call (669) 900-9128; meeting ID: 884 7344 2183.

DAILY DEVOTION

We'll be reading our ***"Manna For Today"*** devotional daily, written by Pastor Alton Trimble. You can access this online at www.glorychristian.org or visit our Facebook page at www.facebook.com/glorychristianfellowship.

DANIEL FAST EATING GUIDE

(SUGGESTED FOODS TO AVOID DURING THE FAST)

All meat and animal products including but not limited to beef, lamb, pork, poultry, eggs and fish.

All dairy products including but not limited to milk, cheese, cream, and butter.

All sweeteners including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.

All leavened bread all bread containing yeast and baked goods.

All refined and processed food products including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

All deep-fried foods including but not limited to potato chips, french fries, corn chips.

All solid fats including shortening, margarine, lard and foods high in fat.

Beverages including but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.

SUGGESTED FOODS TO INCLUDE IN YOUR DIET DURING THE DANIEL FAST

All fruits. These can be fresh, frozen, dried, juiced or canned.

All vegetables. These can be fresh, frozen, dried, juiced or canned.

All whole grains, including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

All nuts and seeds, including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.

All legumes. These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

All quality oils including but not limited to olive, canola, grape seed, peanut, and sesame.

Beverages: spring water, distilled water or other pure waters.

Other: tofu, soy products, vinegar, seasonings, salt, herbs and spices.

List of foods to include/avoid taken from <https://danielfast.wordpress.com/daniel-fast-food-list/>

“I AM” DAILY SCRIPTURE READING

Day 1:

My God is faithful.

1 Corinthians 10:13 No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.

I AM God's child for I am born again of the incorruptible seed of the Word of God.

1 Peter 1:23 Having been born again, not of corruptible seed but incorruptible, through the word of God which lives and abides forever,

I AM forgiven of all my sins and washed in the Blood.

Ephesians 1:7 In Him we have redemption through His blood, the forgiveness of sins, according to the riches of His grace

Hebrews 9:14 How much more shall the blood of Christ, who through the eternal Spirit offered Himself without spot to God, cleanse your conscience from dead works to serve the living God?

1 John 1:9 If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

I AM a new creature in Christ.

2 Corinthians 5:17 Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.

Day 2:

My God is light, there is no darkness in Him.

1 John 1:5 This is the message we have heard from him and declare to you: God is light; in him there is no darkness at all.

I AM the temple of the Holy Spirit.

1 Corinthians 6:19 Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own?

I AM delivered from the power of darkness and translated in God's kingdom.

Colossians 1:13 He has delivered us from the power of darkness and conveyed us into the kingdom of the Son of His love

I AM redeemed from the curse of the law of sin and death.

1 Peter 1:18-19 Knowing that you were not redeemed with corruptible things, like silver or gold, from your aimless conduct received by tradition from your fathers, ¹⁹ but with the precious blood of Christ, as of a lamb without blemish and without spot.

Day 3:

My God is patient with me.

2 Peter 3:9 *The Lord is not slow in keeping his promise, as some understand slowness. Instead he is patient with you, not wanting anyone to perish, but everyone to come to repentance.*

I AM blessed.

Deuteronomy 28:2-12 *And all these blessings shall come upon you and overtake you, because you obey the voice of the Lord your God. ³“Blessed shall you be in the city, and blessed shall you be in the country. ⁴“Blessed shall be the [a]fruit of your body, the produce of your ground and the increase of your herds, the increase of your cattle and the offspring of your flocks. ⁵“Blessed shall be your basket and your kneading bowl. ⁶“Blessed shall you be when you come in, and blessed shall you be when you go out. ⁷“The Lord will cause your enemies who rise against you to be defeated before your face; they shall come out against you one way and flee before you seven ways. ⁸“The Lord will command the blessing on you in your storehouses and in all to which you set your hand, and He will bless you in the land which the Lord your God is giving you. ⁹“The Lord will establish you as a holy people to Himself, just as He has sworn to you, if you keep the commandments of the Lord your God and walk in His ways. ¹⁰ Then all peoples of the earth shall see that you are called by the name of the Lord, and they shall be afraid of you. ¹¹ And the Lord will grant you plenty of goods, in the fruit of your body, in the increase of your livestock, and in the produce of your ground, in the land of which the Lord swore to your fathers to give you. ¹² The Lord will open to you His good treasure, the heavens, to give the rain to your land in its season, and to bless all the work of your hand. You shall lend to many nations, but you shall not borrow.*

I AM the head and not the tail, above and not beneath.

Deuteronomy 28:13 *And the Lord will make you the head and not the tail; you shall be above only, and not be beneath, if you [a]heed the commandments of the Lord your God, which I command you today, and are careful to observe them.*

Day 4:

My God gives good and perfect gifts.

James 1:17 *Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.*

I AM holy and without blame before Him in love.

1 Peter 1:16 *Because it is written, “Be holy, for I am holy.”*

Ephesians 1:4 *Just as He chose us in Him before the foundation of the world, that we should be holy and without blame before Him in love*

I AM the elect of God.

Colossians 3:12 *Therefore, as the elect of God, holy and beloved, put on tender mercies, kindness, humility, meekness, longsuffering...*

Romans 8:33 *Who shall bring a charge against God’s elect? It is God who justifies*

I AM established to the end.

Romans 1:11 *For I long to see you, that I may impart to you some spiritual gift, so that you may be established*

Day 5:

God is my comfort, relief, help and hope!

Psalms 46:1 *God is our refuge and strength, a very present help in trouble.*

I AM made near to my Heavenly Father by the blood of Christ.

Ephesians 2:13 *But now in Christ Jesus you who once were far off have been brought near by the blood of Christ.*

I AM set free.

John 8:31-32 *Then Jesus said to those Jews who believed Him, "If you abide in My word, you are My disciples indeed. ³² And you shall know the truth, and the truth shall make you free."*

I AM strong in the Lord.

Ephesians 6:10 *Finally, my brethren, be strong in the Lord and in the power of His might.*

I AM dead to sin.

Romans 6:1,11 *What shall we say then? Shall we continue in sin that grace may abound? ¹¹ Likewise you also, reckon yourselves to be dead indeed to sin, but alive to God in Christ Jesus our Lord.*

1 Peter 2:24 *Who Himself bore our sins in His own body on the tree, that we, having died to sins, might live for righteousness—by whose stripes you were healed.*

Day 6:

God's Word is living and active in me.

Hebrews 4:12 *For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.*

I AM more than a conqueror.

Romans 8:37 *Yet in all these things we are more than conquerors through Him who loved us.*

I AM joint heir with Christ.

Romans 8:13 *For if you live according to the flesh you will die; but if by the Spirit you put to death the deeds of the body, you will live*

I AM sealed with the Holy Spirit of promise.

Ephesians 1:13 *In Him you also trusted, after you heard the word of truth, the gospel of your salvation; in whom also, having believed, you were sealed with the Holy Spirit of promise,*

Day 7:

God's ways and thoughts are higher than mine.

Isaiah 55:9 *For as the heavens are higher than the earth, so are My ways higher than your ways, and My thoughts than your thoughts.*

I AM in Christ by His doing.

1 Corinthians 1:30 *But of Him you are in Christ Jesus, who became for us wisdom from God—and righteousness and sanctification and redemption*

I AM complete in Him.

Colossians 2:10 *And you are complete in Him, who is the head of all principality and power.*

I AM Crucified with Christ and Alive with Christ.

Galatians 2:20 *I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me.*

Day 8:

My God's way is perfect.

Psalms 18:30 *As for God, his way is perfect: The LORD's word is flawless; he shields all who take refuge in him.*

I AM free from condemnation.

John 5:24 *Most assuredly, I say to you, he who hears My word and believes in Him who sent Me has everlasting life, and shall not come into judgment, but has passed from death into life.*

I AM reconciled to God.

2 Corinthians 5:18 *Now all things are of God, who has reconciled us to Himself through Jesus Christ, and has given us the ministry of reconciliation*

I AM qualified to share in His inheritance.

Colossians 2:12 *buried with Him in baptism, in which you also were raised with Him through faith in the working of God, who raised Him from the dead*

I AM firmly rooted, built up, established in my faith and overflowing with thanksgiving.

Colossians 2:7 *rooted and built up in Him and established in the faith, as you have been taught, abounding in it with thanksgiving.*

Day 9:

God's gift is eternal life.

Romans 6:23 *For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.*

I AM born of God and the evil one does not touch me.

1 John 5:18 *We know that whoever is born of God does not sin; but he who has been born of God keeps himself, and the wicked one does not touch him.*

I AM His faithful follower.

Revelation 17:14 *These will make war with the Lamb, and the Lamb will overcome them, for He is Lord of lords and King of kings; and those who are with Him are called, chosen, and faithful.*

Ephesians 5:1 *Therefore be imitators of God as dear children.*

I AM a fellow citizen with the saints of the household of God.

Ephesians 2:19 *Now, therefore, you are no longer strangers and foreigners, but fellow citizens with the saints and members of the household of God*

I AM built upon the foundation of the apostles and prophets, Jesus Christ Himself being the chief corner stone.

Ephesians 2:20 *Having been built on the foundation of the apostles and prophets, Jesus Christ Himself being the chief cornerstone*

Day 10:

My God's favor is for life.

Psalms 30:5 *For his anger is but for a moment, and his favor is for a lifetime. Weeping may tarry for the night, but joy comes with the morning.*

I AM overtaken with blessings.

Deuteronomy 28:2 *And all these blessings shall come upon you and overtake you, because you obey the voice of the Lord your God*

Ephesians 2:3 *among whom also we all once conducted ourselves in the lusts of our flesh, fulfilling the desires of the flesh and of the mind, and were by nature children of wrath, just as the others*

I AM His disciple because I have love for others.

John 13:34-35 *A new commandment I give to you, that you love one another; as I have loved you, that you also love one another. ³⁵ By this all will know that you are My disciples, if you have love for one another.*

I AM the light of the world.

Matthew 5:14 *You are the light of the world. A city that is set on a hill cannot be hidden.*

I AM the salt of the earth.

Matthew 5:13 *You are the salt of the earth; but if the salt loses its flavor, how shall it be seasoned? It is then good for nothing but to be thrown out and trampled underfoot by men.*

Day 11:

My God does not lie.

Numbers 23:19 *God is not man, that he should lie, or a son of man, that he should change his mind. Has he said, and will he not do it? Or has he spoken, and will he not fulfill it?*

I AM the righteousness of God.

2 Corinthians 5:21 *For He made Him who knew no sin to be sin for us, that we might become the righteousness of God in Him.*

1 Peter 2:24 *Who Himself bore our sins in His own body on the tree, that we, having died to sins, might live for righteousness—by whose stripes you were healed*

I AM a partaker of His Divine Nature.

2 Peter 1:4 *by which have been given to us exceedingly great and precious promises, that through these you may be partakers of the divine nature, having escaped the [a]corruption that is in the world through lust*

I AM called of God.

2 Timothy 1:9 *who has saved us and called us with a holy calling, not according to our works, but according to His own purpose and grace which was given to us in Christ Jesus before time began*

Day 12:

My God loves me.

Romans 5:8 *But God shows his love for us in that while we were still sinners, Christ died for us.*

I AM an Ambassador for Christ.

2 Corinthians 5:20 *Now then, we are ambassadors for Christ, as though God were pleading through us: we implore you on Christ's behalf, be reconciled to God.*

I AM God's workmanship created in Christ Jesus for good works.

Ephesians 2:10 *For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them*

I AM healed by the stripes of Jesus.

1 Peter 2:24 *Who Himself bore our sins in His own body on the tree, that we, having died to sins, might live for righteousness—by whose stripes you were healed.*

Isaiah 15:16 *But He was wounded for our transgressions, He was bruised for our iniquities; The chastisement for our peace was upon Him, And by His stripes we are healed.*

Day 13:

God's plans for me stand firm forever.

Psalm 33:11-13 *But the plans of the LORD stand firm forever, the purposes of his heart through all generations. Blessed is the nation whose God is the LORD, the people he chose for his inheritance. From heaven the LORD looks down and sees all mankind;*

I AM being changed into His image.

2 Corinthians 3:18 *But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as by the Spirit of the Lord.*

Philippians 1:6 *Being confident of this very thing, that He who has begun a good work in you will complete it until the day of Jesus Christ*

I AM a child of God.

John 1:12 *But as many as received Him, to them He gave the [a]right to become children of God, to those who believe in His name*

Romans 8:16 *The Spirit Himself bears witness with our spirit that we are children of God*

I AM Christ's friend.

John 15:15 *No longer do I call you servants, for a servant does not know what his master is doing; but I have called you friends, for all things that I heard from My Father I have made known to you.*

I AM chosen and appointed by Christ to bear His fruit.

John 15:16 *You did not choose Me, but I chose you and appointed you that you should go and bear fruit, and that your fruit should remain, that whatever you ask the Father in My Name He may give you.*

Day 14:

My God's thoughts toward me are good.

Jeremiah 29:11 *For I know the thoughts that I think toward you, says the LORD, thoughts of peace and not of evil, to give you a future and a hope.*

I AM a slave of righteousness.

Romans 6:16 *Do you not know that to whom you present yourselves slaves to obey, you are that one's slaves whom you obey, whether of sin leading to death, or of obedience leading to righteousness?*

I AM enslaved to God.

Romans 6:22 *But now having been set free from sin, and having become slaves of God, you have your fruit to holiness, and the end, everlasting life.*

I AM a son/daughter of God.

Romans 8:14-15 *For as many as are led by the Spirit of God, these are sons of God. ¹⁵ For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, "Abba, Father."*

Galatians 3:26 *For you are all sons of God through faith in Christ Jesus.*

Galatians 4:6 *And because you are sons, God has sent forth the Spirit of His Son into your hearts, crying out, "Abba, Father!"*

I AM a temple of God, His Spirit dwells in me.

1 Corinthians 3:16 *Do you not know that you are the temple of God and that the Spirit of God dwells in you?*

1 Corinthians 6:19 *Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own?*

Day 15:

My God is the author and finisher of my faith.

Hebrews 12:2 *Looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.*

I AM joined to the Lord and I am one with Him.

1 Corinthians 6:17 *But he who is joined to the Lord is one spirit with Him.*

I AM a member of Christ's Body.

1 Corinthians 12:27 *Now you are the body of Christ, and members individually.*

Ephesians 5:30 *For we are members of His body, of His flesh and of His bones.*

I AM reconciled to God and I am a minister of reconciliation.

2 Corinthians 5:18-19 *Now all things are of God, who has reconciled us to Himself through Jesus Christ, and has given us the ministry of reconciliation, ¹⁹ that is, that God was in Christ reconciling the world to Himself, not imputing their trespasses to them, and has committed to us the word of reconciliation.*

I AM one in Christ.

Galatians 3:26, 28 *For you are all sons of God through faith in Christ Jesus. ²⁸ There is neither Jew nor Greek, there is neither slave nor free, there is neither male nor female; for you are all one in Christ Jesus.*

Day 16:

God's power is available to me.

2 Corinthians 4:7 *But we have this treasure in earthen vessels, so that the surpassing greatness*

I AM an heir of God since I am a son/daughter of God.

Galatians 5:6-7 *For in Christ Jesus neither circumcision nor uncircumcision avails anything, but faith working through love. ⁷ You ran well. Who hindered you from obeying the truth?*

I AM righteous and holy in Christ.

Ephesians 4:24 and that you put on the new man which was created according to God, in true righteousness and holiness.

I AM a citizen of Heaven and seated in Heaven right now.

Philippians 3:20 For our citizenship is in heaven, from which we also eagerly wait for the Savior, the Lord Jesus Christ

Ephesians 2:6 And raised us up together, and made us sit together in the heavenly places in Christ Jesus

Day 17:

My God is the same every day.

Hebrews 13:8 Jesus Christ is the same yesterday, today, and forever.

I AM an expression of the life of Christ because He is my life.

Colossians 3:4 When Christ who is our life appears, then you also will appear with Him in glory.

I AM chosen and dearly loved by Christ.

Ephesians 1:4 Just as He chose us in Him before the foundation of the world, that we should be holy and without blame before Him in love

1 Peter 2:9 But you are a chosen generation, a royal priesthood, a holy nation, His own special people, that you may proclaim the praises of Him who called you out of darkness into His marvelous light

I AM a son/daughter of light and not of darkness.

1 Thessalonians 5:5 You are all sons of light and sons of the day. We are not of the night nor of darkness.

Day 18:

My God's understanding is infinite.

Psalms 147:5 Great is our Lord, and mighty in power; His understanding is infinite.

I AM a holy brother/sister, partaker of a Heavenly calling.

Hebrews 3:1 Therefore, holy brethren, partakers of the heavenly calling, consider the Apostle and High Priest of our confession, Christ Jesus

I AM one of God's living stones and I am being brought up as a spiritual house.

1 Peter 2:5 You also, as living stones, are being built up a spiritual house, a holy priesthood, to offer up spiritual sacrifices acceptable to God through Jesus Christ.

I AM an alien and stranger to this world I temporarily live in.

1 Peter 2:11 Beloved, I beg you as sojourners and pilgrims, abstain from fleshly lusts which war against the soul

Day 19:

My God is able to do beyond what I can ask or think.

Ephesians 3:20 Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us.

I AM the enemy of the Devil.

1 Peter 5:8 *Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour.*

I AM now a child of God; I will resemble Christ when He returns.

1 John 3:1-2 *Behold what manner of love the Father has bestowed on us, that we should be called children of God! Therefore, the world does not know us, because it did not know Him. ² Beloved, now we are children of God; and it has not yet been revealed what we shall be, but we know that when He is revealed, we shall be like Him, for we shall see Him as He is.*

I AM justified, completely forgiven and made righteous.

Romans 5:1 *Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ*

Day 20:

My God is omniscient.

Isaiah 46:9-10 *Remember the former things of old, for I am God, and there is no other; I am God, and there is none like Me, ¹⁰ declaring the end from the beginning, and from ancient times things that are not yet done, saying, 'My counsel shall stand, and I will do all My pleasure.*

I AM dead with Christ and dead to the power of sin's rule over my life.

Romans 6:1-6 *What shall we say then? Shall we continue in sin that grace may abound? ² Certainly not! How shall we who died to sin live any longer in it? ³ Or do you not know that as many of us as were baptized into Christ Jesus were baptized into His death? ⁴ Therefore we were buried with Him through baptism into death, that just as Christ was raised from the dead by the glory of the Father, even so we also should walk in newness of life. ⁵ For if we have been united together in the likeness of His death, certainly we also shall be in the likeness of His resurrection, ⁶ knowing this, that our old man was crucified with Him, that the body of sin might be done away with, that we should no longer be slaves of sin.*

I AM dead, no longer live for myself but for God.

Galatians 2:19-20 *For I through the law died to the law that I might live to God. ²⁰ I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me.*

I AM established, anointed and sealed by God in Christ.

2 Corinthians 1:21 *Now He who establishes us with you in Christ and has anointed us is God*

Day 21:

My God is full of perfect, unchanging wisdom.

Romans 11:33 *Oh, the depth of the riches both of the wisdom and knowledge of God! How unsearchable are His judgments and His ways past finding out!*

I AM given the Holy Spirit as a pledge, a guarantee of my inheritance.

Ephesians 1:13-14 *In Him you also trusted, after you heard the word of truth, the gospel of your salvation; in whom also, having believed, you were sealed with the Holy Spirit of promise,¹⁴ who is the guarantee of our inheritance until the redemption of the purchased possession, to the praise of His glory.*

I AM crucified with Christ and it is no longer I who lives, but Christ.

Galatians 2:20 *I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me.*

I AM chosen in Christ before the foundation of the world.

Ephesians 1:4 *Just as He chose us in Him before the foundation of the world, that we should be holy and without blame before Him in love*

I AM Predestined (determined by God) to be a son/daughter.

Ephesians 1:5 *Having predestined us to adoption as sons by Jesus Christ to Himself, according to the good pleasure of His will.*