

The Dream of You BY JO SAXTON

Mirror, Mirror

A mirror is an object that reflects an image. Nothing more. Nothing less. But each of us, at some point, has allowed our mirror to lie to us. It's time to silence those lies and replace them with Truth. One way we can do this is by speaking Truth over every part of ourselves.

Begin by standing in front of a mirror.

1. Starting with your feet, thank God for your feet that are used to bring the good news of the gospel. (Romans 10:15)
2. Next, thank Him for knees that kneel and pray. (Ephesians 3:14-19)
3. Thank Him for legs that follow hard after Christ. (Hebrews 12:1-3)
4. Thank Him for your innermost parts that God created to work in perfect rhythm to keep your body nourished, hydrated and energized to do His will. (1 Corinthians 10:31)
5. Thank Him for a heart that rejoices in God's salvation. (Psalm 13:5)
6. Thank Him for lungs that breathe the breath of life. (Genesis 2:7)
7. Thank Him for ears to hear the Truth. (Matthew 12:43)
8. Thank Him for a mouth to sing praises to His name. (Psalm 13:6)
9. Thank Him for a peace-filled mind set on the things of Christ. (Romans 8:5-6)
10. Thank Him for your entire self (heart, soul and mind) that loves the Lord your God (Matthew 22:37) and is loved by Him. (John 3:16)