

## **CONFESSIONS ON BREAKING FREE FROM DEPRESSION AND ANXIETY**

I declare that anxiety and depression have no hold over me.

According to Phil 4:6, I will be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, I make my requests know unto my Father – the God who is not two-faced, and not fickle. (Jam 1:17 MSG)

When the storms of life come in, like a flood, the spirit of God lifts up a standard against them. (Is 59:19). When everything around me seems like it's not working, I will yet trust in the Lord. Even when my thoughts and emotions tell me "it is over", my soul says "I am an overcomer" for the joy of the Lord is my strength (Jer. 17:8).

By the power of God, my leaf remains green and I will not be anxious even in the time of drought (Jer 17:8). When men say there is a casting down, I declare that there is a lifting up for me. This lifting positively affects every aspect of my life and spreads to those around me.

I do not contemplate self-harm or suicide as sorrow and sadness have no hold over me. Instead, according to Isaiah 61:3, I receive His beauty for my ashes, The oil of joy for mourning and the garment of praise for the spirit of heaviness.

Irrespective of how I feel, I will not be depressed; YES, I CANNOT BE DEPRESSED!!! Rather, the voice of joy and the voice of gladness is continually heard in my tabernacle.

Today, I rise up, shake off every iota of despair, and I step into God's triumph, as my life aligns with His word. I walk in peace, incomprehensible and unending joy, in Jesus mighty name.

All these I confess in Jesus name. Amen.