

Flip the Script

1. Look at your Redeemed Timeline notes and summarize them into “I am” statements. For example, “I am loved by God,” “I am valuable to God,” etc.
2. For all the other negative statements, reverse them into blessings by writing “I am” or “God is” statements.
3. For each Life Category where you listed negatives, focus on one category at a time and do the following:
 - a. For every negative emotion in that category, use the emotional healing steps to heal the wound in your soul.
 - b. List the names of people you need to forgive (include yourself and God if necessary) and release each one from what they owe you.
 - c. Ask Jesus to redeem your timeline of every incident that contributed to the negatives in that category. (Use the Redeeming Timelines page.)
 - d. Write down the specific negative ideas and beliefs you’ve had in this category. These are all lies from the enemy. Make a verbal statement about each one, saying something like this, “I hereby reject and renounce the lie that (repeat the lie). It is false and not true, and I choose today to replace it with what God says about me and believe that.”
 - e. Flip the script and reverse each one of those lies. Write the opposite of that negative and receive it from the Lord as Him declaring that truth over you. Say something like, “Lord I thank You that You say I am (repeat the positive statement). I receive it and from this day forward I choose to believe what You have said about me.”
4. For any bad habits in that category, write down the need you thought it would satisfy (make you feel better, help you cope, etc.).
 - a. Apologize to God for choosing that habit instead of asking Him for His help, and ask Him to forgive you.
 - b. Agree with Him that His ways are better and say you will trust Him to help you do what is right going forward.
 - c. Ask Him to show you the new good habit He wants you to start in order to replace the bad one.
 - d. Call a friend as soon as possible and tell them about the new habit. Ask them to encourage you often and keep you accountable.