



The B.P.L.U.S.S. of Who I Am and What I Have in Christ

Emotions can indicate what you want, your goals or interests. What you want are indicators of your deep values or core desires. B.P.L.U.S.S. is an acronym for 6 core desires or longings: Belonging, Purpose, Love, Understanding, Significance and Security. Below are

scriptures which indicate how each of these values are seen by Jesus and fulfilled in our relationship with Him. Thanks to Dr. Neil Anderson for his list of the "I AM" scriptures and statements for being accepted, secure, and significant in Christ which correspond to belonging, security, and significance.

I am Accepted in Christ (Belonging)

John 1:12	I am God's Child
John 15:15	I am Christ's Friend
Romans 6:1	I have been justified
1 Cor. 6:17	I am united with the Lord and one with Him in spirit
1 Cor. 6:20	I have been bought with a price, I belong to God
1 Cor. 12:27	I am a member of Christ's Body
Ephesians 1:1	I am a saint
Ephesians 1:5	I have been adopted as God's child
Ephesians 2:18	I have direct access to God through the Holy Spirit
Colossians 1:14	I have been redeemed and forgiven of all my sins
Colossians 2:10	I am complete in Christ

I have a Purpose with Christ (Purpose)

Ephesians 2:10	I am created in Christ to do good works God has prepared.
Hebrews 11:6	I am created to have faith in God, which pleases him.
Philippians 2:5-8	I am to have the same mindset as Christ.
1 Peter 2:9	I am chosen to declare praises about God.
Colossians 1:16	I am created through Christ and for Christ.
Jeremiah 29:11	I am created to fulfill the good and hopeful plans God has for me.
Matt. 28:19-20	I am saved to help make disciples and further God's Kingdom.
Psalms 138:8	I have a purpose that God will fulfill.
Matt. 5:13-16	I am saved to be salt and light for God's kingdom in the world.
1 Corinthians 1:26-29	I am created in humility before God, to help show his Greatness.

I am Loved by Christ (Love)

1 Cor. 13:4	I am loved by God with a patient and kind love.
1 John 4:18	I am loved by God, and it dispels my fear.
Romans 8:35	I am never separated from Christ's love.
Ephesians 3:18-19	I am loved by God's wide, long, high and deep love.
Psalms 5:11-12	I am surrounded by God's shield of love.
Psalms 36:5	I am loved by God with an unfailing love.
1 John 3:1	I am loved by God with a good-father's love.

Ephesians 2:4	I am loved by God even though I was dead in my sins.
Romans 5:5	I am so loved by God that he gives me the Holy Spirit.
Proverbs 3:11-12	I am loved by God, so he corrects me.

I am Understood by Christ (Understanding)

Psalm 55:22	When I am full of cares, God knows about them and sustains me.
Mark 6:50	When I am afraid, God reassures me.
Isaiah 41:13-14	When I am afraid, God takes hold of my right hand and says, Do not fear, I will help you.
Psalm 91:1-16	When I am needing shelter and protection, God covers me with his feathers and his wings, is my shield and rampart.
John 14:27	When I am worried and upset, God gives me his peace.
Isaiah 35:4	When I am discouraged, God comes to my rescue
Deut. 31:6	When I am terrified, the Lord my God goes with me. He never will leave or forsake me.
Psalm 94:19	When I am anxious, God brings me consolation and joy.
Isaiah 41:10	When I am dismayed and fearful, God strengthens me and upholds me with his righteous right hand.
Psalm 46:1	When I am in trouble, God is my refuge and strength.

I am Significant in Christ (Significance)

Matthew 5:13,14	I am the salt and light of the earth
John 15:1,5	I am a branch of the true vine, a channel of His life
John 15:16	I have been chosen and appointed to bear fruit
Acts 1:8	I am a personal witness for Christ
1 Cor. 3:16	I am God's temple
2 Cor. 5:17-20	I am a minister of reconciliation
Ephesians 2:6	I am seated with Christ in the heavenly realm
Ephesians 2:10	I am God's workmanship
Ephesians 3:12	I may approach God with freedom and confidence
Philippians 4:13	I can do all things through Christ who strengthens me

I am Secure in Christ (Security)

Romans 8:1,2	I am free forever from condemnation
Romans 8:28	I am assured that all things work together for good
Romans 8:33,34	I am free from any condemning charges against me
Romans 8:36	I cannot be separated from the love of God
2 Cor. 1:21	I have been established, anointed and sealed by God
Colossians 3:3	I am hidden with Christ in God
Philippians 1:6	I am confident that the good work God has begun in me will be perfected
Philippians 3:20	I am a citizen of heaven
2 Timothy 1:7	I have not been given a spirit of fear, but of power, love and sound mind
Hebrew 4:16	I can find grace and mercy in time of need
1 John 6:18	I am born of God and the evil one cannot touch me