



WHO I AM

*Finding Freedom
in Christ*

SUNDI JO

HOW TO PROCESS THIS PDF

Hey friend! I'm glad you're here.

My prayer for you is that this *Who I am in Christ* resource truly **becomes life-changing for you**. It has for me!

I love it so much I actually have it taped to my bathroom wall next to the mirror.

It can look overwhelming at first, but I recommend you just pick 2-3 per week and focus on those.

- 1) Write them out.
- 2) Speak them out loud.
- 3) Record them and play them back.

Find what works for you. This is your system. **I can't wait for you to absorb the truth about whom God says you are.**

Oh... and be sure to check out our [*Winning at Warfare Facebook Group*](#) so you can join other Freedom Finders.

Let's get started!

Praying for you, friend!

A handwritten signature in black ink that reads "Sundi Jo". The signature is written in a cursive, flowing style.

#WINNINGATWARFARE

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I am a child of God. “To all who believed him and accepted him, he gave the right to become children of God” (John 1:12, NLT).

I am a temple, a dwelling place of God. “Don’t you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God?” (1 Cor. 6:19, NLT).

I am a new creation. “Anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!” (2 Cor. 5:17, NLT).

I am a threat to the devil. “I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you” (Luke 10:19, NIV).

I am free from condemnation. “There is no condemnation for those who belong to Christ Jesus” (Rom. 8:1, NLT).

I have been redeemed and forgiven of all of my sins. “He has rescued us from the kingdom of darkness and transferred us into the Kingdom of his dear Son, who purchased our freedom and forgave our sins” (Col. 1:13–14, NLT).

I am of the light and no longer belong to the darkness. “You are all children of the light and children of the day. We do not belong to the night or to the darkness” (1 Thess. 5:5, NIV).

I am chosen. “For you are a people holy to the Lord your God. The Lord your God has chosen you out of all the peoples on the face of the earth to be his people, his treasured possession” (Deut. 7:6, NIV).

I have peace. “The Lord gives strength to his people; the Lord blesses his people with peace” (Ps. 29:11, NIV).

I am accepted. “Accept one another, then, just as Christ accepted you, in order to bring praise to God” (Rom. 15:7, NIV).

I am more than a conqueror. “In all these things we are more than conquerors through him who loved us” (Rom. 8:37, NIV).

I am confident and fearless. “For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline” (2 Tim. 1:7, NLT).

I am treasured. “For you are a people holy to the Lord your God. The Lord your God has chosen you out of all the peoples on the face of the earth to be his people, his treasured possession” (Deut. 7:6, NIV).

I am worthy of His love. “She will walk with me, dressed in white, for she is worthy” (Rev. 3:4, NIV).

I am a delight to God. “For the Lord takes delight in his people” (Ps. 149:4, NIV).

I am loved unconditionally. “Neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord” (Rom. 8:39, NIV).



ABOUT SUNDI JO

I'm Sundi Jo. Some of my friends call me SJ.

I help women learn who they are in Christ! From keynotes to songwriting to singing, I'm passionate about helping others break free from their bondage so they can find freedom and live the life God called them to live – one full of hope and grace, and health.

Surviving sexual abuse, rape, abandonment, fear, pride, a food and pornography addiction, and more, God has given me a testimony to share with others seeking hope, including a 145 lbs. weight loss.

In 2009, all the pain I'd been burying came bubbling up and I had two choices: I could end everything or reach out for help. After an intervention from three of my friends and one of my pastors, they drove me to a residential discipleship program, where I spent the next year allowing God to heal the deepest, broken places of my heart. It was one of the hardest, most rewarding things I've ever done in my life.

I learned Who I was in Christ, that God loved me with an everlasting love, that He had an amazing plan for my life, and that my past didn't have to control my future. For the first time in my life I truly understood redemption.

And everyday since then I fight to stay free. Some days I get it right. Some days I fail miserably.

Learn more about me at sundijo.com



JOIN THE WINNING AT WARFARE FACEBOOK GROUP

Want to join others who are learning about **FREEDOM** in Christ?
Join our free *Winning at Warfare* Facebook Group.

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