



Litany of Identity

From the lie that I am unwanted, **deliver me, Jesus.**
From the lie that I am unloved, **deliver me, Jesus.**
From the lie that I am rejected, **deliver me, Jesus.**
From the lie that I am ugly, **deliver me, Jesus.**
From the lie that I am not enough, **deliver me, Jesus.**
From the lie that I am stupid, **deliver me, Jesus.**
From the lie that I am alone, **deliver me, Jesus.**
From the lie that I am abandoned, **deliver me, Jesus.**
From the lie that I can't do anything right, **deliver me, Jesus.**
From the lie that I am a burden, **deliver me, Jesus.**
From the lie that I am forgotten, **deliver me, Jesus.**
That You call me Your friend, Jesus, **help me believe it.**
That You have chosen me, Jesus, **help me believe it.**
That You delight in me, Jesus, **help me believe it.**
That You call me beloved, Jesus, **help me believe it.**
That You call me a daughter of the Father, Jesus, **help me believe it.**
That You call me redeemed, Jesus, **help me believe it.**
That You call me free, Jesus, **help me believe it.**
That You call me healed, Jesus, **help me believe it.**
That You call me whole, Jesus, **help me believe it.**
That You call me a new creation, Jesus, **help me believe it.**
That You call me light of the world, Jesus, **help me believe it.**
Amen.

Father,
I thank You for the truth of who I am in You.
Where I have believed lies, bring Your light.
Where my heart has been wounded, bring Your healing.
Where I have lived as an orphan, restore me as Your child.
Jesus, I surrender every false identity I have carried—
every label, every fear, every lie—
and I place them at the foot of the Cross.
Holy Spirit, come and fill those places with truth.
Remind me that I am chosen.
Remind me that I am beloved.
Remind me that I belong to You.
Give me the grace to walk in freedom,
to live from my identity as Your daughter,
and to trust in Your love every day.
I receive Your love.
I receive Your truth.
I RECEIVE WHO YOU SAY I AM.
IN JESUS' NAME,
AMEN.