

Truth Focus Statements for the Twelve Healing Code Categories

The following are suggested Truth Focus Statements that can be used when doing The Healing Code, as outlined in The Healing Code book.

*They are divided into the Twelve Categories outlined in the book. Included are some from The Healing Codes Manual; some are based specifically on the Bible.**

Meditating on these while doing the Code for issues in each of the Twelve Categories has proven to be very powerful for many people. We hope you also derive deep benefits from replacing the lies in your heart with these truths.

Feel free to reword these to fit your own situation. These are just suggestions to get you started. Use only those Truth Focus Statements you believe in your heart.

Unforgiveness

When I forgive, I learn to see things as God sees them, to understand why they happened, and to know that it will all work together for my greatest and highest good.

I give myself permission to be loving and forgiving toward myself and God and others.

I am the one who creates who I am now. I will forgive and be free of the past.

(Bible based)*

The life-giving light of the Lord Jesus Christ shines in all my darkness, and brings full forgiveness as I forgive others.

As God forgives me, so I forgive all who inconvenience, frustrate, or wrong me, and I let God fill me with love for them.

I bathe in the eternal love of God, and emerge clean, forgiven, and completely healed.

Harmful Actions

I choose to respond only out of truth and love.

I choose to release control of everything around me and freely welcome in love and joy.

Nothing has power over me unless I allow it. I choose to be free.

(Bible based)*

The life-giving light of the Lord Jesus Christ shines in all my darkness, and brings complete healing and victory over [harmful action].

I walk in the freedom for which Christ has set me free, trusting God to meet every need.

Unhealthy Beliefs

As my heart heals, I am learning to believe these truths and feel them in my heart:

I am lovable.

I am forgiven.

I am valuable.

The future is full of hope.

I can keep myself safe and secure.

I can enjoy each moment.

I can trust myself and others.

I can love myself for who I am.

I have the power to choose and to act on my choices.

As my awareness and understanding expand, the truth becomes clear. I choose to see the truth and act on it.

I choose to believe the truth in my heart.

(Bible based)*

The life-giving light of the Lord Jesus Christ shines on all the lies in my heart, chasing the darkness away and bringing healing and new life.

As God's truth replaces the lies of my heart, I find healing and feel God's peace and joy.]

The Holy Spirit guides me into all truth, and the truth sets me free.

Love

I am learning to give and receive unconditional love:

Attention: a willingness to put my focus on someone else

Respect: feeling no need to change or mold someone, but simply accept them

Appreciation: feeling appreciation, gratitude and admiration for them as they are

I give myself permission to love and respect myself.

Love is the light of the world, dispelling the darkness and revealing the truth.

(Bible based)*

I am worthy of love simply because God created me. God loves me as I am, meets all my needs, and frees me to love myself and others just as we are.

God loves me so much that Jesus gave his life for me. He gladly meets every need, is intensely interested in every detail of my life, and equips me with everything I need to serve him well. He delights in who I am and rejoices over me with singing.

God frees me to love myself and others in a healthy way. There is no conflict between my needs and their needs. When I operate from love, God works everything out for the good of all.

Joy

As I care for myself and heal, I am learning to enjoy the person I am.

Every day is a gift, and I choose to open each gift with joy and gratitude.

Happiness depends on circumstances. Joy comes in spite of circumstances. I choose joy.

I give myself permission to [fill in the blank with positive, healthy things that give you joy that you might be denying yourself, e.g., "relax without guilt, enjoy my life, give up pushing myself and others, listen to music, go to the opera, read a good novel, do nothing," etc.]

(Bible based)*

God creates desires in me so he can have the joy of fulfilling them. He wants to give me the desires of my heart. No good things will he withhold as I trust in him.

God rejoices over me with singing. He shares his joy with me, and the joy of the Lord is my strength.

I can fill my life with what gives me joy without hurting others. God is pleased when I am open to receiving all his blessings, so I open myself to receive his blessings now.

Peace

I am nourished and cherished by God's love.

I am part of the invisible but perfect tapestry of life.

I choose to enjoy the present and trust that the future will unfold as it should.

(Bible based)*

As I trust in God, he keeps me in perfect peace. He is perfect, and his way for me is perfect, grounded in his great love for me.

I can be at peace at all times, knowing God wants to bless me.

God is with me at all times and watches over me. He will take care of every need at all times in his perfect love and wisdom. I can relax fully in his love and care, and let life unfold as God wills.

Patience

I choose to feel calm and complete, making the best of each moment as it is.

I can love myself now, without waiting for any other person, thing or circumstance.

I can relax completely in knowing that I am safe and secure in the now.

(Bible based)*

I wait patiently for God in his love to give me what I need, when I need it. I can relax completely in his love and care, knowing he's leading me toward a glorious future.

As I cease striving and trust God, he works mightily in my life.

I wait in hope and trust God's unfailing love and overflowing supply of salvation.

Kindness

I am kind and help others to feel loved and appreciated.

Those who have been harsh with me were treated that way themselves. I choose to forgive them and begin a cycle of kindness and compassion.

I choose to make a difference in the world through simple gentleness and kindness.

I choose to treat myself and others with kindness and gentleness.

(Bible based)*

Knowing I am loved by God makes me feel safe and protected.

Giving only opens me up to receiving more. As I give, I become a channel of blessing. I get watered too as the living water of kindness flows through me.

I am showered with countless blessings of God's kindness, which I enjoy and pass on to others.

Goodness

Even if others don't notice, I will still respect myself for choosing what is right.

When I choose what is right, life is good and I feel secure.

I am breathing in life; I am breathing out shame.
I am breathing in light; I am breathing out fear.
I am breathing in love; I am breathing out guilt.
I am breathing in God's will; I am breathing out ego.

(Bible based)*

I am wonderfully made in the image of God and redeemed by Jesus' blood. As a new person in Christ, I am loving and I am good, and my deepest heart desires are in line with God's will.

I can depend on God's goodness and mercy to show up in my life, and I can pass these on to others.

It's okay to want good things. God says he wants to give me the best of everything. As I trust him and follow his ways, he fills my life with good things, such as beauty, love, health, peace and prosperity.

I come to the Good Shepherd, and trust in his goodness and mercy in all aspects of my life.

Trust

Believing can turn my heart's desire into reality. I choose to have the faith that can move mountains.

I have the wisdom and guidance I need to handle whatever happens.

I can trust and believe that I am here for a purpose, and God will keep me safe to fulfill that purpose.

(Bible based)*

I trust God's unfailing love and overflowing supply of grace to take care of all I need.

I trust the Holy Spirit to guide and protect me. Thus I am free to enjoy life.

I can trust that God will gladly and lovingly meet all my needs and joyfully bring good things into my life. He will also heal all my wounds. I can bring all my troubles to the Lord, for he cares about and understands my pain and delights in answering prayer.

Humility

I choose to love life and love myself without comparing myself to others.

Others will love me just as I am when I love them just as they are.

Winning is not everything. Unconditional love is everything.

(Bible based)*

I accept my human limitations and my needs. I do what I can and trust God to take care of the tasks, people and events I cannot get to or control. I cease striving and let God be God.

I affirm and accept, rather than criticize or control, everyone I know.

I put my hope in God's unfailing love, not in what people think of me.

Self-Control

I can enjoy life with energy and enthusiasm and still make right choices for myself and others.

I am able to do anything I need to do because God supports me.

I can play my part in the balance of life by living a balanced life.

(Bible based)*

I surrender to God and live by the law of love. As I delight in God, he gives me the desires of my heart.

I accept my human limitations and my needs. I do only what is 100% under my control and trust God to take care of the tasks, people and events I cannot get to or control.

I cease striving and let God be God.