

Inner Vows

Inner vows are directives made to our soul early in life. Usually, they are lies we begin to believe about ourselves that are against what the Scriptures teach and affect how we view ourselves and others. Here are some examples of inner vows or lies we may believe:

I will never...

be accepted

succeed

get married

have friends

enjoy life

be smart enough

get what I need

graduate

be loved

be healthy

be dependable

be liked

be chosen

be good at anything

be financially stable

be free

be happy

I will always...

be sick

be in debt

be behind

be overlooked

be afraid

be poor

be controlled

be confused

be disorganized

be dumb

be weary

be ugly

be in pain

be rejected

be afraid

be nervous

be sad