



G - Our Position In Christ.

(GOD'S MEDITATION FOOD)
By PETER TAN

1. In Christ I am freely justified by His grace through His redemption. (Rom. 3:24)

2. In Christ I have no condemnation because I walk according to the Spirit and not according to the flesh. (Rom. 8:1)

3. In Christ the law of the Spirit of life has "made me free from the law of sin and death. (Rom. 8:2)

4. In Christ I am one body with all born-again believers and individually a member of one another (Rom.12:5)

5. In Christ I am sanctified and called to be a saint with all who in every place call on the name of Jesus Christ my Lord. (1 Cor. 1:2)

6. In Christ I have wisdom from God and righteousness and sanctification and redemption. (1 Cor. 1:30)

7. In Christ I shall be made alive. [In this context means resurrection] (1 Cor. 15:22)

8. In Christ I am established and anointed. (2 Cor. 1:21)

9. In Christ God always leads me in triumph and through me diffuses the fragrance of His knowledge in every place. (2 Cor. 2:14)

10. In Christ the veil over my heart and mind that prevents me from understanding the Word of God has been taken away. (2 Cor. 3:14-16)

11. In Christ I am a new creation; old things have passed away and all things have become new. (2 Cor. 5:17)

12. In Christ I am reconciled to God the Father who does not impute my trespasses to me anymore but has committed to me the word of reconciliation. (2 Cor. 5: 19)

13. In Christ I have liberty. (Gal. 2:4)

14. In Christ I have been given the promise of life and righteousness by faith because I believe. (Gal. 3:21, 22)

15. In Christ I am a son of God through faith. (Gal. 3:28)

16. In Christ there is neither Jew nor Greek, neither slave nor free, neither male nor female but I am one with all believers. (Gal. 3:28)

17. In Christ neither circumcision nor uncircumcision counts anything but faith working by love. (Gal. 5:6)

18. In Christ neither circumcision nor uncircumcision counts anything but a new creation. (Gal.6:15)

19. In Christ I have been blessed with every spiritual blessing in heavenly places by my God and Father of my Lord Jesus Christ. (Eph. 1:3)

20. In Christ I am God's workmanship created for good works, which God prepared beforehand that I should walk in them. (Eph. 2:10)

21. In Christ I am gathered together in one with all things in Christ both which are in heaven and which are on earth in the dispensation of the fullness of the times. (Eph. 1:10)

22. In Christ I am raised up together and made to sit together in the heavenly places. (Eph. 2:6)

23. In Christ I who was once far away from God have been made near by the blood of Christ. (Eph. 2:12, 13)

24. In Christ I am a fellow heir and I am a partaker of God's promise through the gospel. (Eph. 3:6)

25. In Christ I press toward the goal for the prize of the upward call of God. (Phil.3:14)



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26. In Christ I preach, warning every man and teaching every man in all wisdom, that I may present every man perfect. (Col. 1:28)

27. In Christ I will be resurrected when the Lord Himself will descend from heaven with a shout, with the voice of an archangel, and with the trumpet of God. (1 Th. 4: 16)

28. In Christ I give thanks in everything for this is the will of God for me. (1 Th. 5:18)

29. In Christ the grace of my Lord is exceedingly abundant with faith and love. (1 Tim. 1:14)

30. In Christ I am saved and am called with a holy calling, not according to my works but according to His purpose and grace which has been given to me. (2 Tim. 1:9)

31. In Christ I hold fast the pattern of sound words which I hear in faith and love. (2 Tim.1:13)

32. In Christ I am strong in the grace of God. (2 Tim. 2:1)

33. In Christ I know the Holy Scriptures which are able to make me wise for salvation through faith. (2 Tim. 3:15)

34. In Christ the sharing of my faith becomes effective by the acknowledgement of every good thing which is in me. (Phile. 6)

35. In Christ I am neither barren nor unfruitful in the knowledge of my Lord Jesus Christ but I have and do abound in faith, virtue, knowledge, self-control, perseverance, godliness, brotherly kindness and love. (2 Pt. 1:5-8)

36. In Christ I abide in the doctrine of Christ and have both the Father and the Son. (2 Jn. 9)

37. In Christ I live and move and have my being. (Acts 17:28)

38. In Christ I have the life of God which is the light of men. (Jn. 1:4)

39. In Christ I do not perish but have eternal life. (Jn. 3:15)

40. In Christ all the promises of God are Yes and Amen to the glory of God through me. (2 Cor. 1:20)

41. In Christ I have become the righteousness of God because God has made Jesus who knew no sin to be sin for me. (2 Cor. 5:21)

42. In Christ I am chosen before the foundation of the world that I should be holy and without blame before Him in love. (Eph. 1:4)

43. In Christ I have the righteousness which is from God by faith. (Phil. 3:9)

44. In Christ I walk in Him as I have received Him. (Col.2:6)

45. In Christ I am rooted and built up and established in the faith as I have been taught, abounding in it with thanksgiving. (Col. 2: 10)

46. In Christ I am complete in Him who is the head of every principality and power. (Col. 2:10)

47. In Christ I keep God's Word and the love of God is perfected in me. (1 Jn. 2:5)

48. In Christ I abide in Him and walk just as He walked. (1 Jn. 2:6)

49. In Christ the new commandment of love is realized in me as it was in Him because the darkness has passed away and the true light is already shining. (1 Jn. 2:8 Amplified Version Jn. 13:34)

50. In Christ I have the propitiation for my sins and the sins of the world. (1 Jn. 2:2)

51. In Christ I have the hope of Christ's coming and I purify myself just as He is pure. (1 Jn. 3:2, 3)

52. In Christ there is no sin. (1 Jn. 3:5)

53. In Christ I abide in Him and I do not sin for I see Him and know Him. (1 Jn. 3:6, 2 Cor. 3:18)



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54. In Christ I abide in Him and He abides in me for I keep His commandments. (1 Jn. 3:24)

55. In Christ I abide in Him and He abides in me and I know this because He has given me of His Spirit. (1 Jn. 4: 13)

56. In Christ I have this confidence that if I ask anything according to His will, He hears me. (1 Jn. 5:14)

57. In Christ I know that He has given me an understanding that I may know Him who is true. (1 Jn. 5:20)

58. In Christ my Beloved I have been made accepted by God the Father. (Eph. 1:6)

59. In Christ I, who was once darkness, am now a light in the Lord and I walk as a child of light. (Eph. 5:8)

60. In Christ I am strong in the power of His might. (Eph. 6:10)

61. In Christ I have redemption through His blood, the forgiveness of sins according to the riches of His grace. (Eph. 1:7)

62. In Christ I have obtained an inheritance, being predestined according to the purpose of Him who works all things according to the counsel of His will. (Eph.1:11)

63. In Christ I was sealed with the Holy Spirit of promise having believed in Him. (Eph.1:13)

64. In Christ I am joined together with the church, which as a whole building grows into a holy temple in the Lord. (Eph. 2:21)

65. In Christ I am built together for a habitation of God in the Spirit. (Eph. 2:22)

66. In Christ I have boldness and access with confidence through faith. (Eph. 3: 12)

67. In Christ I have redemption through His blood, the forgiveness of sins. (Col. 1: 14)

68. In Christ I have all the treasures of wisdom and knowledge. (Col. 2:3)

69. In Christ I am circumcised with the circumcision made without hands, by putting off the body of the sins of the flesh, by the circumcision of Christ. (Col. 2:11)

70. In Christ I love Him and rejoice with joy inexpressible and full of glory. (1 Pt. 1:8)

71. In Christ the righteousness of God which is through faith is revealed in me. (Rom. 3:21-22)

72. In Christ the grace of God and the gift of righteousness do abound in my life by the grace of Jesus Christ. (Rom. 5: 15, 17)

73. In Christ I reign in life. (Rom. 5:17b)

74. In Christ I am dead to the law through the body of Jesus Christ so that I am now in union to Jesus Christ who was raised from the dead and I do now bear fruit to God. (Rom. 7:4)

75. In Christ I am always thankful to God for the grace of God which has been given to me by Jesus Christ. (1 Cor. 1:4)

76. In Christ, God has reconciled me to Himself and has given me the ministry of reconciliation. (2 Cor.5:18)

77. In Christ I have been justified not by the works of the law but by faith. (Gal.2:16)

78. In Christ I have been predestined to sonship according to the good pleasure of His will. (Eph. 1:5)

79. In Christ I am filled with the fruits of righteousness to the glory and praise of God. (Phil. 1:11)



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80. In Christ, God supplies all my needs according to His riches in glory. (Phil.4:19)

81. In Christ I have been begotten to a living hope through the resurrection of Jesus Christ from the dead according to His abundant mercy. (1 Pet.1:3)

82. In Christ I am a living stone built up into a spiritual house, a holy priesthood, to offer up spiritual sacrifices acceptable to God. (1 Pt. 2:5)

83. In Christ I am called to God's eternal glory to be perfected, established, strengthened and settled. (1 Pt. 5: 10)

84. In Christ I am enriched in everything, in all utterance and all knowledge. (1 Cor.1:5)

85. In Christ I live, for through Him all things were made. (1 Cor. 8:6 Charles B. Williams translation)

86. In Christ all things were created that are in heaven and that are on earth, visible or invisible, whether thrones or dominions or principalities or powers. I am created through Him and for Him. (Col. 1: 16)

87. In Christ all things are held together for He existed before all things. Christ is my head and in everything He stands first. (Col. 1:17; Col. 1:18 Charles B. Williams translation)

88. In Christ I am reconciled to Himself for He has made peace through the blood of His cross. (Col. 1:20)

89. In Christ whatever I do in word or deed, I do all in the Name of the Lord Jesus, giving thanks to God the Father through Him. (Col. 3:17)

90. In Christ, God is able to save me to the uttermost for I come to God through Him, and He ever lives to make intercession for me. (Heb.7:25)

91. In Christ I continually offer the sacrifice of praise to God, that is, the fruit of my lips, giving thanks to His Name. (Heb.13:15)

92. In Christ I believe in God, who raised Him from the dead and gave Him glory, so that my faith and hope are in God. (1 Pt. 1:21)

93. In Christ I have received purification from sins which Jesus Himself has made for me. (Heb. 1:3 Kenneth S. West translation)

94. In Christ my sin has been done away by the sacrifice of Jesus, Himself. (Heb. 9:26)

95. In Christ I have obtained an eternal redemption by the blood of Jesus Christ. (Heb.9:12)

96. In Christ my conscience is purged from dead works by the blood of Jesus Christ so that I do now serve the living God. (Heb. 9:14)

97. In Christ I am called and I have received the promise of the eternal inheritance through Jesus, the Mediator of the new covenant. (Heb.9:15)

98. In Christ I have boldness to enter the Holiest by the blood of Jesus Christ, by a new and living way which He consecrated for me, through the veil, that is, His flesh. (Heb. 10:19,20)

99. In Christ I walk in the light as He is in the light, and I have fellowship with one another, and the blood of Jesus Christ cleanses me from all sin. (1 Jn. 1:7)

100. In Christ I have access by faith into His grace in which I stand, and rejoice in hope of the glory of God. (Rom. 5:2)

101. In Christ I have received reconciliation to God through the death and resurrection of Jesus Christ. (Rom. 5:10, 11)

102. In Christ the world has been crucified to me and I to the world. (Gal. 6: 14)

103. In Christ the whole body (the church of Christ), joined and knit together by what every joint supplies, according to the effective working by which every part does its share, causes growth of the body for the edifying of itself in love. (Eph.4:16)



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104. In Christ I hold fast to Jesus Christ who is my Head, and I am nourished and knit together and grow with the increase which is from God. (Col. 2:19)

105. In Christ I am the fragrance of Jesus Christ among those who are being saved and among those who are perishing. (2 Cor.2:15)

106. In Christ I press on, that I may lay hold of that for which Christ Jesus has also laid hold of me. (Phil.3:12)

107. In Christ my body belongs to Him and my substance is of Christ. (Col. 2:17 Charles B. Williams translation)

108. In Christ I will receive the reward of the inheritance for I serve the Lord Jesus Christ. (Col. 3:24)

109. In Christ there is no darkness at all for God is light. (1 Jn. 1:5)

110. In Christ I have received an anointing from Him and it abides in me, and the same anointing teaches me concerning all things, and is true and is not a lie, and just as it has taught me, I live in Him. (1 Jn. 2:27)

111. In Christ I have been justified by faith, and I have peace with God through my Lord Jesus Christ. (Rom. 5:1)

112. In Christ I rejoice in God through my Lord Jesus Christ. (Rom. 5:11)

113. In Christ I reckon myself to be dead indeed to sin, but alive to God in Christ Jesus my Lord. (Rom. 6:11)

114. In Christ I have received the gift of God, which is eternal life in Christ Jesus my Lord. (Rom. 6:11)

115. In Christ I give thanks to God who gives me the victory through my Lord Jesus Christ. (1 Cor. 15:57)

116. In Christ I have been redeemed from the curse of the law and the blessing of Abraham now comes upon me in Christ Jesus for I have received the promise of the Spirit through faith. (Gal. 3:13, 14)

117. In Christ I am no longer a slave but I am a son of God, and being a son, I am an heir of God through Christ. (Gal. 4:7)

118. In Christ, God shows in the ages to come the exceeding riches of His grace in His kindness toward me in Christ Jesus. (Eph. 2:7)

119. In Christ I am not anxious about anything, but in everything by prayer and supplication, with thanksgiving, let my requests be made known to God; and the peace of God, which surpasses all understanding, will guard my heart and mind through Christ Jesus. (Phil. 4:6, 7)

120. In Christ I can do all things through Him who strengthens me. (Phil. 4:13)

121. In Christ I have been sanctified through the offering of the body of Jesus Christ once for all by the will of God. (Heb. 10: 10)

122. In Christ I am made complete in every good work to do His will through the blood of the everlasting covenant, the blood of Jesus Christ. (Heb. 13:20, 21)

123. In Christ the world is saved through Him. (Jn.3:17)

124. In Christ I have been justified by His blood and I am saved from wrath through Him. (Rom. 5:9)

125. In Christ I am more than a conqueror through Him who loves me. (Rom. 8:37)

126. In Christ God's love for me has been shown when He sent His only Son into the world that through Him I might have life. (1 Jn. 4:9 Charles B. Williams translation)



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127. In Christ I have died with Him and I do now live with Him. (Rom. 6:8)

128. In Christ I have been crucified and it is no longer I who live but Christ who lives in me; and the life which I now live in the flesh I live by the faith of the Son of God who loved me and gave Himself for me. (Gal. 2:20)

129. In Christ I, who was once dead in trespasses, have been made alive together with Christ. (Eph. 2:5)

130. In Christ I am no longer subjected to the things of this world for I have died with Christ from the basic principles of the world. (Col. 2:20)

131. In Christ I seek those things which are above for I have been raised and seated together with Christ at the right hand of God. (Col. 3:1; Eph.2:6)

132. In Christ I have died to this world and my life is now hidden with Christ in God. (Col. 3:3; Gal. 6: 14)

133. In Christ I have been buried through baptism into death, that just as Christ was raised from the dead by the glory of the Father, even so I also walk in newness of life. (Rom. 6:4)

134. In Christ my old man was crucified that the body of sin might be done away with, so that I should no longer be a slave of sin. (Rom. 6:6)

135. In Christ I have been given freely all things by God who spared not His own Son but delivered Him up for me. (Rom. 8:32)

136. In Christ I live by the power of God. (2 Cor. 13:4)

137. In Christ I was buried in baptism and raised together with Him through faith in the power of God who raised Jesus from the dead. (Col. 2:12 Charles B. Williams translation)

138. In Christ I have been forgiven of all trespasses and made alive together with Him. (Col. 2: 13)

139. In Christ I will appear with Him in glory when Christ who is my life appears. (Col.3:4)

140. In Christ I live and reign with Him. (2 Tim. 2:11, 12)

141. In Christ I live and I feed on Him just as Jesus was sent of the Father and lived by the Father. (Jn.6:57)

142. In Christ I come to the Father for He is the Way, the Truth and the life. (Jn. 14:6)

143. In Christ I feed on His words which are spirit and life and He lives in me and I in Him. (Jn.6:56, 63)

144. In Christ I know that He is in the Father, and I am in Him and He is in me. (Jn.14:20)

145. In Christ I bear much fruit for I am a branch in Him and He is the Vine; I abide in Him and He abides in me for without Him I can do nothing. (Jn. 15:4, 5)

146. In Christ I ask what I desire and it is done for me because I live in Him and His words live in me. (Jn. 15:7)

147. In Christ I have peace and I am of good cheer in tribulation for He has overcome the world. (Jn. 16:33)

148. In Christ I am loved in the same manner as the Father loves Jesus and I live in His love. (Jn.15:9)

149. In Christ I am washed, sanctified and I am justified in the Name of my Lord Jesus Christ and by the Spirit of God. (1 Cor.6:11)

150. In Christ I do the works of Jesus and greater works because Jesus has gone to the Father and has sent me the Holy Spirit of Truth who abides in me forever. (Jn. 14:12, 16-17)

Jesus is Lord!