

# SOVEREIGN IN 2026

A year of clarity.

A year of spiritual adulthood.

A year of walking in the authority God entrusted to you.

Sovereignty is not rebellion.

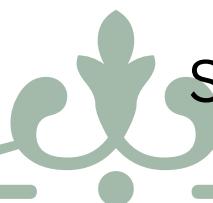
It is alignment.

It is the restoration of the self God has given you.

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A Spirit Led Counselling Resource

By Sharon — Founder & Chaplain



Spirit Led Counselling



SOVEREIGN IN 2026  
A Spirit Led Counselling Resource

### WHAT “SOVEREIGN” MEANS

- Self-governing
- Possessing authority over one’s own life
  - Independent and responsible
- One who governs with clarity and wisdom

### Dictionary Definition:

Sovereign (adj.) — having supreme power or authority;  
self-governing, autonomous.

Sovereign (noun) — one who holds authority or rule.

### In a spiritual sense, sovereignty means:

- You govern your inner world
- You honour your boundaries
- You take responsibility for your choices
- You live from clarity, not obligation
- You walk in the authority God has given you

### BIBLICAL FOUNDATIONS OF HUMAN SOVEREIGNTY

Genesis 1:26–28

Humanity is entrusted with dominion — stewardship, responsibility, and agency.

Proverbs 4:23

“Above all else, guard your heart...”

Guarding your heart is an act of sovereignty.

Galatians 5:1

“It is for freedom that Christ has set us free.”

Freedom is a calling.

2 Timothy 1:7

“Power, love, and a sound mind.”

This is sovereignty in one verse.

Matthew 5:37

“Let your ‘Yes’ be yes and your ‘No,’ no.”

Clear boundaries are a mark of spiritual adulthood.



## WHAT SOVEREIGNTY LOOKS LIKE IN 2026

### EMOTIONAL SOVEREIGNTY

- Guarding your inner world
- Responding instead of reacting
- Not carrying what isn't yours
- Allowing others to hold their own emotions

### RELATIONAL SOVEREIGNTY

- Clear, clean boundaries
  - Mutuality and dignity
  - No over-functioning
- No emotional labour that drains your spirit

### SPIRITUAL SOVEREIGNTY

- Listening to God before people
- Trusting the Spirit's leading in your body
  - Walking in God-given authority
  - Discernment without apology

### VOCATIONAL SOVEREIGNTY

- Roles aligned with calling
  - No diminishing of identity
- Leading from clarity, not obligation
- Serving from overflow, not depletion

### WHY SOVEREIGNTY MATTERS

Sovereignty restores:

- Voice
- Agency
- Boundaries
- Clarity
- Spiritual adulthood
- The ability to live from truth, not entanglement

Sovereignty is not rebellion.

It is alignment with God's design for your life.

### 2026 DECLARATION

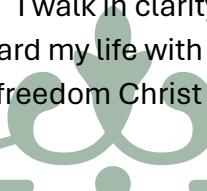
"I am sovereign under God.

I honour my boundaries.

I walk in clarity.

I steward my life with wisdom.

I live in the freedom Christ has given me."





## SOVEREIGN IN 2026 Reflection Worksheet

1. What does the word “sovereign” stir in me?  
(Write freely — words, images, emotions, memories.)

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2. Where in my life have, I been carrying what is not mine?

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3. What boundaries is God inviting me to honor this year?

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4. What does emotional sovereignty look like for me?

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5. What relationships require clearer structure or mutuality?

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6. What spiritual practices help me stay aligned with God?

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7. My 2026 Sovereignty Intention:  
(A sentence, a prayer, or a declaration.)

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## SOVEREIGN IN 2026 Journal.

Today, I am noticing...

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Where did I honour my sovereignty today?

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Where did I give my power away, and why?

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What is God inviting me to reclaim?

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What truth is settling in my body right now?

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A closing prayer or declaration for today:

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## SOVEREIGN IN 2026

### A Spirit Led Counselling Reflection

#### DEFINITION OF SOVEREIGN

- Self-governing
- Possessing authority over one's own life
  - Independent and responsible
- One who governs with clarity and wisdom

#### BIBLICAL FOUNDATIONS

- Genesis 1:26–28 — Dominion and stewardship
  - Proverbs 4:23 — Guard your heart
  - Galatians 5:1 — Called to freedom
- 2 Timothy 1:7 — Power, love, sound mind
  - Matthew 5:37 — Clear boundaries

#### WHAT SOVEREIGNTY LOOKS LIKE

##### EMOTIONAL SOVEREIGNTY

- Guarding your inner world
- Responding instead of reacting
  - Not carrying what isn't yours

##### RELATIONAL SOVEREIGNTY

- Clear boundaries
- Mutuality and dignity
- No over-functioning

##### SPIRITUAL SOVEREIGNTY

- Listening to God first
- Trusting the Spirit's leading
  - Walking in authority

## VOCATIONAL SOVEREIGNTY

- Roles aligned with calling
- No diminishing of identity
  - Leading from clarity

## WHY IT MATTERS

Sovereignty restores:

- Voice
- Agency
- Boundaries
- Clarity
- Spiritual adulthood

## 2026 DECLARATION

“I am sovereign under God.

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