

Silence the lies and receive God's truth about who you are.  
Choose one or two that stand out to you. Say them, see them, write them as  
God-honoring prayers.

## Affirmations

**I embrace God's love for me right now.**

( John 15:9, John 3:16-17 )

**I look for ways to nourish my mind, body, and soul.**

( Mark 6:31, Matthew 11:28 )

**I am thankful for my body.**

( Psalm 139:14 )

**My eyes are open for what Jesus is doing so I can join Him.**

( Isaiah 61:1-3, John 4:35 )

**My mistakes do not define me.**

( 1 Peter 2:9, Isaiah 41:13 )

**I notice and enjoy signs of progress in my life.**

( 2 Corinthians 3:18, 2 Corinthians 5:17 )

**I am blessed with all I need to fulfill your will for me.**

( 2 Peter 1:3, Ephesians 2:10 )

**I am watching for opportunities to serve others.**

( 1 John 3:18 )

**He who began a good work in me will complete it.**

( Philippians 1:6 )

**You delight in me.**

( Psalm 18:19, Zephaniah 3:17 )

**I can do hard things because you are mighty.**

( Zechariah 4:6 )

**You are my friend.**

( John 15:15 )

**I am not alone.**

( Psalm 139:7-10, Matthew 28:20 )

