

# Self Affirmations

*(encouragement from God's Word)*

- I am God's child (John 1:12)
- I am chosen and dearly loved (Colossians 3:12)
- I am blameless (1 Corinthians 1:8)
- I am set free (Romans 8:2; John 8:32)
- I am forgiven (Ephesians 1:8; Colossians 1:14)
- I am safe (1 John 5:18)
- I have purpose (Ephesians 1:9 & 3:11)
- I have hope (Ephesians 1:12)
- I am included (Ephesians 1:13)
- I am the righteousness of God (2 Corinthians 5:21)
- I am part of God's kingdom (Revelation 1:6)
- I am healed from sin (1 Peter 2:24)
- I am no longer condemned (Romans 8:1, 2)
- I am not helpless (Philippians 4:13)
- I am overcoming (1 John 4:4)
- I am persevering (Philippians 3:14)
- I am protected (John 10:28)
- I am born again (1 Peter 1:23)
- I am a new creation (2 Corinthians 5:17)
- I am delivered (Colossians 1:13)
- I am Christ's friend (John 15:15)
- I belong to God (1 Corinthians 6:20)
- I am a member of Christ's Body (1 Corinthians 12:27)
- I am assured all things work together for good (Rm. 8:28)
- I have been anointed by God (2 Corinthians 1:21-22)
- I am a citizen of heaven (Philippians 3:20)
- I am hidden with Christ in God (Colossians 3:3)
- I am blessed in the heavenly realms with every spiritual blessing (Ephesians 1:3)
- I am chosen (Ephesians 1:4, 11)
- I am holy and blameless (Ephesians 1:4)
- I am adopted as his child (Ephesians 1:5)
- I am given God's glorious grace lavishly and without restriction (Ephesians 1:5, 8)
- I am in Him (Ephesians 1:7; 1 Corinthians 1:30)
- I have redemption (Ephesians 1:8)
- I am a saint (Ephesians 1:18)
- I am salt and light of the earth (Matthew 5:13-14)
- I have been shown God's grace (Ephesians 2:7)
- God has expressed His kindness to me (Ephesians 2:7)
- I am God's workmanship (Ephesians 2:10)
- I have been brought near to God (Ephesians 2:13)
- I have peace (Ephesians 2:14)
- I have access to the Father (Ephesians 2:18)
- I am a member of God's household (Ephesians 2:19)
- I am secure (Ephesians 2:20)
- I am a holy temple (Ephesians 2:21; 1 Corinthians 6:19)
- I am a dwelling for the Holy Spirit (Ephesians 2:22)
- I share in the promise of Christ Jesus (Ephesians 3:6)
- God's power works through me (Ephesians 3:7)
- I can approach God with confidence (Eph. 3:12)
- I know there is a purpose for my sufferings (Eph. 3:13)
- I can grasp how wide, long, high and deep Christ's love is (Ephesians 3:18)
- I am completed by God (Ephesians 3:19)
- I can bring glory to God (Ephesians 3:21)
- I can be humble, gentle, patient and lovingly tolerant of others (Ephesians 4:2)
- I can mature spiritually (Ephesians 4:15)
- I can have a new attitude and lifestyle (Eph. 4:21-32)
- I can be kind and compassionate (Ephesians 4:32)
- I can forgive others (Ephesians 4:32)
- I can understand what God's will is (Ephesians 5:17)
- I can give thanks for everything (Ephesians 5:20)
- I don't have to always have my own agenda (Eph. 5:21)
- I can honor God through marriage (Ephesians 5:22-33)
- I can parent my children with composure (Ephesians 6:4)
- I can be strong (Ephesians 6:10)
- I have God's power (Ephesians 6:10)
- I can stand firm in the day of evil (Ephesians 6:13)
- I am dead to sin (Romans 1:12)
- I am not alone (Hebrews 13:5)
- I am growing (Colossians 2:7)
- I am prayed for by Jesus Christ (John 17:20-23)
- I am not in want (Philippians 4:19)
- I possess the mind of Christ (1 Corinthians 2:16)