



DAILY AFFIRMATIONS

by Don Gossett

Affirm is to make firm. An affirmation is a statement of truth you make firm by repetition. "These things affirm constantly" *Titus 3:8*. "Let us hold fast the confession of our faith without wavering, for He who has promised is faithful" *Hebrews 10:23*. "Your faith becomes effectual by acknowledging every good thing which is in you in Christ Jesus" *Philemon 6*.

The Bible has few references about positive thinking, but hundreds about the power of words. Volume, feeling, conviction and enthusiasm add power to your affirmations. Words weakly spoken have minimal results.

Speak aloud the following affirmations the first hour of your day:

- 1 "This is the day the Lord has made; I will rejoice and be glad in it" *Psalms 118:24*
- 2 Today I choose love instead of fear. I choose peace instead of conflict. I choose to be a love-finder instead of a fault-finder. I choose to be a love-giver instead of a love-seeker.
- 3 "I will bless the Lord at all times; His praise shall continually be in my mouth" *Psalms 34:1*
- 4 I feel healthy. I feel happy. I feel terrific. *(Repeat three times)*
- 5 "I can do all things through Christ who strengthens me" *Philippians 4:13*
- 6 I am a woman/man of God. He has cleansed me by the blood of Christ. My Father has filled me with His Spirit. So I am dedicated to the Lord Jesus, strong and powerful in Him. I worship and serve Him with all the divine energy He inspires within me.
- 7 "Greater is He that is in me than he that is in the world" *1 John 4:4*
- 8 I am humble, strong, courageous, full of faith and powerful in the Lord. *(Repeat three times)*
- 9 "If God be for us, who can be against us" *Romans 8:31*
- 10 I am a child of God. My Father has adopted me into His family. He has moved me out of darkness into the light of his kingdom. God's protective shield is about me. And He is providing every need of my life.
- 11 "My God shall supply all my need according to His riches in glory by Christ Jesus" *Philippians 4:19*

- 12 Every day, in every way, by the grace of God, I am getting better and better, with a positive mental attitude, through speaking words of faith and disciplined action.
- 13 "God has not given me the spirit of fear, but of power, and of love, and of a sound mind" *II Timothy 1:7*
- 14 God has forgiven me and I forgive myself. *(Repeat five times)*
- 15 "The anointing of the holy One abideth within me" *1 John 2:27*
- 16 My generous Father has blessed me with abundant life. I am grateful and I enjoy giving my time, talents, money and love to others.
- 17 "He was wounded for our transgressions, He was bruised for our iniquities, surely He has borne our sorrows, and with His stripes we are healed" *Isaiah 53:4-5*
- 18 God loves me with an unconditional love so I love Him with all my heart, soul and mind. I am free to love myself, and this allows me to love my neighbour.
- 19 "We overcome him by the blood of the Lamb and the Word of our testimony and love not our lives unto the death" *Revelation 12:11*
- 20 I belong to Jesus. So I am friendly, strong, happy and victorious. Everything is fine. *(Repeat three times)*
- 21 "Rejoice in the Lord always, and again I say, rejoice" *Philippians 4:4*
- 22 God has given me a strong body, a fine brain and filled me with His Holy Spirit. I am talented, gifted, a hard worker and persistent. I will reach my goals.
- 23 "The Lord is the strength of my life, of whom shall I be afraid?" *Psalms 27:1*
- 24 God loves me. So I love Him, believe in Him and trust my life in His care. I will faithfully serve Him!
- 25 I am "casting all my cares upon Him who cares for me" *1 Peter 5:7*
- 26 God is my loving Father. He has given me a Saviour, His Holy Spirit, a healthy body, a fine mind, material abundance, a beautiful world and many friends. I am thankful! I am thankful! I am thankful!

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