

Daily Affirmations

Goal

Renew your mind and find hope and freedom!!

How to use

Start and end each day with these positive affirmations and trust your big God to build you up in His truths

This list of truths found in God's word will be used as a guide to fix our thoughts and win the war in our minds by using the **4 R's**:

R *eplacing*
e *wiring*
e *framing*
e *joicing*

REPLACE

REPLACE the lie in your head with truth. Pay attention...what story are you telling yourself?? We know we have an enemy who is seeking to destroy us. His weapon is a lie. Our weakness is believing lies; if we believe a lie, it will affect our lives as if it were true. The problem is that we don't realize that the lies we believe are lies. Become aware of the lies you tell yourself and choose to stop them today.

REWIRE

REWIRE your brain with truth. Our brains have neural pathways—mental ruts we created through repeatedly thinking the same thoughts—which trigger our automatic response to external stimuli. To stop a behavior, we need to remove the lie behind it and replace the neural pathway. We dig truth trenches. How? You renew your mind with God's truth. SPEAK the truth out loud often and create new, healthy, pathways.

REFRAME

REFRAME. We cannot control what happens to us, but we can control how we perceive it. We all have cognitive biases, lenses, that cause us to see things in ways that do not reflect reality. But we have the power to do cognitive reframing, changing how we view the past and the future. REFRAME circumstances and make sure they are in alignment with truth. (i.e. God is for me and with me and He is working ALL things for my good because I love him.)

REJOICE

REJOICE. A grateful/thankful heart changes everything. What positive things can you find to rejoice and be thankful about? Focus on the positive. You will change your perspective through prayer and praise. It's easy to feel overwhelmed by everything that is happening, but when we've had enough, God is enough. Not only is God enough,

God is near. When we stay mindful of His presence, it builds our trust and faith. When we remember who He is, it leads us to pray.

Our mindset is so important. Scripture tells us that our battle begins in the mind and that we should take our thoughts captive.

This takes practice.

If you are new to this, be patient with yourself and be consistent. I promise if you will focus your mind on the truth of God's word, who He is and how much He loves you, you will find significant freedom.

I am fearfully and wonderfully made, and I trust that God has a purpose for my life.

I am loved by a compassionate and understanding God, and His love fills my heart each day.

I trust in the Lord with all my heart and lean not on my own understanding. In Him, I find strength.

I release my worries and burdens to God, knowing that He cares for me.

I am a vessel of God's love, and I will show kindness and compassion even in difficult times.

I am strong in the Lord and in the power of His might. His strength sustains me.

I choose forgiveness and release any bitterness or resentment, trusting in God's healing grace.

I am patient, understanding that God's timing is perfect, and I will wait on Him with hope.

I walk in faith, not in fear, for God has not given me a spirit of fear but of power, love, and a sound mind.

I am an overcomer through Christ who strengthens me, and I can face any challenge with His help.

I put on the whole armor of God, standing firm in my faith and resisting negativity.

I am a beacon of God's light, and His peace dwells within me, guiding my decisions.

I speak words of encouragement and life, knowing that my words have the power to build and not to destroy.

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I surrender my relationship to God, trusting Him to work all things for my good.

I am a woman of grace and dignity, reflecting the beauty of God's love in my character.

I choose joy despite my circumstances, for the joy of the Lord is my strength.

I am not alone; God is with me, and He will never leave nor forsake me.

I seek first the kingdom of God and His righteousness, and all things will be added unto me.

I am free from the bondage of fear and insecurity, for God has given me a spirit of adoption as His child.

I am grateful for the lessons in this season, trusting that God is shaping me into the woman He created me to be.

Remember to speak these affirmations with conviction and faith...ideally out loud.

Consistent repetition can help reinforce positive beliefs and strengthen your resolve in challenging times.

Keeping our eyes on Jesus and His truths make all the difference!!

Praying changes our brain, as does praising God. We praise Him for who He is, even if the circumstances are not what we want, because we know His character is trustworthy and faithful. Think of the other times in your life that He has come through for you! As we praise God, and think of all the things we have to be thankful for today, He shows up and gives us peace of mind.

**Decide today that you will not think like the rest of the world.
Will you let God renew your mind today, dear sister?**

THE WHOLE ARMOR OF GOD



Put on all the armor that God gives you, so that you will be able to stand up against the Devil's evil tricks. For we are not fighting against human beings but against the wicked spiritual forces in the heavenly world, the rulers, authorities, and cosmic powers of this dark age. So put on God's armor now! Then when the day comes, you will be able to resist the enemy's attack; and after fighting to the end, you will still hold your ground.

So stand ready, with the TRUTH as a belt tight around your waist, with RIGHTREOUSNESS as your breastplate, and as your shoes the readiness to announce the Good News of peace. At all times carry FAITH as a shield; for with it you will be able to put out all the burning arrows shot by the Evil One. And accept SALVATION as a helmet, and the WORD OF GOD as the sword which the Spirit gives you.