

STEADY

7 Daily Affirmations for Managing the Cares of Life

Use these seven positive affirmations to sustain your steadiness in God. Recite them daily, until your thoughts, feelings, and emotions align with your words. May the associated scriptures and reflective questions encourage you to remember who God is during challenging times in your life.

1

"I AM LOVED."

Scripture

"Though the mountains be shaken and the hills be removed, yet my unfailing love for you will not be shaken nor my covenant of peace be removed," says the Lord, who has compassion on you." (Isaiah 54:10, NIV)

Reflection

When were you first aware that God loved you?

2

"I AM FORGIVEN BY GOD BECAUSE I HAVE FORGIVEN MYSELF AND OTHERS."

Scripture

"And when you stand praying, if you hold anything against anyone, forgive them, so that your Father in heaven may forgive you your sins." (Mark 11:25, NIV)

Reflection

Reflect on moments in your life where you may not have forgiven yourself or others. Today, take some time and examine yourself and then consider forgiving.

Begin with, I forgive . . .

3

"I HAVE NOTHING TO FEAR."

Scripture

"Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

(Joshua 1:9, NIV)

Reflection

Describe at least one time when God's protection and safety showed up in your life?

4

"MY LIFE IS FILLED WITH PEACE."

Scripture

"Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid." (John 14:27, NIV)

Reflection

What things (e.g., boundaries, balance, or positive habits) do you need in your life for you to have peace of mind?

5

"I AM MADE NEW BECAUSE OF JESUS CHRIST."

Scripture

"You used to walk in these ways, in the life you once lived. But now you must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips. Do not lie to each other, since you have taken off your old self with its practices and have put on the new self, which is being renewed in knowledge in the image of its Creator." (Colossians 3:7-10, NIV)

Reflection

Describe 2-3 ways you feel yourself changing or ways you would like to change because of the work that Jesus Christ is doing in your life.

6

"I WILL ACHIEVE EVERYTHING GOD HAS PLACED IN MY HEART TO DO."

Scripture

"I can do all things through Christ who strengthens me."
(Philippians 4:13, NKJV)

Reflection

Think about one personal goal you have not pursued, what is holding you back from pursuing it?

7

"I AM TOTALLY HEALED."

Scripture

"Lord my God, I called to you for help, and you healed me." (Psalm 30:2, NIV)

Reflection

What lifestyle changes can you make to support your healing (e.g., prayer, journaling, dietary change, new hobby)?

REFLECTION
