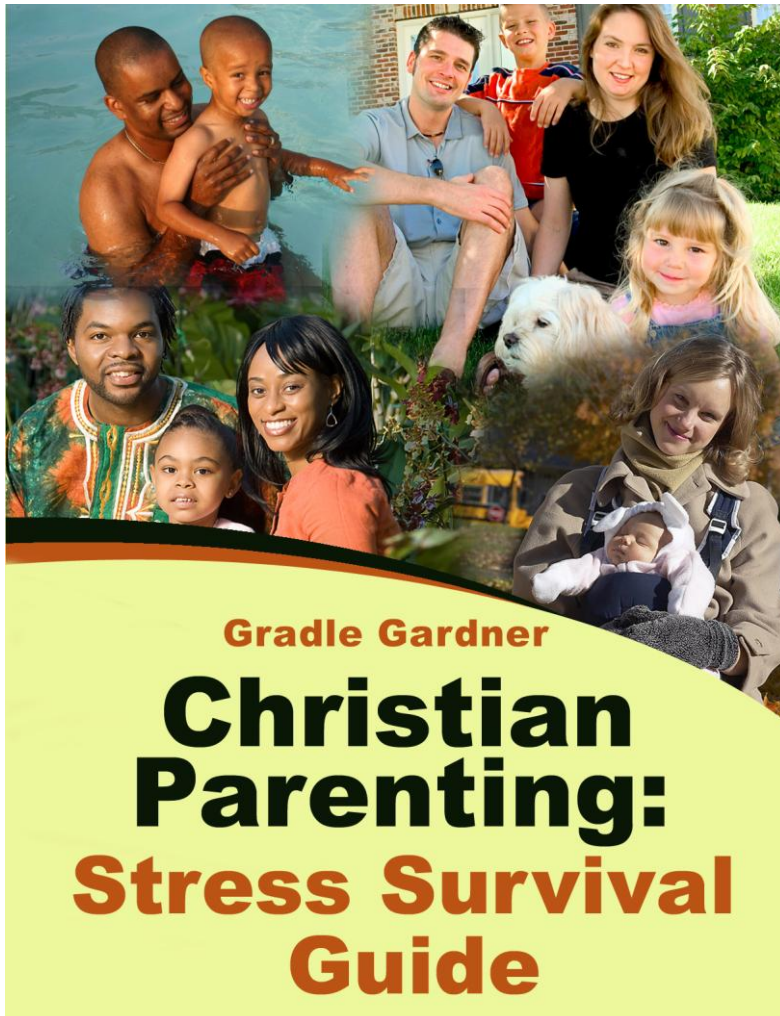


Biblical Affirmations



Gradle Gardner

Christian Parenting: Stress Survival Guide

Compiled by Billy Wray www.BillyWray.com

I can do anything because I believe

Mark 9:23

" 'If you can'?" said Jesus. "Everything is possible for him who believes."

Mark 11:24

Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.

I can move mountains

Mark 11:23-24

I tell you the truth, if anyone says to this mountain, 'Go, throw yourself into the sea,' and does not doubt in his heart but believes that what he says will happen, it will be done for him. Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.

I can walk by the Spirit

Galatians 5:16-17

But I say, walk by the Spirit, and you will not carry out the desire of the flesh. For the flesh sets its desire against the Spirit, and the Spirit against the flesh; for these are in opposition to one another, so that you may not do the things that you please

I am content

Philippians 4:11

I am not saying this because I am in need, for I have learned to be content whatever the circumstances.

I am capable

Philippians 4:13

I can do everything through him who gives me strength.

I have all I need

Philippians 4:19

And my God will meet all your needs according to his glorious riches in Christ Jesus.

I am at peace

John 14:27

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

I will sleep soundly

Proverbs 3:24

When you lie down, you won't be afraid.
When you lie down, you will sleep soundly.

I have abundance

John 10:10

The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

I am afraid of nothing

Joshua 1:9

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

I have boundless energy

Isaiah 40:31

but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

I am a people magnet

Matthew 5:14

You are the light of the world. A city on a hill cannot be hidden.

I have the righteousness of God

2 Corinthians 5:21

He made Him who knew no sin to be sin on our behalf, so that we might become the righteousness of God in Him.

I will not fail

Psalms 55:22

Cast your cares on the LORD and he will sustain you; he will never let the righteous fall.

I am blessed through my giving

Luke 6:38

Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you.

I have power through people

Matthew 18:19

Again, I tell you that if two of you on earth agree about anything you ask for, it will be done for you by my Father in heaven.

I have spiritual power

2 Peter 1:3

His divine power has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness.

I have spiritual blessings

Ephesians 1:3

Give praise to the God and Father of our Lord Jesus Christ. He has blessed us with every spiritual blessing. Those blessings come from the heavenly world. They belong to us because we belong to Christ.

I am forgiven

Ephesians 1:7

In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace

I am a chosen one

Ephesians 1:11

We were also chosen to belong to him. God decided to choose us long ago in keeping with his plan. He works out everything to fit his plan and purpose.

I have a sound mind

2 Timothy 1:7

God has not given us a spirit of fear,
but of power and of love and of a sound mind.

I will be blessed by my enemies

Luke 6:35

But love your enemies, do good to them, and lend to them without expecting to get anything back. Then your reward will be great, and you will be sons of the Most High, because he is kind to the ungrateful and wicked.

I am a hard worker

Proverbs 21:5

The plans of the diligent lead to profit as surely as haste leads to poverty.

I have wisdom

Luke 21:15

For I will give you words and wisdom that none of your adversaries will be able to resist or contradict.

I am an overcomer

1 John 4:4

You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world.

I am at the top

Deut: 28:13

The Lord will make you the head not the tail. If you pay attention to the commands of the Lord your God that I give you this day and carefully follow them, you will always be at the top, never at the bottom.

I have authority

Luke 10:19

I have given you authority to walk all over snakes and scorpions. You will be able to destroy all the power of the enemy. Nothing will harm you

I am a new creation

2 Corinthians 5:17

Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!

I am a healer

Matthew 10:1

He called his twelve disciples to him and gave them authority to drive out evil spirits and to heal every disease and sickness.

I am complete

Colossians 2:9-10

and you have been given fullness in Christ, who is the head over every power and authority.

I am more than a conqueror

Romans 8:37

In all these things we overwhelmingly conquer through Him who loved us.

I am secure

Romans 8:38-39

For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

I am confident

Philippians 1:6

being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.

I am free

Romans 6:18

You have been set free from sin and have become slaves to righteousness.

I am a child of God

John 1:12

Yet to all who received him, to those who believed in his name, he gave the right to become children of God

I have protection

Psalm 91:14-16

"Because he loves me," says the LORD, "I will rescue him;

I will protect him, for he acknowledges my name.

He will call upon me, and I will answer him;

I will be with him in trouble, I will deliver him and honor him.

With Reference to www.faithandhealthconnection.org

“God’s truth – his Word – stands forever.” **Isaiah 40:8**

“God gives me power when I am worn out and strength when I am weak.”

Isaiah 40:29

“God’s principles are perfect. They are entirely worthy of my trust.” **Psalms**

119:138

“With God in my life, all things are possible.” **Matthew 19:26**

“Jesus keeps pruning me so that I will be even more productive for God.” **John**

15:2

“The water Jesus gives takes away my thirst altogether.” **John 4:14**

“I am fearfully and wonderfully made by God.” **Psalms 139:14**

“I follow God’s principles because I love him.” **John 14:15**

“I can never be separated from the love of God.” **Romans 8:35-39**

“God’s love is made complete in me when I obey his principles.” **1 John 2:5**

“As I draw near to God, he draws near to me.” **James 4:8**

“God’s discipline is always good for me because it means I share in His holiness.” **Hebrews 12:10**

“I display a new nature because I am a new person, created in God’s likeness – holy and true.” **Ephesians 4:24**

“The secret is that Christ lives in me and I have assurance of sharing his glory.”

Colossians 1:27

“Nothing can separate me from God’s love that is in Christ Jesus.” **Romans 8:39**

“God satisfies me when I am thirsty and fills me with good things when I am hungry.” **Psalms 107:9**

“I keep God’s words in my heart. They are health to my whole body.” **Proverbs**

4:20-22

“It is God’s Spirit that gives me eternal life. My human effort accomplishes nothing.” **John 6:63**

“God is for me so no one can ever be against me.” **Romans 8:31**

“In God I live and move and exist.” **Acts 17:28**

“I defeat this evil world by trusting Christ to give me victory.” **1 Peter 5:5**

“By God’s grace and through faith in Jesus, I have a full and eternal life.”
Ephesians 2:8

“Through prayer, the peace of God guards my heart & mind.” **Philippians 4:7**

“By God’s grace and through faith in Jesus, I have a full and eternal life.”
Ephesians 2:8

“I find strength in the Lord my God.” **1 Samuel 30:6**

“God strengthens me because my heart is fully committed to him.” **2 Chronicles 16:9**

“I have rest in my soul because I go to Jesus when I am weary.” **Matthew 11:28-29**

“Because I have been born again, I will see the Kingdom of God.” **John 3:3**

“I do not fear because God strengthens me.” **Isaiah 41:10**

“I am full with the joy of the Lord.” **Isaiah 42:10**