

FAITH-BASED AFFIRMATION

"I am not what happened to me. I am what I choose to become through Christ."

Therefore, if anyone is in Christ, the new creation has come: the old has gone, the new is here!

2 Corinthians 5:17

FAITH-BASED AFFIRMATION

"My body is a temple of the Holy Spirit. What was done to it does not define its worth."

Do you not know that your bodies are temples of the Holy Spirit, who is in you?

1 Corinthians 6:19

FAITH-BASED AFFIRMATION

**"I release the shame that
was never mine to carry. I
walk in God's grace today."**

*There is now no condemnation for
those who are in Christ Jesus.*

Romans 8:1

FAITH-BASED AFFIRMATION

**"God is close to me in my
brokenness. He collects
every tear I have cried."**

*The Lord is close to the
brokenhearted and saves those who
are crushed in spirit.*

Psalm 34:18

FAITH-BASED AFFIRMATION

**"I am worthy of love, safety,
and tenderness. My past
does not disqualify me from
blessing."**

*See what great love the Father has
lavished on us, that we should be
called children of God!*

1 John 3:1

FAITH-BASED AFFIRMATION

**"My healing is not linear,
but every step forward is
seen and celebrated by
God."**

*He who began a good work in you
will carry it on to completion.*

Philippians 1:6

FAITH-BASED AFFIRMATION

**"I give myself permission to
grieve what was taken from
me and to hope for what is
ahead."**

*He will wipe every tear from their
eyes. There will be no more death or
mourning or crying or pain.*

Revelation 21:4

FAITH-BASED AFFIRMATION

**"I am not too broken for
God to use. My scars are
proof of His healing power."**

*But he said to me, 'My grace is
sufficient for you, for my power is
made perfect in weakness.'*

2 Corinthians 12:9

FAITH-BASED AFFIRMATION

**"I choose to break the
silence. My voice matters.
My story has purpose."**

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

2 Timothy 1:7

FAITH-BASED AFFIRMATION

**"Today I choose to trust
again, even if it is just one
small step at a time."**

*Trust in the Lord with all your heart
and lean not on your own
understanding.*

Proverbs 3:5

FAITH-BASED AFFIRMATION

**"I am allowed to set
boundaries. Protecting my
peace is an act of wisdom,
not selfishness."**

*Above all else, guard your heart, for
everything you do flows from it.*

Proverbs 4:23

FAITH-BASED AFFIRMATION

**"The enemy meant to
destroy me, but God is
turning my pain into my
greatest testimony."**

*You intended to harm me, but God
intended it for good.*

Genesis 50:20

FAITH-BASED AFFIRMATION

**"I am no longer a victim. I
am an overcomer, rewritten
by grace."**

*No, in all these things we are more
than conquerors through him who
loved us.*

Romans 8:37

FAITH-BASED AFFIRMATION

"I forgive not because what happened was okay, but because I deserve to be free."

It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.

Galatians 5:1

FAITH-BASED AFFIRMATION

**"My inner child deserves
gentleness. I choose to
nurture and protect her
today."**

*He tends his flock like a shepherd:
He gathers the lambs in his arms
and carries them close to his heart.*

Isaiah 40:11

FAITH-BASED AFFIRMATION

**"I am being rebuilt from the
inside out. God wastes
nothing in my story."**

*And we know that in all things God
works for the good of those who
love him.*

Romans 8:28

FAITH-BASED AFFIRMATION

**"I am safe in God's
presence. He is my refuge
when the world feels
overwhelming."**

*God is our refuge and strength, an
ever-present help in trouble.*

Psalm 46:1

FAITH-BASED AFFIRMATION

**"I have survived the storm.
Now I will learn to dance in
the rain of God's renewal."**

*He has sent me to bind up the
brokenhearted, to proclaim freedom
for the captives.*

Isaiah 61:1

FAITH-BASED AFFIRMATION

**"My breakthrough is not a
one-time event. It is a daily
decision to walk in
freedom."**

*The righteous will flourish like a
palm tree, they will grow like a
cedar of Lebanon.*

Psalm 92:12

FAITH-BASED AFFIRMATION

"I am fearfully and wonderfully made. No abuse, no trauma, no lie can undo what God has declared."

I praise you because I am fearfully and wonderfully made; your works are wonderful.

Psalm 139:14