

7 Christian Affirmations – Sept. 13, 2023

Affirmations. Psychology tells us we need these. . . phrases to make us feel better about ourselves. Build self-esteem. Replace negative thinking. Not always Biblical - “I am strong.” “I am whole.” – Jennifer Lopez. We’re broken.

We need truth. Correct thinking.

Phil. 4:8 – “Finally, brothers and sisters, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence and if anything worthy of praise, think about these things.”

**** 7 affirmations Christians need.**

1 – I have strength for today.

- **Phil. 4:13** - “I can do all things through Christ who gives me strength.”
 - o Sometimes we face challenges and think, I can’t do this. We can... w/ the help of Jesus.
- Paul - **1 Tim. 1:12** – “I thank Christ Jesus our Lord, who has strengthened me, that He considered me faithful and appointed me to service.”
 - o God knows what we are capable of doing . . . He gives us the strength to do ALL things . . . with His help . . . and we aren’t alone.
 - o When Paul pleaded w/ God to take away a problem, God answered: “My grace is sufficient for you, for my power is made perfect in weakness.” - **2 Cor. 12:9**

When we **feel weak**, it’s then we are **truly strong**... finally, we grab hold of God’s strength. When we’re done, God begins.

2 – Nothing is impossible.

- **Luke 1:37** - “For with God nothing will be impossible.”
 - o It **doesn’t mean we can do** the impossible, it means God can!
 - o **Mark 10:27** – “With man it is impossible, but not with God. For all things are possible with God.”
- “Oh, Lord God! You have made the heavens & the earth by Your great power & outstretched arm. Nothing is too difficult for You!” – **Jeremiah 32:17.**
 - o With this, have hope that change is coming!

3 – I am loved.

- **1 John 4:9** – “God showed his love for us when he sent his only Son into the world to give us life.” CEV
 - **God’s love** for us is unchanging, unconditional, & unending.
- God’s love is b/c of **who God is**, not what we do. **Don’t earn it.**
 - **1 John 4:10** - “This is real love—not that we loved God, but that he loved us and sent his Son as a sacrifice to **take away** our sins.”
 - **Romans 5:8** – “God proves His love for us in this: While we were **still sinners**, Christ died for us.”
 - **1 John 3:1** - "See what great love the Father has lavished on us, that we should be called children of God! And that is what we are!"
 - We are loved by our Heavenly Father. We belong to His family.
 - **Psalms 68:5-6** – “The God who is in his holy dwelling place is the father of the fatherless and the defender of widows. God places lonely people in families.”
 - **God makes a place for us . . .** a place where we belong. Fit.

4 – God delights in me.

- “He will take delight in you with gladness. With his love, he will calm all your fears. He will rejoice over you with joyful songs.” – **Zephaniah 3:17.**
 - God delights in us. He wants to **be with us... fellowship.**
 - **God takes pleasure** in who you are; He loves your unique, quirky ways . . . you - just as you are.
- **Psalms 147:11** – The LORD takes pleasure in those who fear Him, In those who hope in His mercy.”
 - To hope in His mercy? We know He forgives us!
 - And we know God doesn’t punish us as we deserve. He is merciful.
 - God wants us living free, not w/ guilt. God loves who you are.

5 – I am not alone.

- “When you go through deep waters, I will be with you. When you go through rivers of difficulty, you will not drown. When you walk through the fire of oppression, you will not be burned up; the flames will not consume you.” – **Isaiah 43:2.**
- “The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.” – **Deut. 31:8**
- You don’t go thru difficult times alone. God is always with you.
 - **Psalms 9:10** – “And those who know your name put their trust in you, for you, O Lord, have not forsaken those who seek you.”

- It's easy to trust in God when you know Him.

6 – God is fighting my battles.

- “You will not have to fight this battle. Take up your positions; stand firm and see the deliverance the LORD will give you” – **2 Chron. 20:17**.
 - **King Jehoshaphat** didn't have to fight. He won... 3 days/ plunder.
- **David** faced Goliath & Philistine army; he said: “All those gathered here will know that it is not by sword or spear that the LORD saves; for the battle is the LORD's, and he will give all of you into our hands.” – **1 Sam. 17:47**
- **Moses** said to the people, “Don't be afraid. Stand firm and see the LORD's salvation that he will accomplish for you today; for the Egyptians you see today, you will never see again.” – **Exodus 14:13**
 - **You don't have to defend yourself... take action...**

7 – Cast away today

- **We weigh ourselves down w/ burdens we weren't meant to carry.**
- “Cast all your care upon Him, for He careth for you.” – **1 Peter 5:7**.
 - B/c God loves you, He wants you free. Put your cares on Him
 - We weigh ourselves down w/ burdens we weren't meant to carry.
 - **Psalm 55:22** – “*Cast your burden upon the LORD and He will sustain you; He will never let the righteous be shaken.*”
 - Stop worrying about tomorrow, God has it. . . . *cast away!*
- Some burdens we carry - Forgive ourselves for past mistakes, pain, etc.
 - “He has not dealt w/us according to our sins, Nor rewarded us according to our guilty deeds. For as high as the heavens are above the earth, So great is His **mercy** toward those who fear Him. As far as the east is from the west, So far has He removed our wrongdoings from us.” – **Psalm 103:10-12**
 - **Mercy** is not punishing us as we deserve. God sees us, not our sin
 - Sometimes our **mistakes** are to **learn lessons ... to go forward**.
 - **Isaiah 38:17** – “Surely for my own welfare I had such great anguish; but Your love has delivered me from the pit of oblivion, for You have **cast** all my sins behind Your back.”
 - **But if God thinks of it no more, we should stop, too.**
 - **Isaiah 43:25** - “*I am the one who blots out your transgression for my own sake, and I'll remember your sins no more.*”

Song/week - “You Say” – by Lauren Daigle