



You Are Not Alone

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You may feel overwhelmed. You may feel uncertain. You may feel afraid.

But you are not alone.

God sees you. He cares for you. And there is still hope ahead.

Affirmations:

I am not alone, GOD is with me!

I am worthy of love and safety, GOD assigned me Angels!

I am stronger than what I have faced and I'm more than a conqueror!

I am allowed to begin again I have brand new mercies every morning!

Scripture:

Psalm 34:18

“The Lord is nigh unto them that are of a broken heart and saves those who are crushed in spirit”

A Prayer:

Lord, meet me where I am. Give me strength for today and hope for tomorrow. Remind me that I am never alone. In Jesus Name I pray, Amen.