



Words That Push You Forward



Affirmations By MOMAFEY-HTT

Hey My Momafey-HT Family,
Welcome to Your Affirmation Journal!



This is your space to speak life, shift your mind, and grow stronger every day.

Life can get really loud these days. This journal helps you quiet the noise and tune in to truth, love and all around positive vibes. It's not just about writing positive things; it's about reminding yourself who you are and what you're capable of—with God at the center of it all.

Why Affirmations Work (and yes, science backs it up too):

Speaking affirmations out loud every day can boost your confidence and lower stress .

Studies show they activate the brain's reward center, helping you build better habits and show up stronger.

So how do you actually do affirmations?

Say it out loud – Don't just read it—speak it like you mean it.

Do it daily – Make it part of your morning or night routine.

Feel it – Even if you're not there yet, talk like you already are.

Write it down – What you write, you start to believe.

Pray it in – Let it fuel your faith, not just your mindset.

This journal is yours—use it to grow, reflect, and remind yourself that you are chosen, loved, and built for better. Let's get started. You ready? Let's go!

— Momafey-HT



Words That Push You Forward- every word builds your future

Psalm 1:6

“The Lord watches over my path.”

Affirmation:

Today, I walk in divine direction. The Lord sees every step I take, and I trust that I am guided, guarded, and never alone.

Psalm 3:3

“You, O Lord, are a shield around me; you are my glory, the one who holds my head high.”

Affirmation:

God surrounds me like a shield! I hold my head high because I carry His glory—I walk in strength, favor, and victory!

Psalm 9:4

“For you have judged in my favor.”

Affirmation:

The Lord rules in my favor! Every battle that concerns me, He has already won. I claim justice, peace, and breakthrough today.

Psalm 11:1

“I trust in the Lord for protection.”

Affirmation:

I place my full trust in God. He is my covering, my confidence, and my refuge—I am safe in His care.

Psalm 13:6 “I will sing to the Lord because he is good to me.”

Affirmation:

My heart overflows with gratitude! I sing because God has been so good to me—His love never fails, and His blessings never run dry.



Fuel Your Mind. Focus Your Day.

Psalm 16:1

“Keep me safe, O God, for I have come to you for refuge.”

Affirmation:

I run to God for safety. In His presence, I find peace, clarity, and protection from everything that tries to shake me.

Psalm 16:2

“I said to the Lord, ‘You are my Master! Every good thing I have comes from you.’”

Affirmation:

God is my source. Every gift, every blessing—flows from His hands. I walk in divine provision.

Psalm 16:5

“Lord, you alone are my inheritance, my cup of blessing.”

Affirmation:

God is my everything—my portion and my promise. My life overflows with His blessings and divine favor!

Psalm 16:6

“The land you have given me is a pleasant land. What a wonderful inheritance!”

Affirmation:

I am standing in the land of purpose and promise. My inheritance is beautiful, fruitful, and tailor-made by God just for me!

Bible Verse (Psalm 16:7 NLT):

“I will bless the Lord who guides me; even at night my heart instructs me.”

Affirmation:

I bless you Lord because you guide me. Even in the dark, my heart receives divine instruction. I am never without direction.



Where focus and every word builds your future

Bible Verse (Psalm 16:8 NLT):

“I know the Lord is always with me. I will not be shaken, for he is right beside me.”

Affirmation:

The Lord is always with me. I will not be shaken because He stands right beside me. I walk in unshakable peace.

Bible Verse (Psalm 16:11 NLT):

“You will show me the way of life, granting me the joy of your presence and the pleasures of living with you forever.”

Affirmation:

God shows me the path of life. I live with joy in His presence and the eternal pleasures that come from walking with Him daily.

Bible Verse (Psalm 17:6 NLT):

“I am praying to you because I know you will answer, O God.”

Affirmation:

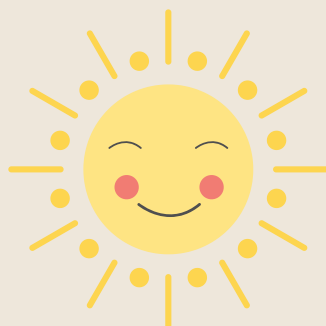
I pray with full assurance, knowing God hears me. He answers, He responds, and I am never ignored.

Bible Verse (Psalm 17:8 NLT):

“Guard me as you would guard your own eyes. Hide me in the shadow of your wings.”

Affirmation:

God guards me as the apple of His eye. I am hidden in the shadow of His wings, protected from every attack and evil scheme.



Say It Strong

Bible Verse (Psalm 18:2 NLT):

“The Lord is my rock, my fortress, and my savior; my God is my rock, in whom I find protection. He is my shield, the power that saves me, and my place of safety.”

Affirmation:

The Lord is my rock, my fortress, and my safe place. I stand protected by His power, and I find rest in His presence.

Bible Verse (Psalm 18:6 NLT):

“But in my distress I cried out to the Lord; yes, I prayed to my God for help. He heard me from his sanctuary; my cry to him reached his ears.”

Affirmation:

When I cry out, God listens. My voice reaches heaven, and He responds with love, strength, and deliverance.

Bible Verse (Psalm 18:16–17 NLT):

“He reached down from heaven and rescued me; he drew me out of deep waters. He rescued me from my powerful enemies, from those who hated me and were too strong for me.”

Affirmation:

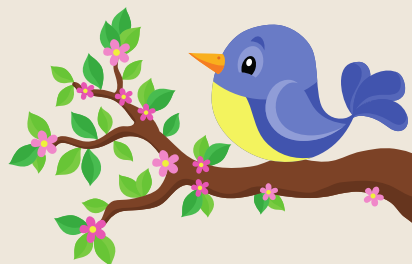
God reaches down from heaven to rescue me. He lifts me out of deep waters and delivers me from every enemy and overwhelming force.

Bible Verse (Psalm 18:20 NLT):

“The Lord rewarded me for doing right; he restored me because of my innocence.”

Affirmation:

The Lord rewards my obedience. He restores me because I walk in integrity, and He honors my commitment to do what’s right.



Boost your mind and stay on track.

Bible Verse (Psalm 18:29 NLT):

“In your strength I can crush an army; with my God I can scale any wall.”

Affirmation:

In God’s strength, I overcome any obstacle. I can crush an army and scale every wall. Nothing can stop me with Him on my side.

Bible Verse (Psalm 18:35 NLT):

“You have given me your shield of victory. Your right hand supports me; your help has made me great.”

Affirmation:

God has given me the shield of victory. His right hand supports me, and His grace makes me great. I rise by His power.

Bible Verse (Psalm 25:12–13 NLT):

“Who are those who fear the Lord? He will show them the path they should choose. They will live in prosperity, and their children will inherit the land.”

Affirmation:

The Lord shows me the path I should choose. I move forward with clarity and confidence, knowing He orders my steps.

Bible Verse (Psalm 27:1 NLT):

“The Lord is my light and my salvation—so why should I be afraid? The Lord is my fortress, protecting me from danger, so why should I tremble?”

Affirmation:

The Lord is my light and my salvation. I will not fear. I am bold, I am courageous, and I walk in the confidence of His power.



Encourage, empower, and uplift.

Bible Verse (Psalm 27:10 NLT):

“Even if my father and mother abandon me, the Lord will hold me close.”

Affirmation:

Even when others abandon me, the Lord holds me close. I am never alone—His love is constant; His presence is near.

Psalm 27:10 (NLT)

Even if my father and mother abandon me, the Lord will hold me close.

Affirmation:

I am never truly alone—God holds me close with unwavering love. I am embraced, valued, and secure in His presence.

Psalm 30:7 (NLT)

Your favor, O Lord, made me as secure as a mountain.

Affirmation:

God’s favor surrounds me like a fortress. I stand strong, unshakable, and deeply rooted in His grace.

Psalm 30:11 (NLT)

You have turned my mourning into joyful dancing.

Affirmation:

My sorrow has been transformed. I dance with joy because God has brought light to my darkest days.

Psalm 31:14–15 (NLT)

But I am trusting you, O Lord, saying, “You are my God!” My future is in your hands.

Affirmation:

I place my future in the hands of the One who never fails. I trust God’s timing, His plan, and His promise for my life.

Psalm 32:7 (NLT)

For you are my hiding place; you protect me from trouble. You surround me with songs of victory.



Affirmation:

God is my safe place. I am surrounded by His victory, shielded from harm, and uplifted in every season.

Remind you of God's promises every day.

Psalm 32:8 (NLT)

The Lord says, "I will guide you along the best pathway for your life. I will advise you and watch over you."

Affirmation:

God is my guide. I walk in divine wisdom, trusting that He is leading me on the best path for my purpose.

Psalm 33:11 (NLT)

But the Lord's plans stand firm forever; his intentions can never be shaken.

Affirmation:

God's plan for me is unshakable. His intentions are good, and they will prevail in my life.

Psalm 33:20 (NLT)

We put our hope in the Lord. He is our help and our shield.

Affirmation:

My hope is in the Lord. He is my strength in weakness, my protection in chaos, and my help in every need.

Psalm 34:10 (NLT)

Even strong young lions sometimes go hungry, but those who trust in the Lord will lack no good thing.

Affirmation:

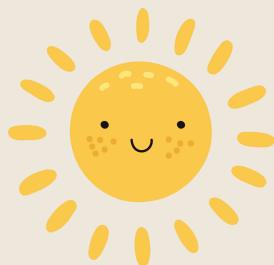
I trust in God, and I lack nothing. Every good thing I need, He will provide in His perfect time.

Psalm 40:5 (NLT)

O Lord my God, you have performed many wonders for us. Your plans for us are too numerous to list.

Affirmation:

God's wonders in my life are endless. His plans for me go beyond what I can imagine. I am in awe of His goodness.



Grow, reflect, and remind yourself

Psalm 41:2 (NLT)

The Lord protects them and keeps them alive. He gives them prosperity in the land and rescues them from their enemies.

Affirmation:

God protects and preserves me. He grants me prosperity and delivers me from every enemy and every threat.

Psalm 44:3 (NLT)

They did not conquer the land with their swords; it was not their own strong arm that gave them victory. It was your right hand and strong arm and the blinding light from your face that helped them, for you loved them.

Affirmation:

My victories are not by my strength, but by the hand of God. His love empowers me, His presence leads me, and His light gives me favor.

Psalm 56:11 (NLT)

I trust in God, so why should I be afraid?

Affirmation:

I will not live in fear. My trust is in the Lord, and that gives me boldness, peace, and confidence every day.

Psalm 54:4 (NLT)

But God is my helper. The Lord keeps me alive.

Affirmation:

I declare that the Lord is my constant helper. His presence sustains me, and His power keeps me alive and thriving.

Psalm 65:1 (NLT)

What mighty praise, O God, belongs to you in Zion. We will fulfill our vows to you, for you answer our prayers.

Affirmation:

I am full of praise, because the Lord has heard and answered me. I keep my promises to Him, knowing He always keeps His to me.



Encourage, empower, and uplift.

Psalm 71:20–21 (NLT)

You have allowed me to suffer much hardship, but you will restore me to life again and lift me up from the depths of the earth. You will restore me to even greater honor and comfort me once again.

Affirmation:

Though I've been through hard seasons, I will rise again. God is restoring my life, increasing my honor, and bringing me comfort beyond what I lost.

Psalm 72:12 (NLT)

He will rescue the poor when they cry to him; he will help the oppressed, who have no one to defend them.

Affirmation:

God is my defender. He rescues me when I cry out, and lifts me up even when no one else will.

Psalm 86:17 (NLT)

Send me a sign of your favor.

Affirmation:

I believe today God is sending me a visible sign of His favor. I walk with confidence knowing I am marked by His grace.

Psalm 92:13–14 (NLT)

For they are transplanted to the Lord's own house. They flourish in the courts of our God. Even in old age they will still produce fruit; they will remain vital and green.

Affirmation:

I am planted in God's purpose. I flourish in every season, and even in my later years, I am fruitful, vibrant, and full of life.

Psalm 97:10 (NLT)

He protects the lives of his godly people and rescues them from the power of the wicked.

Affirmation:

The Lord protects me and rescues me from all evil. I live under divine protection every day of my life.



Psalm 102:28 (NLT)

The children of your people will live in security. Their children's children will thrive in your presence.

Affirmation:

My children and grandchildren are secure. They are planted in God's presence, and they will thrive for generations to come.

Psalm 112:1-3 (NLT)

Praise the Lord! How joyful are those who fear the Lord and delight in obeying his commands. Their children will be successful everywhere; an entire generation of godly people will be blessed. They themselves will be wealthy, and their good deeds will last forever.

Affirmation:

I live with joy and reverence for the Lord. My children are blessed and successful. Wealth and goodness flow through my life and legacy.

Psalm 118:5 (NLT)

In my distress I prayed to the Lord, and the Lord answered me and set me free.

Affirmation:

Even in pressure and pain, I know I can pray—and the Lord hears me. He answers and sets me free every time.

Psalm 118:21 (NLT)

I thank you for answering my prayer and giving me victory!

Affirmation:

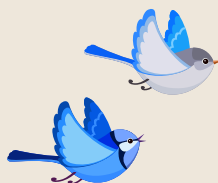
Today, I celebrate victory because God has answered my prayers. I live from a place of praise, not pressure.

Psalm 119:116 (NLT)

Lord, sustain me as you promised, that I may live!

Affirmation:

God sustains me daily. I live because of His promises, and I rise because His Word strengthens me.



Psalm 127:3 (NLT)

Children are a gift from the Lord; they are a reward from him.

Affirmation:

My children are not a burden—they are a divine reward. I honor the gift they are and raise them with purpose and love.

Psalm 138:7 (NLT)

Though I am surrounded by troubles, you will protect me from the anger of my enemies.

Affirmation:

Even in the midst of conflict, I am not afraid. God protects me from every attack, and no weapon formed against me can succeed.

Psalm 145:8–9 (NLT)

The Lord is merciful and compassionate, slow to get angry and filled with unfailing love. The Lord is good to everyone. He showers compassion on all his creation.

Affirmation:

God's love never runs out. His mercy and compassion cover me daily. I live under His goodness and share that goodness with others.

Proverbs 18:10 (NLT)

The name of the Lord is a strong fortress; the godly run to him and are safe.

Affirmation:

The name of the Lord is my refuge. I run into His strength and I am safe, secure, and unshaken.



