



DEEP ROOTS
FAMILY
THERAPY

Godly Affirmations from Scripture

(Who God Says I am)

Anything we say to ourselves is predictive or prophetic, that's why it is so important to '**take every thought captive,**' (2 Cor. 10:5) to make sure it aligns with God's Word. We are instructed in Philippians 4:8 to think about-- "**Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy.**" The Bible has many teachings that will help you reshape your thinking and life. When you declare these truths daily it is transformative and reinforces your true identity, the one that only God your creator has given. When we meditate on these truths, God does a work in us, not only do we draw nearer to HIM, but other's opinions of us become much less important.

I encourage you to read these daily, pray for belief, post them on your mirror or dashboard, craft them into bookmarks and journal what the Lord is teaching you through these verses. Your past doesn't define you. Your choices, mistakes, struggles, feelings, or circumstances do not define you. YOU are who GOD says you are.

For more help in your healing and recovery from a destructive marriage, narcissistic abuse, coercive control, domestic violence reach out to www.deeproofsft.com. Go to the "New Client Forms" tab and complete the inquiry there so I can get to know you. Add your contact info to our mailing list to be notified of workshops, retreats, book clubs, and other offers. Your information is safe with us and completely confidential--and you will NOT be spammed with tons of emails, I promise.

"I am created in God's image." Genesis 1:27

"I am fearfully and wonderfully made." Psalm 139:14

"I am a child of God." John 1:12

"I am blessed and highly favored." Luke 1:28

"Goodness and unfailing love are pursuing me" Psalm 23:6 NLT

"I am strong in the Lord" Ephesians 6:10

"I am complete in Christ" Colossians 2:10

"I am free in Christ" Galatians 5:1

"I have the mind of Christ." 1 Corinthians 2:16

"God is ordering my steps." Psalm 37:23

"I am more than a conqueror." Romans 8:37

"No weapon formed against me shall prosper." Isaiah 54:17

"I am victorious through faith." 1 John 5:4