

# CHRISTIAN AFFIRMATIONS WORKSHEET

**"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things." - Philippians 4:8**

## **IDENTITY IN CHRIST**

I am loved unconditionally by God (Romans 8:38-39)

I am a child of God (1 John 3:1)

I am fearfully and wonderfully made (Psalm 139:14)

I am never alone; God is always with me (Deuteronomy 31:6)

I am forgiven and made new (2 Corinthians 5:17)

## **PERSONALIZED AFFIRMATIONS**

Write 3-5 affirmations that combine truth about yourself with God's truth:

Example: "I am struggling today, AND God gives me strength for each moment (Isaiah 41:10)"

- 1.
- 2.
- 3.
- 4.
- 5.

## **RENEWING YOUR MIND**

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind." - Romans 12:2

Old thought pattern I want to replace:

New truth-based thought:

Scripture that supports this truth:

## **DAILY PRACTICE**

Choose 2-3 affirmations to speak aloud each morning this week.