

# BIBLICAL AFFIRMATIONS - WITH SCRIPTURE REFERENCES

## The *Truth* about you and me in Christ

### **I am loved.**

- Romans 8:38-39 — Nothing can separate us from the love of God in Christ Jesus.
- John 3:16 — God so loved the world that He gave His only Son.
- 1 John 4:9-10 — God showed His love by sending His Son for us.

### **I am good.**

(Not by ourselves, but because of Christ in us)

- 2 Corinthians 5:21 — We become the righteousness of God in Him.
- Ephesians 2:10 — We are God's workmanship, created for good works.
- Philippians 1:6 — He who began a good work in you will carry it on to completion.

### **I am enough.**

- 2 Corinthians 12:9 — God's grace is sufficient for you.
- Colossians 2:10 — You are complete in Christ.
- Philippians 4:13 — I can do all things through Christ who strengthens me.

### **I am worth it.**

- Romans 5:8 — While we were still sinners, Christ died for us.
- Matthew 10:31 — You are worth more than many sparrows.
- 1 Peter 1:18-19 — You were redeemed with the precious blood of Christ.

### **I am needed.**

- 1 Corinthians 12:27 — You are the body of Christ, and each one is part of it.
- Romans 12:4-5 — Each member belongs to all the others.
- Ephesians 4:16 — Every part does its work and helps the body grow.

### **I am wanted.**

- John 15:16 — You did not choose Me, but I chose you.
- Ephesians 1:4-5 — He chose us in Him before the foundation of the world and adopted us.
- Revelation 3:20 — Jesus stands at the door and knocks, longing for fellowship.

### **I am safe.**

- Psalm 91:1-2 — He is my refuge and fortress.
- John 10:28-29 — No one can snatch you out of Jesus' hand.
- Proverbs 18:10 — The name of the Lord is a strong tower; the righteous run to it and are safe.

### **I am beautiful.**

- Psalm 139:14 — I am fearfully and wonderfully made.
- Song of Solomon 4:7 — You are altogether beautiful, my love.
- 1 Peter 3:3-4 — True beauty is inward, the unfading beauty of a gentle spirit.

### **I am kind.**

- Galatians 5:22-23 — Kindness is fruit of the Spirit.
- Ephesians 4:32 — Be kind and compassionate to one another.
- Colossians 3:12 — Clothe yourselves with compassion, kindness, humility, gentleness, and patience.

### **I am capable.**

- Philippians 4:13 — I can do all things through Christ who strengthens me.
- 2 Corinthians 3:5-6 — Our competence comes from God.
- Ephesians 3:20 — God is able to do immeasurably more through His power in us.

### **I am admirable.**

- Philippians 4:8 — Whatever is excellent or praiseworthy, think on these things.
- Matthew 5:16 — Let your light shine so others see your good works and glorify your Father.
- Proverbs 31:30-31 — A woman who fears the Lord is to be praised.

### **I am cared for.**

- 1 Peter 5:7 — Cast all your cares on Him, for He cares for you.
- Psalm 23:1-3 — The Lord is my Shepherd; I lack nothing.
- Matthew 6:26 — Your heavenly Father feeds the birds—are you not more valuable?

### **I am important.**

- Matthew 5:14 — You are the light of the world.
- 1 Peter 2:9 — You are a chosen people, a royal priesthood, God's special possession.
- Jeremiah 29:11 — God has plans to prosper you and give you hope and a future.

### **I am caring.**

- Philippians 2:4 — Look not only to your own interests but also to the interests of others.
- Colossians 3:12-14 — Clothe yourselves with compassion, kindness, humility, gentleness, and patience.
- Galatians 6:2 — Carry each other's burdens.

### **I am valuable.**

- Luke 12:6-7 — You are worth more than many sparrows.
- Isaiah 43:4 — You are precious in My eyes, honored, and I love you.
- 1 Corinthians 6:20 — You were bought with a price.

### **I am brave.**

- Joshua 1:9 — Be strong and courageous; the Lord your God is with you.
- Psalm 27:1 — The Lord is my light and salvation; whom shall I fear?
- 2 Timothy 1:7 — God has not given us a spirit of fear, but of power, love, and a sound mind.

### **I am talented.**

- 1 Peter 4:10 — Use whatever gift you have received to serve others.
- Romans 12:6 — We have different gifts, according to the grace given to us.
- Matthew 25:14-30 — The parable of the talents: God entrusts us with abilities to use faithfully.

Name: \_\_\_\_\_

## True Affirmations

Trace it. Write it. Apply it.

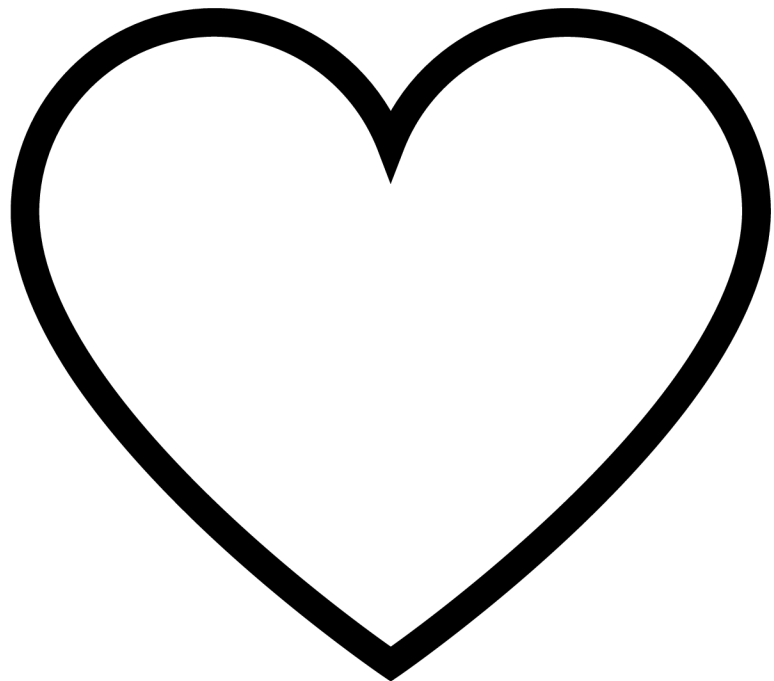
I am loved.

I am loved.

“For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.” - John 3:16



Color this heart.  
Inside the heart,  
write or draw  
something God loves  
about YOU.



Finish this sentence: God loves me even when...

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\_\_\_\_\_

\_\_\_\_\_

Name: \_\_\_\_\_

## True Affirmations

Trace it. Write it. Apply it.

I am good.

I am good.

“For we are God’s masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.” – Ephesians 2:10



Write or draw one good thing you can do this week  
(like helping, sharing, or being kind).

Circle the words that describe YOU:

**Good**

**Chosen**

**Loved**

Name: \_\_\_\_\_

## True Affirmations

Trace it. Write it. Apply it.

I am enough.

I am enough.

“and in Christ you have been brought to fullness. He is the head over every power and authority.”

- Colossians 2:10



Draw yourself with Jesus beside you.

Finish this sentence: With Jesus, I am...

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Name: \_\_\_\_\_

## True Affirmations

Trace it. Write it. Apply it.

I am needed.

I am needed.

“Just as our bodies have many parts and each part has a special function, so it is with Christ’s body. We are many parts of one body, and we all belong to each other.” – Romans 12:4-5



Draw a picture of people working together

Finish this sentence: God made me to help by...

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Name: \_\_\_\_\_

## True Affirmations

Trace it. Write it. Apply it.

I am wanted.

I am wanted.

“You did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit that will last.” – John 15:16



Draw a picture of Jesus with open arms.

Finish this sentence: Jesus chose me to...

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\_\_\_\_\_

Name: \_\_\_\_\_

## True Affirmations

Trace it. Write it. Apply it.

I am safe.

I am safe.

“This I declare about the Lord:

He alone is my refuge, my place of safety;

he is my God, and I trust him.” – Psalm 91:1-2



Draw yourself inside a big strong castle with Jesus.

Circle the word(s) that make you feel safe:

**Jesus**

**Family**

**Friends**

Name: \_\_\_\_\_

## True Affirmations

Trace it. Write it. Apply it.

I am beautiful.

I am beautiful.

"I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well." - Psalm 139:14



Draw your favorite thing about how God made you  
(smile, hair eyes, kindness, etc.)

Finish this sentence: God made me beautiful because...

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Name: \_\_\_\_\_

## True Affirmations

Trace it. Write it. Apply it.

I am kind.

I am kind.

“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”

- Ephesians 4:32



Draw yourself helping or being kind to someone.

Write one kind word or statement you can say today.

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\_\_\_\_\_

\_\_\_\_\_

Name: \_\_\_\_\_

## True Affirmations

Trace it. Write it. Apply it.

I am capable.

I am capable.

"I can do all this through him who gives me strength."

- Philippians 4:13



Draw a time you did something hard with God's help.

Finish this sentence: With Jesus, I can...

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Name: \_\_\_\_\_

## True Affirmations

Trace it. Write it. Apply it.

I am cared for.

I am cared for.

“Cast all your anxiety on him because he cares for you.” – 1 Peter 5:7



Draw yourself giving your worries to Jesus.

Finish this sentence: God cares for me by...

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Name: \_\_\_\_\_

## True Affirmations

Trace it. Write it. Apply it.

I am important.

I am important.

“Are not five sparrows sold for two pennies? Yet not one of them is forgotten by God... Don’t be afraid; you are worth more than many sparrows.” - Luke 12:6-7



Draw some sparrows (birds) and then draw yourself bigger and brighter.

Circle the word(s) that show how God sees you:

**Loved**

Forgotten

**Important**

Name: \_\_\_\_\_

## True Affirmations

Trace it. Write it. Apply it.

I am brave.

I am brave.

“Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.” – Joshua 1:9



Draw yourself standing tall with Jesus beside you.

Finish this sentence: I can be brave when...

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\_\_\_\_\_

\_\_\_\_\_

Name: \_\_\_\_\_

## True Affirmations

Trace it. Write it. Apply it.

I am talented.

I am talented.

“We have different gifts, according to the grace  
given to each of us.” – Romans 12:6



Draw one talent or gift God gave you  
(art, sports, singing, kindness, etc.)

Finish this sentence: My gift from God is...

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Name: \_\_\_\_\_

## True Affirmations

Trace it. Write it. Apply it.

I am talented.

I am talented.

“But God showed his great love for us by sending Christ to die for us while we were still sinners.”

-Romans 5:8



Draw a crown. Inside the crown, write your name.  
You are valuable!

Circle the words that show how God sees you:

**Special**      **Worth It**      **Important**