

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.