

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: _____

GOD LOVES ME

Affirmations			
I am good.	I am loved.	I am enough.	I am worth it.

Look up each of the verses. In each blank, write the affirmation that matches the bible verse(s).	
_____	Romans 5:8
_____	John 3:16
_____	Ephesians 2:10
_____	Colossians 2:10

Reflection: Write about a time you felt loved or valued. How can remembering God's love help when you don't feel "enough"?

"...if we love each other, God lives in us, and his love is brought to full expression in us." - 1 John 4:12b

Name: _____

GOD LOVES ME

Creative space: Draw a heart and inside it, write or doodle what makes you unique and valuable to God.

Name: **KEY** _____

GOD LOVES ME

Affirmations			
I am good.	I am loved.	I am enough.	I am worth it.

Look up each of the verses. In each blank, write the affirmation that matches the bible verse(s).	
<u>I am worth it.</u>	Romans 5:8
<u>I am loved.</u>	John 3:16
<u>I am good.</u>	Ephesians 2:10
<u>I am enough.</u>	Colossians 2:10

Apply it: Write about a time you felt loved or valued. How can remembering God's love help when you don't feel "enough"?

"...if we love each other, God lives in us, and his love is brought to full expression in us." - 1 John 4:12b

Name: _____

I BELONG

Affirmations

I am needed. I am wanted. I am safe. I am beautiful.

Look up each of the verses.

In each blank, write the affirmation that matches the bible verse(s).

_____ John 15:16

_____ Psalm 139:14

_____ Psalm 91:1-2

_____ Romans 12:4-5

True or False: God only wants "perfect" people. _____

What verse proves your answer? _____

Apply it: Who in your life helps you feel safe and wanted? How does God promise to always be that for you?

*"Therefore, accept each other just as Christ has accepted you so that God will be given glory." -
Romans 15:7*

Name: _____

I BELONG

Creative space: Draw yourself as part of a team/body (like the Body of Christ in 1 Corinthians 12). What "role" do you play?

Name: **KEY** _____

I BELONG

Affirmations

I am needed. I am wanted. I am safe. I am beautiful.

Look up each of the verses.

In each blank, write the affirmation that matches the bible verse(s).

I am wanted.

John 15:16

I am beautiful.

Psalm 139:14

I am safe.

Psalm 91:1-2

I am needed.

Romans 12:4-5

True or False: God only wants "perfect" people. **False**

What verse proves your answer? **John 15:16**

Apply it: Who in your life helps you feel safe and wanted? How does God promise to always be that for you?

"Therefore, accept each other just as Christ has accepted you so that God will be given glory." - Romans 15:7

Name: _____

GOD'S SPIRIT IS IN ME

Affirmations

I am kind. I am capable. I am admirable.
I am cared for. I am important.

Look up each of the verses.

In each blank, write the affirmation that matches the bible verse(s).

_____ 1 Peter 2:9
_____ Galatians 5:22
_____ Philippians 4:13
_____ 1 Peter 5:7
_____ Matthew 5:16

Apply it: Which affirmation is hardest for you to believe? Write one reason it's true anyway (with Scripture as proof).

"The Spirit of God, who raised Jesus from the dead, lives in you. And just as God raised Christ Jesus from the dead, he will give life to your mortal bodies by the same Spirit living within you." - Romans 8:11

Name: _____

GOD'S SPIRIT IS IN ME

Creative space: Make a "badge" design for yourself with one of these words written boldly in the middle (Kind, Important, Capable).

Name: **KEY** _____

GOD'S SPIRIT IS IN ME

Affirmations

I am kind. I am capable. I am admirable.
I am cared for. I am important.

Look up each of the verses.

In each blank, write the affirmation that matches the bible verse(s).

I am important.

1 Peter 2:9

I am kind.

Galatians 5:22

I am capable.

Philippians 4:13

I am cared for.

1 Peter 5:7

I am admirable.

Matthew 5:16

Apply it: Which affirmation is hardest for you to believe? Write one reason it's true anyway (with Scripture as proof).

"The Spirit of God, who raised Jesus from the dead, lives in you. And just as God raised Christ Jesus from the dead, he will give life to your mortal bodies by the same Spirit living within you." - Romans 8:11

Name: _____

GOD GIVES ME STRENGTH

Affirmations			
I am caring.	I am valuable.	I am brave.	I am talented.

Look up each of the verses. In each blank, write the affirmation that matches the bible verse(s).	
_____	Luke 12:6-7
_____	Colossians 3:12-14
_____	2 Timothy 1:7
_____	1 Peter 4:10

True or False: Look up Joshua 1:9. How does this verse encourage bravery in your daily life (school, friends, family)? _____

Apply it: List one talent or gift God has given you. How could you use it to help someone else this week?

"Your authority is my strength and my peace. The comfort of your love takes away my fear. I'll never be lonely, for you are near." -Psalms 23:4b TPT

Name: _____

GOD GIVES ME STRENGTH

Creative space: Draw yourself standing strong and brave, with one affirmation from today's list written in big letters above your head.

Name: **KEY** _____

GOD GIVES ME STRENGTH

Affirmations			
I am caring.	I am valuable.	I am brave.	I am talented.

Look up each of the verses. In each blank, write the affirmation that matches the bible verse(s).	
<u>I am valuable.</u>	Luke 12:6-7
<u>I am caring.</u>	Colossians 3:12-14
<u>I am brave.</u>	2 Timothy 1:7
<u>I am talented.</u>	1 Peter 4:10

True or False: Look up Joshua 1:9. How does this verse encourage bravery in your daily life (school, friends, family)? God says to be strong and courageous because He is always with me. Example: "It helps me be brave when giving a speech or standing up for a friend."

Apply it: List one talent or gift God has given you. How could you use it to help someone else this week?

"Your authority is my strength and my peace. The comfort of your love takes away my fear. I'll never be lonely, for you are near." -Psalms 23:4b TPT