

AFFIRMATIONS

Part Two

Remember, an **affirmation** is breaking negative thoughts believed as a child and turning those lies into God's positive truths as we allow Him into the areas of our pain and denial. It is the changing of old fears, the breaking of old lies, curses or vows you made or were told as a child. It is the breaking of childhood bondages. It is hearing positive words that you may, as a child, never heard spoken. It is the **freedom** to become a "New" you! See the example list below.

1. "I, your name, am getting better and better each day. I will make it through the pain and fears."
2. "There is a purpose and plan for my life. I, _____, am on the road to recovery".
3. "I, _____, made it through the experience of the abuse; I can make it through the "pain" of memories".
4. "I, _____, am now surrounded by loving people who will help me become whole".
5. "It is now safe for me, _____, to be in this world and in this body. I don't have to hide emotionally anymore.
6. "I, _____, am a lovable, beautiful, caring person. I can receive a compliment."
7. "I, _____, will not isolate or be ashamed of my little girl (boy). I will learn to love, trust and release her (him) to move in freedom".
8. "I, _____, do not need food (drugs, alcohol, etc.) every time pressure mounts". I will learn to release negative feelings and deal with them in a healthy way".
9. "I, _____, will learn to set healthy boundaries with everyone including myself".
10. "I, _____, will establish my healthy boundaries (without guilt) and I will reinforce them whenever needed".
11. "I, _____, will not deny what I feel, pretend that everything is just "fine" or take responsibility for the actions of other people".
12. "I, _____, affirm that God in control of my life; I will rest in His love and grace".
13. "I, _____, am responsible for my recovery. I will not resist the healing process, but I will **choose** to work through the unpleasant feelings". I choose "Freedom" not bondage!
14. "I, _____, do not have to please everybody and get everything done by myself. It is "okay" not to be perfect"!
15. "I, _____, will use the seven steps to restoration and I will trust God for the process"!

Risk – Change – Pain – Truth – Freedom – Healing – Restoration.

Be joyful in hope, patient in affliction, faithful in prayer.” Romans 12:12

(Note) **Survivor** – To remain alive or in existence. To live or persist through or after.

Dysfunction – Disordered or impaired functioning.

EXAMPLE OF AFFIRMATIONS

“**I, Katie**, will not be afraid to face my fears. I refuse to feel powerless over my life. Jeremiah 29:11 tells me that God knows the plans he has for me, plans to prosper me and not to harm me, plans to give me hope and a future. Therefore, **I, Katie**, will not fear the future and what it holds for me, because Your word says, that You are always with me. You hold me by my right hand. You guide me with Your counsel and You, O God, are the strength of my heart and my portion forever according to Psalms 73:23-26. **I, Katie**, will let Your Word in Proverbs 3:5 be my help. I will trust in You, O Lord at all times! I am Your beloved daughter; You watch over me.

I, Katie will resist the desire to take things into my own hands and be a fixer. Instead I will trust You in my weakness and remember that You said, “Your grace is sufficient for me, and Your strength is made perfect in my weakness”. When the enemy comes into my mind like a flood, **I, Katie**, will be transformed by the renewing of my mind as God says in Romans 12:2. I will take every thought captive to the obedience of Christ. **I, Katie**, will know the truth in John 8:32 and the truth will set me free and whom the Son has set free is free indeed.

Therefore, **I, Katie**, refuse to live in the lies of the enemy, and **choose** instead, life abundantly in Jesus. God hasn’t given me the spirit of fear, but of power, love and a sound mind according to 2 Timothy 2:7. And, **I, Katie**, declare that I can do *all these things* in Christ who strengthens me. Amen.

We serve a loving, caring Heavenly Father who is mindful of everything that happens in our lives. He desires for us to walk in healing and newness of mind and heart. No matter how difficult the “Healing” road, we must walk, the end result is well worth the journey. My brother, my sister, you have a destiny in God and He has plans to prosper you, to bless you, to bring you into your destiny that was set in place the hour you were born. Strive toward the mark of excellence always in Jesus!

With God’s help you will know, understand and lay claim to *who God says you are* and not live your life under the bondage of the lies of man. Dare to believe God’s truths—be set FREE.