

Life Affirmation Declarations

1. I am loved by God, always. I am loved without condition.

The LORD's unfailing love and mercy still continue, Fresh as the morning, as sure as the sunrise. The LORD is all I have, and so I put my hope in him. The LORD is good to everyone who trusts in him, So it is best for us to wait in patience—to wait for him to save us. May the Lord bless you and take care of you; May the Lord be kind and gracious to you; May the Lord look on you with favour and give you peace. Very rarely will anyone die for a righteous person, though for a good person, someone might possibly dare to die. But God demonstrated His own love for us in this: while we were still sinners, Christ died for us. (From Lamentations 3, Numbers 6, Romans 5)

No matter what I face today, God, you will be with me. You love me without condition. I have nothing to prove to you today, nothing to accomplish in order to earn your love. You care about me and you want to be good to me today. I invite you to do that. I put my hope in you today. I will wait patiently for you, listening for your voice so I am saved from those things that would harm me. I choose to let you be kind and gracious to me today. I choose to believe that you look on me today with favour. You made me and you like me. I choose now and throughout each day to receive the acceptance and unconditional love you offer me.

2. My life is of great beauty and infinite value. God has a plan for my life that is meaningful, purposeful and joyful. There is a work for me to do today that will bless others and give me deep satisfaction.

The LORD your God is with you; his power gives you victory. The LORD will take delight in you, and in his love he will give you new life. He will sing and be joyful over you. God says: I alone know the plans I have for you, plans to bring you prosperity and not disaster, plans to bring about the future you hope for. (From Zephaniah 3, Jeremiah 29)

For we are God's workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in. And God is able to make all grace abound toward us, that always having all sufficiency in all things, we may have an abundance for every good work. And I am sure that God, who began a good work in us, will continue His work until it is finally finished. (Paul's New Testament letters)

God, you have made in love and beauty. I believe you created me to accomplish good things today and every day of my life. I choose for your plans today. Use me today

for your purposes. Show the world your love and kindness through me. Make my life useful for your Kingdom today. I choose to let you make alive in me the truth that you delight in me and that you sing over me with joy. I choose to let you make a new way of living in me, particularly where character defects have previously torn me down. I believe you are offering me a life of meaning and purpose today, with a work to do that will bless others and give me deep satisfaction. I will work and trust you to make me fruitful in my labour.

3. God is always with me. I need never face my problems alone. Together with God, any difficulty can be worked out and overcome.

Jesus said, "Peace is what I leave with you; it is my own peace that I give you. I do not give it as the world does. Do not be worried and upset; do not be afraid. Every test that you have experienced is the kind that normally comes to people. But God keeps his promise, and he will not allow you to be tested beyond your power to remain firm; at the time you are put to the test, he will give you the strength to endure it, and so provide you with a way out. I have the strength to face all conditions by the power that Christ gives me. God promises: Never will I leave you; never will I forsake you. So we say with confidence, "The Lord is my helper; I will not be afraid. What can anyone do to me?" Cast all your anxiety on God because He cares for you. And we know that in all things God works for good with those who love him, those whom he has called according to his purpose. (John 14, 1 Corinthians 10, Philippians 4, Hebrews 13, 1 Peter 5, Romans 8)

Confusion and worry are easy to find in my head and heart, God but release them to you. You have the wisdom and power to run the universe so you surely are wise enough to give me helpful solutions for my problems. I choose to let you create peace in the middle of my worries as you show me how much you care for me. I trust you to meet my needs today and how to co-operate with your plans. I choose to live life on your terms today, not mine. I believe that you will make good out of everything, even my mistakes. I've often been afraid of all sorts of things about myself and life, but today I surrender my heart and mind to you, Jesus, so you can grow peace in me and show me how to live without fear.

Questions For Reflection and Discussion

1. How do I look for God's love each day? How is he showing it?
2. What kind of work constitutes "good work that blesses others and gives deep satisfaction?"
3. How does God mean for me to respond when I am challenged by my own fears and failures or by difficult circumstances?
4. How does a person practically surrender to these truths on a daily basis?