

DAY 1

God wants me to have a vision of who I can be in Him. He wants me to look deep inside my heart knowing that my being and doing are directly related to who He is.

So I will not sell myself short.

**I am powerful beyond measure for it is in
“Him I live, I move, and have my being.”**

(Acts 17:28)

I choose to affirm myself today with that thought

Day 2

The Lord says, “I don’t change” (Malachi 3:6).

**I have Someone on my side
who has never been defeated,
discouraged, disappointed, intimidated,
deflated by people’s rejection
or elated by their applause.**

I can trust Him to be constant.

I can trust that He will never change

His feelings towards me.

I choose to trust Him.

Day 3

“You are my friend.” (John 15:14)

**A friend is one who will be there for me
when everyone else has walked away.**

**A friend will support me when others
pull the rug from under my feet.**

**A friend is never ashamed to call me friend
even when others are ashamed or embarrassed of me.**

I have that friend in Jesus.

I choose to claim His friendship.

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Day 4

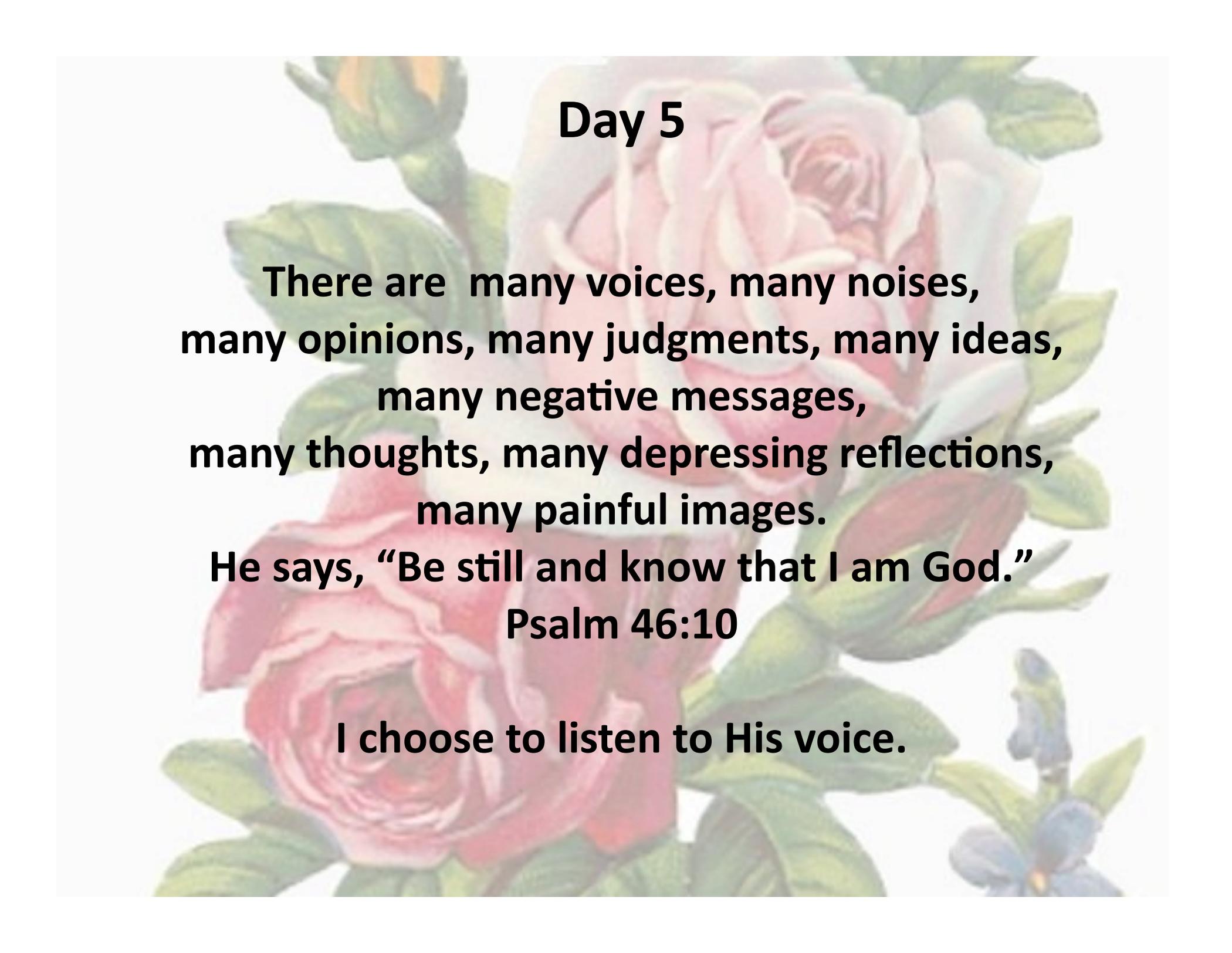
**I have been abandoned,
rejected, and left to make it on my own.**

**I have been hurt
because people who should care about me don't.**

**I feel like giving up
because I feel so alone.**

**Jesus told Joshua, "I will not fail or forsake you."
(Joshua 1:5)**

**I choose to ask Him today to reveal Himself to me
in a new way.**



Day 5

**There are many voices, many noises,
many opinions, many judgments, many ideas,
many negative messages,
many thoughts, many depressing reflections,
many painful images.**

He says, "Be still and know that I am God."

Psalm 46:10

I choose to listen to His voice.

Day 6

**My ability and freedom to love others
is directly related to my ability and
freedom to love myself.**

**Since God loves me,
it is o.k. to love myself.**

**So I will take care of my self as I would lovingly take care
of my spouse, children,
and other significant people in my life.**

**“Beloved, above all things I wish that you would
prosper and be in good health.” 3 John 2**

I choose to take care of myself as I take care of others

Day 7

The joy of the Lord is my strength.

(Nehemiah 8:10)

Joy comes from within.

**Joy is the abiding assurance that no matter what happens to me on the outside,
I can be content on the inside
because the strength of the Lord is my shield,
my fortress,
and my stronghold, your refuge.**

I Choose to find safety in Him!