

# WRITING

## Affirmations

Find a quiet space, get comfortable, and offer God several minutes of silence in which to help you answer this question -

**What are the false narratives running through my head and heart right now?**

Write down every untrue thing that might be leading to discouragement and defeat.

Hold all of these before God and ask him to replace each one with the truth. Dig into his word to help you better understand what He says about you and your situation that may be different from what you've been hearing.

Below are some common false narratives and scripture to help shift your thinking. Consider if some of the things you wrote down are rooted in any of these statements. If so, read the passage and then use them to help you write an affirmation instead. Remember, just because something wasn't true for you yesterday, doesn't mean it can't be true for you today.

**I am a failure - 2 Corinthians 3:5-6, Philippians 4:13**

**I am not good enough - Hebrews 10:14, Colossians 2:13**

**I am full of fear - Psalm 34:4, 2 Timothy 1:7**

**I am full of guilt and shame - Romans 6:14, Psalm 103:12**

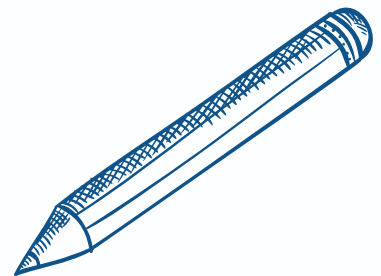
**I am far from God - Ephesians 2:6, 1 Peter 2:5**

**I have no purpose - Psalm 37:23, John 10:10**

**I am hopeless and depressed - Romans 15:13, Psalm 16:11**

**I am nothing special - Genesis 1:26, Isaiah 49:1 & 5**

**I am confused and can't make good decisions - 1 Corinthians 2:16, 2 Timothy 1:7**



Display your affirmations where you can see them at least a few times a day.

Recite them to yourself. Reteach your head and your heart what is true.

**And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus...whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything is excellent or praiseworthy--think about such things. Whatever you have learned or received or heard from me, or seen in me--put it into practice. And the God of peace will be with you.**

## BREATHINGROOM.LIFE