

90 Day Renewal Affirmations

I forget those things that are behind me, including all of my personal shortcomings in the area of spiritual disciplines, diet, and exercise. I am pressing toward what lies ahead: a bright future filled with health in my spirit, soul, and body. Based on Philippians 3: 13

I have the power to change my life, because the spirit of the Lord rests upon me. I can learn a new way of living because I have a spirit of wisdom and understanding.
Based on Isaiah 11: 2

I am cooperating with God as he transforms me day by day. I am pressing on toward the prize God has in store for me. BASED ON PHILIPPIANS 3: 14

I rest securely in God's loving care. I know he has an awesome plan for my future.
God has plans to prosper me and not to harm me.
Based on Jeremiah 29: 11

Goodness and love follow me wherever I go. I am richly blessed!
Based on Psalm 23

I meditate on God's Word day and night. I love to memorize Scripture!
Based on Psalm 119: 97

I am blessed because I look to God's Word for advice and direction. As I live by the principles of God's Word, I will be blessed and bear fruit.
Based on Psalm 1

I actively strive for health in my spirit, soul, and body. I seek healing whenever needed so that my spirit, soul, and body may be kept blameless.
Based on 1 Thessalonians 5: 23- 24

I've made it my goal to be steadfast, unmovable, always abounding in the work of the Lord.
Based on 1 Corinthians 15: 58

I diligently guard my body, because it is the only living sacrifice I have to offer God. But I am even more diligent in guarding my heart because I know out of it flow the issues of life.—
Based on Proverbs 4: 23

I don't overeat because I know food can never satisfy me. My soul is satisfied with the things of God.
Based on Psalm 84: 1- 2

Any hardships I face in this world are nothing compared to the glory that will be revealed in me.—
Based on Romans 8: 18

I am persuaded that nothing can separate me from the love of God.
Based on Romans 8: 38- 39

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I know nothing is impossible with God. He is able to transform my life from the inside out.
Based on Luke 1: 37

I don't let negative people in my life drag me down; instead, I strive to be a positive,
loving influence on everyone I meet.
Based on 1 John 5: 4

I am a slave to righteousness. I am no longer free to live however I please.
Based on Romans 6: 19- 23

I know God is able to do exceedingly abundantly above all that I could possibly ask or imagine.
Based on Ephesians 3: 20

My body belongs to God; he bought and paid for it. I have no right to treat God's temple like a trash can,
filling it with junk food and abusing it through neglect. Instead, I have an obligation to take care of myself.
Based on Romans 12: 1- 2

I lay up for myself treasures in heaven. I do not store treasure here on earth. I realize that where my
treasure is, there my heart will also be.
Based on Matthew 6: 19- 21

I am confident that God will reward me as I diligently seek him. I don't know what form the reward will
take, but I
know it will be awesome.
Based on Hebrews 11: 6

I remain calm no matter what happens. I keep a clear head in all situations because I trust
God to provide for my every need.
Based on Isaiah 26: 3

I am one of God's treasured possessions. He handpicked me to be his own.
Based on Deuteronomy 26: 16- 19

I take dominion over my body; I don't allow my body to have dominion over me.
Based on Matthew 5: 29- 30

I am a blessing to God when I choose to be grateful and hopeful, no matter how difficult my circumstances.
Based on Luke 1: 46- 52

I remember all God's benefits: He forgives me, heals me, and surrounds me with loving-kindness. He has
rescued me from an eternity in hell and has blessed me in this life as well.
Based on Psalm 103: 1- 5

My faith makes me whole in spirit, soul, and body. Jesus offers me the same healing he offered others when
he walked the earth.
Based on Mark 5: 34

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My life is a life of contribution. I am making a positive difference in this world and for eternity.

Based on 1 Peter 2: 11- 12

When my emotions go haywire, I turn to God's Word and it revives my soul.— Based on Psalm 19: 7- 8 I firmly believe God desires for me to prosper and enjoy good health.

Based on 3 John 2

I trust in God and he shows me the way I should go.

Based on Psalm 143: 8

God has called me to serve others. I fulfill that call enthusiastically in the power of the Holy Spirit.

Based on Isaiah 61: 1- 3

As a follower of God, I am automatically in a position of leadership in this world. I take that responsibility seriously and always seek to set a good example.

Based on 1 Kings 2: 2- 3

I walk in love and humility. I am patient and kind in every situation.

Based on 1 Corinthians 13

I spend more time praying than grumbling; therefore I have less to grumble about.

Based on Philippians 2: 14

I don't have to rely on cosmetics to make me beautiful. I look to the Lord, so my face is radiant. He makes me beautiful from the inside out.

Based on Psalm 34: 1- 5

I build myself up through wisdom. Through increasing knowledge, I fill my life with blessings and every good thing.

Based on Proverbs 24: 3- 4

Nothing I have to do today is more important than spending time in prayer. My day goes more smoothly when I begin it on my knees.

Based on Mark 1: 35- 37

I reject negative thinking patterns, focusing instead on the positive promises of God. When negative thoughts come, I stop them in their tracks and take them captive.

Based on 2 Corinthians 10: 5

I keep my mind at peace by focusing on God's goodness, rather than striving after my fair share.—

Based on Isaiah 26: 3

When someone asks me how I am, I say, "I am richly blessed," because that is always true— no matter what else is happening in my life.

Based on Proverbs 28: 20

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I protect my body by keeping my mind at peace. The more confidence I have in God's loving care for me, the more my mind will remain at peace.

Based on Isaiah 26: 3

I am in strict training as a disciple of Christ and I work hard. But I don't drive myself to exhaustion trying to prove I'm worth something. I know I am worthwhile because I am a child of God.

Based on 1 John 3: 1 I don't get worked up when things don't turn out the way I had hoped. I simply adjust to circumstances as they unfold, trusting that God has a better plan in mind.

Based on Jeremiah 29: 11

I am not shaken by tough times, because I am confident God will bring something good out of every circumstance, even if I don't understand the how, when, or why.

Based on Romans 8: 28

I desire and work toward peace within and around me. I cultivate harmony in all my relationships by being gracious, no matter how difficult the circumstances.

Based on Psalm 34: 11- 14

I fill my mind with loving, positive thoughts concerning my family rather than mentally rehearsing their faults.

Based on Philippians 4: 8

I live my life in a spirit of prayer, practicing the presence of God at all times and in all my affairs.

Based on Ephesians 6: 10- 18

I am not easily provoked. Instead, I give other people the benefit of the doubt, knowing others are probably doing the best they can.

Based on 1 Corinthians 13

I trust in the Lord with all my heart, rather than trying to figure things out for myself. I know he has everything figured out already.

Based on Proverbs 3: 5-6

I enjoy meditating on God's Word. It's such a blessing to have God's Word in my mouth— to be able to speak a word in due season to those who are weary or discouraged.

Based on Psalm 1: 2

I realize self-control is a marvelous fruit of the Holy Spirit, so I actively seek to cultivate it in my life. My life is so much better when I practice self-control, rather than living by impulse.

Based on Galatians 5: 22- 23

I believe God's Word rather than what I might believe by looking at my circumstances. Circumstances can deceive me, but God's Word never will.

Based on Proverbs 4: 20- 22

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I love giving because I know that in the same measure I give, it will be given back to me— good measure, pressed down, shaken together, and running over.

Based on Luke 6: 38

The more I fill my mind with “whatever is true, noble, excellent, and praiseworthy,” the less room there will be in my mind for negative thoughts. Therefore I choose to think about such things.

Based on Philippians 4: 8- 9

I am controlled by the Spirit, not by my taste buds.—

Based on Romans 8: 6

I am richly blessed. I am not missing out on anything. I enjoy every spiritual blessing!

Based on Ephesians 1: 3

Tough times will either make me bitter or better. I choose to learn my life lessons, rather than resenting or resisting

them, so I will become a better person.

Based on Hebrews 12: 15

Even before I was born, God had a specific assignment in mind for my life. My greatest fulfillment comes as I fulfill God’s plans and purposes.

Based on Jeremiah 1: 5

My vindication comes from God, so I don’t waste time trying to prove I’m right.

Based on Isaiah 54: 17

My life is full of good things. All I have to do is open my eyes to see how fortunate I really am.— Based on Matthew 6: 20 I desire to be blessed with long life so that I can be a blessing to others.

Based on Joshua 14: 6- 14

The eyes of my understanding are enlightened. I understand how powerful God is in my life— more powerful than any obstacles I face.

Based on Ephesians 1: 18- 19

I choose to feed my spirit.

Based on Galatians 5: 16- 18

I choose to be joyful and gracious, no matter how difficult the circumstance.

Based on Philippians 4: 4- 7

I have committed the rest of my life to serving God with all my heart and with all my soul.

Based on Joshua 22: 5

I have made a conscious decision to eliminate complaining from my life— for my sake and for the sake of everyone around me. I do everything— especially the simple, everyday tasks of life— without complaint.

Based on Philippians 2: 14- 15

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God shows me the way to go. All I have to do is listen and he will tell me which path to take.

Based on Proverbs 3: 5- 8

My sinful response to the sin of others has far more destructive power than anything others can do to me.

Therefore, I respond to everyone in a loving fashion no matter how they treat me.

Based on Proverbs 17: 22

I choose to forgive everyone, just as God has forgiven me. Hanging on to unforgiveness cannot benefit me in any way.

Based on Colossians 3: 13

I don't waste my time looking for the "speck" in other people's eyes. Instead, I focus on removing the plank from

my own eye— realizing the "plank" is my own critical spirit.

Based on Matthew 7: 1- 5

I let the peace of Christ rule in my heart by choosing to be thankful for what I do have, rather than complaining about what I don't have.

Based on Colossians 3: 15- 16

When I choose to be thankful, I am obeying and honoring God. He, in turn, will bless my obedience.

Based on Colossians 3: 15

I eat to live. I don't live to eat.

Based on Proverbs 23: 2

I reap what I sow. Therefore, I choose to sow wisely.

Based on Galatians 6: 7- 9

I enjoy life and peace, because I keep my mind fixed on the things of God. When my life lacks peace, I refocus my mind on him and watch my peace be restored.

Based on Isaiah 26: 3

I try to live every day, every moment, enthusiastically. I give thanks for every opportunity and encounter, even the challenges, because they help me grow.

Based on Psalm 103: 1- 2

I exercise wisdom concerning my eating habits, because I know food can be a stumbling block to me.

Based on Genesis 3: 1- 7

I am fearfully and wonderfully made.

Based on Psalm 139: 13- 16

When I call to God He answers me. He tells me things I wouldn't know otherwise.

Based on Jeremiah 33: 3

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I realize nothing good comes from worrying, so I refuse to worry. My responsibility is to make it through today with a grateful heart and let God handle tomorrow.

Based on Matthew 6: 34

God gives me power and increases my strength. I run and am not weary. I walk and do not faint.

Based on Isaiah 40: 28- 31

Greater is he who is in me than he who is in the world. Me plus God is always a majority.

Based on 1 John 4: 4

I promote health in my body by fixing my mind on God and keeping my feet firmly set on the road to holiness.

Based on Proverbs 4: 20- 27

I am more than a conqueror through Christ who loves me. I am a winner.

Based on Romans 8: 37

Apart from God, I can do nothing. Therefore, I stay connected to him throughout the day by practicing the presence of God.

Based on John 15: 1- 8

I have compassion on people— especially people who tend to annoy me— because I realize we are all jars of clay.

Based on 2 Corinthians 4: 7

I choose not to be a critical or judgmental person because I know people will treat me the way I treat others. The less critical I am, the less critical people will be of me.

Based on Matthew 7: 1

I choose to spend time with people who are wise, so I will become wise.

Based on Proverbs 13: 20

Joy is not a result of what happens to me; it is a result of how I respond to what happens to me. I choose to be joyful.

Based on 1 Thessalonians 5: 16

The One who began a good work in me will see it through to completion. Therefore, I don't feel stressed-out or

disappointed when I see my weaknesses and failures. I stay focused on God and trust the process. I believe I am well on my way to enjoying maximum health in my spirit, soul, and body.

Based on Philippians 1: 6