

AFFIRMATIONS

Let go and let God. I need to trust God to help me get through every day whether it is a good day or a bad day.

God will make all things right if I will surrender to his will.

God can solve all my problems! I need to take all my problems to God first in prayer and meditation, then to others. God works through people.

God loves me just the way I am.

God help me keep an open mind about all things. A mind is like a parachute; it works better when it is open.

God plans results that I can't even imagine. Trust God.

God I cannot do this on my own. Please help me.

Blame no-one but myself. Trust God, not evil. God's mercy and grace, not my will. Gratefulness instead of ungratefulness. Be thankful instead of being selfish and self-centered.

Thank you God for all you do for me. Let me always put my complete trust in you for all things. Amen.

Matthew 6:33: Seek first the kingdom of God and his righteousness - the rest will be added to you.

God is good all the time. All the time, God is good.

God loves me as I am.

God shall supply all my needs.

God, please help me know that if I trust in you, everything will be all right.

God, please embrace my family and direct their lives.

God I hear you say: Live! Life's a banquet and most poor souls are starving to death.

God sees you as you can become, but loves you just the way you are.

God please give me an attitude of gratitude. God please allow me to be happy with all my accomplishments.

Happiness is not the absence of joy. It is the presence of God.

H.A.L.T.: Don't get too hungry, angry lonely, or tired.

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Be kind to yourself. Awareness without action is self abuse.

All is forgiven. Forgive yourself and be gentle with yourself.

You have a beautiful heart!

I am truly a woman of love, honor, and dignity.

I am enough. I have enough. Nothing tastes as good as abstinence feels. Surrendering means agreeing to cooperate.

If the only prayer you ever said was, "Thank you", that would be enough.

Happiness is not getting what you want; it's wanting what you have.

Humility is the perpetual quietness of heart.

Take away my difficulties. Remove from me the bondage of self.