

## **Scripture Affirmations to Set The Prisoner Free**

(Mentally, Emotionally, Spiritually and Physically)

You can transform your life by filling your mind with the Word of God. The following scripture-based affirmations are positive statements describing, not necessarily who you are right now, but the man/woman you want to be and the man/woman you can become through the power of the Holy Spirit.

Read these aloud daily:

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. 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

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. – 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. – Isaiah 26:3

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

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

I am a blessing to God when I choose to be grateful and hopeful, no matter how difficult my circumstances. – 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

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 Phil. 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

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. 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 Phil. 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 3:5-8

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

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 Phil. 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 Heb. 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.— 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