

Speak Life

A 7-DAY SCRIPTURE & AFFIRMATION GUIDE

Words have power. What we speak over ourselves shapes our mindset, our faith, and our walk with God. This 7-day guide will help you replace negative thoughts with biblical truth. Each day includes a scripture, an affirmation, and a short reflection.

day 1 I Am A Child of God

Scripture: John 1:12 – *"Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God."*

Affirmation: I am not defined by my past or my struggles—I am a child of God, loved and chosen.

Reflection: Remind yourself that your identity is rooted in Christ, not in labels or struggles.

day 2 I Have Peace in Christ

Scripture: John 14:27 – *"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."*

Affirmation: I choose God's peace over fear and anxiety.

Reflection: Speak peace into your life today. When worry rises, declare God's promise over it.

day 3 I Am Strong in the Lord

Scripture: Ephesians 6:10 – *"Finally, be strong in the Lord and in his mighty power."*

Affirmation: I am strong because God's power is at work in me.

Reflection: Strength comes from God, not your circumstances. Lean on Him today.

day 4 I Am Free in Christ

Scripture: Galatians 5:1 – *"It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery."*

Affirmation: I walk in freedom, not in fear or bondage.

Reflection: Whatever holds you back, declare freedom over it today.

day 5 I Am Filled with God's Love

Scripture: Romans 8:38-39 – *"For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers... will be able to separate us from the love of God that is in Christ Jesus our Lord."*

Affirmation: Nothing can separate me from God's love.

Reflection: Meditate on how deeply God loves you and let it transform your mindset.

day 6 I Speak Life Over Myself

Scripture: Proverbs 18:21 – *"The tongue has the power of life and death, and those who love it will eat its fruit."*

Affirmation: My words align with God's truth, bringing life and faith.

Reflection: Be intentional with your words today—speak blessings, not curses.

day 7 I Have Victory in Christ

Scripture: 1 Corinthians 15:57 – *"But thanks be to God! He gives us the victory through our Lord Jesus Christ."*

Affirmation: In Christ, I have victory over every trial.

Reflection: Walk boldly in victory, knowing that God has already overcome.

Each day, continue to speak life over yourself. The more you affirm God's truth, the more it will renew your heart and mind.

Choose a verse from this guide to memorize and declare daily!