45 Biblical Affirmations for Renewing Your Mind

Tawnya Kordenbrock, LPCA

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As a subscriber to ARenewedLife.com, I hope you will enjoy this special gift I have developed for you.

Some years ago, in seeking emotional healing for my own life, I came across a list of biblical affirmations and began to meditate on them.

I soon found that my efforts, and the Holy Spirit working within me, brought change to how I viewed myself, God, and the world.

I became more accepting of myself and was better able to receive love from others and from God.

Renewing my mind with these verses literally transformed my life.

I hope you will have the same experience!

Blessings,
Tawnya
A Special Note

If you have not given your life over to Jesus Christ, or are not sure, this message is for you.

If you are looking to obtain the best out of life, Jesus has something to offer you. He said that he came to give you life, and to give you the most abundant life there is.

Now, I understand, if you have suffered abuse or neglect, or have not experienced much love, you may be hesitant to trust. God may even be the last person you want to turn to.

However, what I have found is that no one else can offer the amount of comfort, joy, and strength that Jesus does. No one else always hears me when I cry and understands the hurts of my soul. No one else comes along side me, holding me up each and every day. No one else brings healing to my deepest wounds.

There’s only so much counselors can do. There’s only so much you can do on your own. No one but God can bring healing to your very soul.

God’s greatest desire is to be with you. He wants to lavish beautiful gifts upon you. Gifts of love, joy, and peace. His ultimate goal is to give you complete physical, emotional, and relational healing.

But he sees your stubbornness. He sees how you insist on having things your way. He sees how you insist on ruling over your life.

Jesus came to earth just for this purpose. Seeing your sinfulness, your selfishness, your tendency to rule your own life, he knew you would never be able to be close to God.

He came to pay the penalty for your sinfulness and to make a way for you to have all the fullness God has for you.

The simple act of trusting your life to him opens you up to this fullness. It opens you up to having his very Spirit come live within you and begin guiding you and changing you.

Here’s where you can start:

Ask God to show himself to you — and he will.

Ask him to help you begin taking steps toward him.

When you’re ready, confess to him how you’ve tried to manage life on your own, how you’ve shut him out.

Then ask him to be Lord over your life. Give your life to him.

Where to go from here:

Continue through this booklet, following the instructions I’ve given. By doing this, you’ll begin to see what the “new you” looks like.

The new you has a heavenly father who sees you just as holy and spotless as his Son. With this comes numerous blessings that you can begin taking advantage of.

You will also need to get involved in a local church so you can continue to grow. Immerse yourself in worship and Bible study. Regularly meet with others with a deep faith who can guide you.

Before you go:

Let me know if this special note was meaningful for you. Let me know if you decide to let go of what you’ve tried to hold onto in order to trust God to give you real life.

Send me a message on my contact page at ARenewedLife.com/contact.
How to Maximize the Healing Power of Biblical Affirmations

1. Read through all the affirmations.
   - Immerse yourself in them.

2. Pick 3-5 that are really meaningful.

3. Look them up in a Bible.
   - Read them in context to get more meaning from them.
   - Find out what God is really saying about you and why.

   But don’t stop there! Here’s the really important part — apply them to your life.

4. Ask yourself these questions:
   - What does it mean for me to be what this scripture says I am?
   - What does it say about God, his personality, his view of me?
   - What would this look like lived out in my daily life?
   - How would I feel differently about myself?
   - How will it affect how I view others?

5. Print the affirmations and cut them apart.
   - Post them on your mirror, in your car, in your purse or pocket.
   - Remind yourself on a daily basis who you are.

Your mind is filled with all kinds of statements that pull you down and are in opposition to God’s view of you. Overcoming this takes a lot of effort.

Fortunately, you have the Holy Spirit empowering you. As you put effort into this, he will bring about the change.
For I have been born again, not of perishable seed, but of imperishable, through the living and enduring word of God.

1 Peter 1:23

I am complete in Christ.

Colossians 2:10

I am the apple of my Father’s eye; hidden in the shadow of his wings.

Psalm 17:8
I am firmly rooted, built up, strengthened in the faith and overflowing with thankfulness.

Colossians 2:7

I am free from condemnation in Christ Jesus.

Romans 8:1

I am the righteousness of God through Jesus Christ.

2 Corinthians 5:21
I am a partaker of his divine nature and have precious and magnificent promises from him.

2 Peter 1:4

I am loved by God and chosen by him.

1 Thessalonians 1:4

I am God’s workmanship, created in Christ Jesus for good works that he has prepared for me.

Ephesians 2:10
I am being perfected, changed into his image.

Philippians 1:6

I have the mind of Christ.

1 Corinthians 2:16

I have all my needs supplied according to his glorious riches in Christ Jesus.

Philippians 4:19
I have the peace of God, which surpasses all understanding, guarding my heart and mind.

Philippians 4:7

I have eternal life.

John 6:47

I have the Holy Spirit, guaranteeing my full inheritance.

Ephesians 1:14
I have the power of the Holy Spirit to do great works.

Mark 16:17

I have abundant life.

John 10:10

I have access to the Father through the Spirit.

Ephesians 2:18
I am able to do all things through the One who strengthens me.  

Philippians 4:13

I know God’s voice.  

John 10:14

I have the authority to overcome, because the one who is in me is greater than the one who is in the world.  

1 John 4:4
I have been redeemed, my sins forgiven, in accordance with the riches of God’s grace.

Ephesians 1:7

I have Christ in me, the hope of glory.

Colossians 1:27

I am God’s special possession, that I may declare his praises.

1 Peter 2:9
I am a new creation, in Christ. The old has gone, the new is here!

2 Corinthians 5:17

I am the temple of the Holy Spirit. I am not my own.

1 Corinthians 6:19

I have been delivered from the power of darkness and transferred to God’s kingdom.

Colossians 1:13
I am strong in the Lord and in the strength of his power.

Ephesians 6:10

I have been qualified to share in the inheritance of God’s holy people, in the kingdom of light.

Colossians 1:12

I was chosen to be holy and blameless in his sight, in love.

Ephesians 1:4
I am dead to sin and am alive to God in Christ Jesus.

Romans 6:2,11

I am the elect of God, holy and dearly loved.

Colossians 3:12

I am loved with an everlasting love, and he is faithful to me.

Jeremiah 31:3
I am being strengthened to the end, so that I will be blameless on the day of our Lord Jesus Christ.

1 Corinthians 1:8

I am being freed by his truth.

John 8:32

I have been crucified with Christ, and I no longer live, but Christ lives in me.

Galatians 2:20
I am alive in Christ — by grace I have been saved.

Ephesians 2:5

I am an imitator of God.

Ephesians 5:1

I am the salt of the earth and the light of the world.

Matthew 5:13-14
I have been saved and called to a holy life.

2 Timothy 1:9

I have been brought near by the blood of Christ.

Ephesians 2:13

I am more than a conqueror through him who loved me.

Romans 8:37
I am loved by God.

1 Thessalonians 1:4

I cannot be touched by the evil one with God as my Father.

1 John 5:18

I am healed by the wounds of Jesus.

1 Peter 2:24
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Tawnya Kordenbrock is a licensed mental health counselor in Northern Kentucky with a private practice called A Renewed Life Counseling.

She helps individuals who feel alone, unloved, and unappreciated find clarity for why they are stuck in a life-sucking cycle that has destroyed their self-image, their ability to set healthy boundaries, and their ability to love themselves. Her goal is to bring happiness, strength, and freedom so they can step into the fulfilled life God has for them.

She also helps couples be able to state their needs in a way that they can be heard and valued. The goal is to know that your spouse is there for you and that you and your emotions matter.

Check out her free renewing articles on her blog at ARenewedLife.com/blog.

She can be contacted at ARenewedLife.com/contact or by calling (859)-468-7534.

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