

December

Affirmations

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	¹ I speak life and encourage my own heart. <i>Proverbs 12:25 (KJV)</i> — "Heaviness in the heart of man make it stoop: but a good word make it glad."	² I keep my mind stayed on God and hold perfect peace. <i>Isaiah 26:3 (KJV)</i> — "Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trust in thee."	³ I choose God's power, love, and a sound mind. <i>2 Timothy 1:7 (KJV)</i> — "For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind."	⁴ I rejoice, pray, and give thanks—every day. <i>1 Thessalonians 5:16–18 (KJV)</i> — "Rejoice evermore. Pray without ceasing. In everything give thanks:..."	⁵ I overflow with hope by the Holy Ghost. <i>Romans 15:13 (KJV)</i> "Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost	⁶ I face trials with courage—Christ has overcome the world. <i>John 16:33 (KJV)</i> ye shall have tribulation: but be of good cheer; I have overcome the world."
⁷ I step outside, breathe, and thank God for His creation. <i>Psalms 19:1 (KJV)</i> — "The heavens declare the glory of God;	⁸ I seek godly counsel when I need help. <i>Proverbs 11:14 (KJV)</i> — "Where no counsel is, the people fall: but in the multitude of counsellors there is safety."	⁹ I take time apart to rest a while. <i>Mark 6:31 (KJV)</i> — "And he said unto them, Come ye yourselves apart into a desert place, and rest a	¹⁰ I number my days and plan with purpose. <i>Psalms 90:12 (KJV)</i> — "So teach us to number our days that we may apply our hearts unto wisdom."	¹¹ I choose a merry heart—like medicine to my soul. <i>Proverbs 17:22 (KJV)</i> — "A merry heart doeth good like a medicine: but a broken spirit dries the bones."	¹² I sleep in peace; the Lord keeps me safe. <i>Psalms 4:8 (KJV)</i> — "I will both lay me down in peace, and sleep: for thou, LORD, only makes me dwell in safety."	¹³ I draw near to God and He draws near to me. <i>James 4:8 (KJV)</i> — "Draw nigh to God, and he will draw nigh to you."
¹⁴ I practice stillness and remember God is God. <i>Psalms 46:10 (KJV)</i> — "Be still, and know that I am God: ...	¹⁵ I face trials with courage—Christ has overcome the world. <i>John 16:33 (KJV)</i> — "... In the world ye shall have tribulation: but be of good cheer; I have overcome the world."	¹⁶ I speak life and encourage my own heart. <i>Proverbs 12:25 (KJV)</i> — "Heaviness in the heart of man make it stoop: but a good word make it glad."	¹⁷ I choose joy today; this is the day the Lord has made. <i>Psalms 118:24 (KJV)</i> — "This is the day which the LORD hath made; we will rejoice and be glad in it."	¹⁸ I seek the Lord and He frees me from fear. <i>Psalms 34:4 (KJV)</i> — "I sought the LORD, and he heard me, and delivered me from all my fears."	¹⁹ I seek the Lord and He frees me from fear. <i>Psalms 34:4 (KJV)</i> — "I sought the LORD, and he heard me, and delivered me from all my fears."	²⁰ I trust the Lord and He directs my path. <i>Proverbs 3:5–6 (KJV)</i> — "Trust in the LORD with all thine heart; and lean not unto thine own understanding. And he shall direct thy paths."
²¹ I set my mind on things above. <i>Colossians 3:2 (KJV)</i> — "Set your affection on things above, not on things on the earth."	²² I cast my burdens on the Lord and He sustains me. <i>Psalms 55:22 (KJV)</i> — "Cast thy burden upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved."	²³ I am strong and courageous; God is with me everywhere. <i>Joshua 1:9 (KJV)</i> — "Be strong and of a good courage; be not afraid, neither be thou dismayed: for the LORD ...is with thee	²⁴ God works all things for my good. <i>Romans 8:28 (KJV)</i> — "And we know that all things work together for good to them that love God, to them who are the called according to his purpose."	²⁵ I place the Lord before me and I will not be moved. Jesus Christ is Lord <i>Psalms 16:8 (KJV)</i> — "I have set the LORD always before me: because he is at my right hand, I shall not be moved."	²⁶ Jesus gives me peace the world cannot give. <i>John 14:27 (KJV)</i> — "Peace I leave with you, my peace I give unto you: not as the world gives, give I unto you. Let not your heart be troubled, neither let it be afraid."	²⁷ I let the peace of God rule in my heart. <i>Colossians 3:15 (KJV)</i> — "And let the peace of God rule in your hearts, to the also ye are called in one body; and be ye thankful."
28	29	30	31			