

Affirmations and Declarations

ABUN DANT LIFE SERIES



RAKIYAH SIMONE

WHAT IS WRITTEN

AUTHOR'S NOTE

"The What is Written platform launch began with an introduction to an abundant life, our ideas of it, and any limitations we face in obtaining one. This provided the perfect opportunity to begin an affirmational journey with myself. I created a list of areas where I needed reminders of what God has promised to me in His Word, especially in areas where I felt heavy, needed clarity, or desired God-given affirming. I have never been one to write affirmations on my mirror or to even carry a diary, but certain seasons require that we try out new ways for connecting to God and to ourselves. Based upon this realization came the development of this eBook! There are a few of my affirmations shared, but the ultimate goal is for you to create your own affirmations needed to always remind you that an abundant life is yours, and if you speak His Word, it will come to pass."

RAKIYAH SIMONE

Founder, What is Written LLC



I 2

AFFIRMATIONS FOR AN ABUNDANT LIFE



- ✓ Christ came so I could live to the fullest. I will live abundantly.
- ✓ My Father does not look at the things I've done and my imperfections to characterize me. I will not let the past rob me.
- ✓ What I've seen is not all there is to my life. I will not be discouraged.
- ✓ I am not a desolate place.
- ✓ I will not be overcome or overwhelmed by grief or worry.
- ✓ I will intentionally declare the goodness of God over my life, even when things don't look that way to me
- ✓ I am safe with God.
- ✓ I will not fret over losing because there is nothing God can lose.
- ✓ I am a child of God, and so are the people in my life.
- ✓ I will be present for divine turnarounds in my life, and in the life of the people I love.
- ✓ I am not a slave to lacking.
- ✓ I will see the goodness of the Lord while I am alive. I will see His beauty.

04

Reasons why Scripture-Based Affirmations are Important

01

You Speak the Word

Verbally speaking God's truth out loud to yourself about your situation changes your perspective and the atmosphere.

02

Creates a Baseline for Your Thought Life

The more you interact with what you intentionally affirm, you can compare what you willfully reject for your life.

03

Promotes Introspection

Creating affirmations is also creating intimacy with you and God. Naturally, creating affirmations connects you with your thoughts, beliefs, and emotions.

04

Applicable to Anything

God's Word is all-encompassing. You can make an affirmation for anything.



TIPS FOR CREATING SCRIPTURE- BASED AFFIRMATIONS



1

Make note of your thoughts, feelings, or beliefs that say living abundantly is impossible or not for you.

Example: "I don't know if I can fully live my life."

2

Find a verse that directly speaks to the opposing thought, feeling, or belief.

Verse: "The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly."

John 10:10

3

Using principles from the verse(s) you've read, create an affirmation declaring the truth of God's Word.

Example: "Christ came so I could live fully, therefore, I will live abundantly."



Now it's your turn.

What is one thought, feeling, or belief you have that could use an affirming Word?

Follow the outline in the next few pages.

At the end, you will have 5 new affirmations.

1

Make note of your thought, feeling, or belief that says living abundantly is impossible or not for you.

Your Example: _____

2

Find a verse that directly speaks to the opposing thought, feeling, or belief.

Verse: _____

3

Using principles from the verse(s) you've found, create an affirmation declaring the truth of God's Word.

Your Affirmation: _____

Outline additional affirmations in the next few pages.



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Make note of your thought, feeling, or belief that says living abundantly is impossible or not for you.

Your Example: _____

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Find a verse that directly speaks to the opposing thought, feeling, or belief.

Verse: _____

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Using principles from the verse(s) you've found, create an affirmation declaring the truth of God's Word.

Your Affirmation: _____

Two more
to go!



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Your Affirmation: _____

Write your 5 new affirmations below. Keep them somewhere close, and repeat them often. Believe in faith that they are true!

1.

2.

3.

4.

5.

