

Affirmations as a Spiritual Discipline

This free resource is provided by Daily Christian Affirmations as self-reflection exercise to accompany the video "[Affirmations as a Spiritual Discipline](#)" which you can find on YouTube.

How aware are you of your self-talk? (Scale of 1 to 10, 1 being "not at all" and 10 being "totally")

Would you say that your self-talk tends to be more negative or more positive?

Why do you suppose that is?

What area of your life/thoughts/inner world could use the support of positive affirmations?

What would you imagine your life being like if you could fortify your thoughts with more positive affirmations based on scripture?

Would you like to make a daily practice out of reciting affirmations (to yourself or out loud)? If so, what would that look like for you?

What are three to five affirmations you could create right now to support the spiritual state and growth that you want? (Hint: one way to do this is to take your favorite bible verses and turn them into affirmations. Example: the command "love your neighbor as yourself" could become "I love my neighbor as myself". Remember, affirmations are positive statements made in the present tense. So, we say "I am..., I do..., or I can..." and not "I will...")