	TU	E 205	Acc Control	01	02	03
	SOL	ID Emo	Affirmations or Thriving otionally and opiritually	God is redeeming me.	I release what I cannot change.	I am known and loved.
	PLA	CE THESO	Available at LIDPLACE.com	[Psalm 34:19]	[Psalm 56:3-4]	[Matthew 10:30]
04	05	06	07	08	09	10
I accept myself the way Jesus accepts me.	God meets me where I am.	I choose to trust the words of Jesus.	God's heart toward me is kind.	I was made to love and be loved.	I don't forget my past, but I'm no longer bound by it.	Rejecting the deceiver's lies, I listen for Christ's truth.
[Luke 5:30]	[Mark 2:17]	[John 20:31]	[Titus 3:4]	[Ephesians 4:32]	[1 Peter 2:16]	[1 John 4:1]
11	12	13	14	15	16	17
God is not somewhere else; God is here.	I keep my eyes on Jesus.	I refuse what does not satisfy, choosing what is best.	God speaks most clearly through Scripture.	Accepting myself as I am frees others to do the same.	God provides reliable guides who journey with me.	My feelings are real, but they are not reality.
[1 John 14:16]	[Hebrews 12:1-2]	[Isaiah 55:2]	[2 Timothy 3:16]	[Psalm 139:14]	[Micah 6:4]	[Jeremiah 17:9]
18	19	20	21	22	23	24
I may not understand God's timing, but I trust God.	I receive the gifts offered to me by others.	Nothing can change my belovedness.	I release to God the person who has hurt me.	God is the loving parent I have always needed.	I reject the voice that twists the truth.	When buried pain resurfaces, I offer it to God to be healed.
[2 Peter 3:9]	[1 Peter 4:10]	[1 John 4:10]	[Psalm 37:1]	[Isaiah 49:15]	[2 Corinthians 11:14]	[Psalm 147:3]
25	26	27	28	29	30	31
Jesus loves me with the love the Father has for him.	Unforgiveness keeps me bound; forgiveness sets me free.	Refusing to engineer my own redemption, I wait on God.	My unique journey equips me to care for others.	The Psalms assure me, as they did Jesus, of God's fidelity.	Though human love fails, God's love never fails.	I give thanks that God is setting me free.
[John 15:9]	[Luke 6:37]	[1 Corinthians 10:13]	[1 John 4:11]	[Psalm 31:5]	[Psalm 136:26]	[Amos 9:7]