

Affirmations: Renewing Our Thinking

By Bob Young

“Don’t be like the world, but be transformed by constantly renewing your mind and thinking. In this way, you will know the will of God and understand how good, complete, and pleasing it is.” (Rom. 12:2).

Every day, the temporal value system and the “advertising” of the world bombards us through the things we see, hear, and read. It enters our minds through television, radio, email, websites, daily conversations, and observing what it takes to get ahead in this world. Many of the messages we receive are intentional—encouraging us to adopt the values and behaviors of this temporary contemporary world. Most of the messages are subtle—no ‘in your face’ demands that you line up with the values of the world—just the message that you will be missing something in your life if you do not buy into the world’s ways.

Because of these non-stop attempts to get into our wallets and our lives—efforts which take our attention off what really matters, it is vital that we renew our minds with the eternal value system of God’s Word. Each day we must refocus on God and his part in the important issues of who we are, why we are here, and where we are going. A helpful habit is to use daily affirmations from God’s Word. The Bible is our “Renewal Handbook.”

Many affirmations are found in Scripture—affirmations about (1) God’s attributes and nature, (2) God’s works and word, (3) the identity of God’s people, (4) the value of relationship with God, (5) the rewards of character development, and (6) the beauty of relationship with others. You can easily find other categories of biblical affirmations. I encourage you, as you read the word of God, to identify a daily (or weekly) affirmation, memorize it, and meditate on it as part of your daily walk with God.

This article gives suggested affirmations that will help you develop the “affirmation habit.” After using the guiding affirmations below, you will be ready to develop your own affirmations and use them in your daily walk with God. Reading a daily Biblical affirmation does not require much time, but such affirmations will help you develop the habit of “renewal through meditation.”

Affirmations for Meditation: Week One

Attributes of God: What God is Like (New Testament)

Sunday: God is light; in him there is no darkness at all. (1 John 1:5)

Monday: God is love. Whoever lives in love lives in God, and God in him. (1 John 4:16)

Tuesday: God (is) the blessed and only Ruler, the King of kings and Lord of lords. (1 Tim. 6:15)

Wednesday:who lives in unapproachable light, whom no one has seen or can see. (1 Tim. 6:16)

Thursday: God is spirit, and his worshipers worship in spirit and truth. (John 4:24)

Friday: And God is faithful, he will not let you be tempted beyond what you can bear. (1 Cor. 10:13)

Saturday: And God is able to make all grace abound to you, so that in all things at all times, having all that you need, you will abound in every good work. (2 Cor. 9:8)

Affirmations for Meditation: Week Two

God’s Mighty Works (Psalm 136)

Sunday. Creation

By his understanding he made the heavens, spread out the earth upon the waters, made the great lights—the sun to govern the day, the moon and stars to govern the night. (136:5-9)

Monday. Deliverance

He struck down the firstborn of Egypt and brought Israel out from among them with a mighty hand and outstretched arm; he divided the Red Sea asunder and brought Israel through the midst of it. (136:10-14)

Tuesday. Exodus

He swept Pharaoh and his army into the Red Sea; he led his people through the desert, struck down great king, killed mighty kings—Sihon king of the Amorites and Og king of Bashan. (136:15-20)

Wednesday. Promised Land

He gave their land as an inheritance, an inheritance to his servant Israel. (136:21-22).

Thursday. Freedom

He remembered us in our low estate and freed us from our enemies. (136:23-24)

Friday. Provision

He gives food to every creature. (136:25)

Saturday. Thanksgiving

Give thanks to the God of heaven. (136:26)

Affirmations for Meditation: Week Three

Affirming our Place in God's Plan (2 Timothy 2)

- Sunday. We are children—sons and daughters. We are children of God; we are spiritual children of those who have trained us in the faith. We seek to be strong in God's grace, capable of training others who will train others. (2:1-2)
- Monday. We are like soldiers. Soldiers often endure hardship. Soldiers are single-minded and focused on their task; they are not easily distracted. They serve their commander loyally. (2:3-4)
- Tuesday. We are like athletes. We are in a competition and honor and obey the rules. (2:5)
- Wednesday. We are like farmers. Our job is to work in the harvest. We are sowers and reapers. We can expect to receive a reward from that which we produce. (2:6)
- Thursday. We are workers. As workers, we are hired. We seek the approval of God who oversees our work. We seek to be diligent workers; we want to be skilled workers. (2:15)
- Friday. We are vessels or instruments. Not every vessel is noble, but we can be noble instruments for God through the pure lives we live. God's purpose for us is noble. When we place ourselves in his hands, we are useful in very good work. (2:20-21)
- Saturday. We are servants. As servants, we live a certain kind of life and develop certain kinds of skills. It is not enough merely to commit ourselves to serving. We are called to peaceful living, kindness, skilled teaching, and gentleness. We serve because we genuinely care for others. (2:24-26).

Affirmations for Meditation: Week Four

People of Character are blessed by God (Psalms)

[Here are 15 of my favorite "blessing" passages in the Psalms—affirmations of blessing upon those who seek God. You may want to use two of these affirmations each day this week, or you may pick your favorites.]

→Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. (1:1)

→Blessed is he whose transgressions are forgiven, whose sins are covered. Blessed is the man whose sin the LORD does not count against him and in whose spirit is no deceit. (32:1-2)

→Blessed is the nation whose God is the LORD, the people he chose for his inheritance. (33:12)

→Taste and see that the LORD is good; blessed is the man who takes refuge in him. (34:8)

→Blessed is the man who makes the LORD his trust, who does not look to the proud, to those who turn aside to false gods. (40:4)

→Blessed is he who has regard for the weak; the LORD delivers him in times of trouble. (41:1)

→Blessed are those who dwell in your house; they are ever praising you. Blessed are those whose strength is in you, who have set their hearts on pilgrimage. O LORD Almighty, blessed is the man who trusts in you.

(84:4,5,12)

→Blessed are those who have learned to acclaim you, who walk in the light of your presence, O LORD. (89:15)

→Blessed is the man you discipline, O LORD, the man you teach from your law.... (94:12)

→Blessed are they who maintain justice, who constantly do what is right. (106:3)

→Praise the LORD. Blessed is the man who fears the LORD, who finds great delight in his commands. (112:1)

→Blessed are they whose ways are blameless, who walk according to the law of the LORD. Blessed are they who keep his statutes and seek him with all their heart. (119:1-2)

→Blessed are all who fear the LORD, who walk in his ways. (128:1)

→Blessed are the people of whom this is true; blessed are the people whose God is the LORD. (144:15)

→Blessed is he whose help is the God of Jacob, whose hope is in the LORD his God.... (146:5)