

A BRIEF WORD ON FORGIVENESS

Love is THE necessary ingredient and the vital piece of armour, that enables you to deal with hurt, pain and suffering. Love will not naturally flow out of an offence You have to be INTENTIONAL about choosing love.

In the Bible, Joseph (Genesis 37-38) had to let LOVE overcome revenge. He was hurt but he let God and love deal with it. For that, God made him into a mighty man.

You need to do the same today. Forgive all who offend you - including your abusive partner - so that you may rise into your own prominence in Christ.

Look past the act [violence] to see a new beginning.

When you have lost self-esteem and confidence in your own abilities due to hurt, injustice and unkindness, you need a refuge place, a place of retreat and safety. God is that place at such Moments. He set Himself apart for you so that He is available to meet your needs wherever, whenever or whatever they are.

You, woman of God, need to know that! God tells you only to be still! Be still this day, this minute!

When the pain comes, give it to God. When the shame overwhelms your heart, pass it on to God. Let it all fall off you like water off a ducks back!

That is the only way my dear woman of God. And God has given you the power and prayer will to over come!

“For I know the plans I have for you’, declares the LORD, ‘plans to prosper you and not to harm you, plans to give you hope and a future..’
Jeremiah 29:11-13

IMPROVING YOUR SELF-CONFIDENCE

Do you buy into or believe any of these negative statements about yourself?

I won't last long

I have a very bad attitude

I am too weak

I fall apart easily

I am always ill, always tired

I have a bad attitude and am always disinterested

I am always late

I am a trouble-maker

I am too proud

I talk too much

I don't dress like a lady

I always put on too much make up

I am an attention seeker

I am too bossy

I am such a lazy woman

Scripture Reflections: In your own time, find the Bible Verses listed below and see what they say about who you really are and how God sees you.

Mark 8: 34, Luke 9: 23, Titus 1: 16,

1 Corinthians 13: 12, James 1: 23,

Matthew 20: 25, Mark 10: 42.

Do you need prayer support in some of these areas? Do you think you need help to privately address some of these issues?

Contact our offices

On 0131 618 6427 or send an email to;

admin@jhmglobalscotland.org

and one of our Support Workers will assess your needs.

AFFIRMATIONS

Today I let go of the past and renew my focus my thought's on God's Word of truth and on the future that God has for me! (Jer 29: 11)

The Creative Power of God supports me in discovering new things about myself, in my value, identity and purpose in Christ!

My intentions are good according to God's Word.

What others say and do has no particular bearing on me!

I'll ask myself what I have discovered about myself, in my true V.I.P. in Christ today or this week because I know that my potential and characteristics in Christ, are always unfolding!

I believe I am growing towards becoming who God creates me to be.

SCRIPTURE	DECLARATION
EPHESIANS 2:6	I have been raised up to sit with Christ in the heavenly realms!
EPHESIANS 2:10	I am God's masterpiece!
EPHESIANS 2:13	I have been brought near to God!
EPHESIANS 3:6	I share in the promises of blessings through Christ Jesus!
EPHESIANS 3:12	I can come boldly and confidently into God's presence.
EPHESIANS 5:29-30	I am a member of Christ's body the Church.
COLOSSIANS 2:10	I am made complete in Christ.
COLOSSIANS 2:11	I am set free from my sinful nature.
2 TIMOTHY 2:10	I will have eternal glory!
ISAIAH 43:4	I am precious in His eyes!
1 JOHN 4:4	I am a child of God and I've overcome them because He who is in me is greater than he who is in the world!

IDENTITY IN CHRIST

Here is a list of scriptures stating your TRUE identity in Christ.
Remind yourself DAILY of who you are in Him!

SCRIPTURE	DECLARATION
ROMANS 8:24	I am justified (Declared righteous in Christ)
ROMANS 8:1	No condemnation awaits me (There is no condemnation) in Christ!
ROMANS 8:2	I am set free from the power of sin that leads to death!
1 CORINTHIANS 1:2	I am sanctified (made holy) in Christ Jesus!
2 CORINTHIANS 1:30	I am pure and holy in Christ!
2 CORINTHIANS 5:17	I am a new person!
ISAIAH 43:4	I am precious in His eyes!
2 CORINTHIANS 5:21	I am made right with God in Christ!
GALATIANS 3:28	I am one in Christ with all other believers.
EPHESIANS 1:3	I am blessed with every spiritual blessing in Christ.
EPHESIANS 1:4	I am holy and without fault.
EPHESIANS 1:5-6	I am adopted as God's child.
EPHESIANS 1:7	My sins are taken away and I am forgiven!
EPHESIANS 1:10-11	I will be brought under Christ's authority.
EPHESIANS 1:13	I am marked as belonging to God by His Holy Spirit.

AFFIRMATIONS

I enjoy the company of like-minded people around me!

I make better and better choices everyday!

The Lord is my courage and my strength, I'll not be shaken!

I refuse to walk around bowed down in shame and guilt. The mistakes of others done to me are not my responsibility!

I stop and remind myself many times a day, to breathe deeply, stand tall, appreciate the greatest miracle of my creation as a woman and I keep on reminding myself; 'I am precious in His eyes!' (Isaiah 43: 4)

I believe no matter how badly I feel or see myself or how overwhelming my situation is, God is still on my side and with me. He is my refuge, my shelter, in times of trouble!

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FINAL AFFIRMATIONS

When I act in accordance with God's Word of truth, God who is always true, supports me.

I do not let fear and doubt stop or discourage me!

I remember to say 'stop it!' to all abuse.

The moment I hear anything hurtful said to me by my partner, I remind myself that it is not God's truth and I speak up quickly and very firmly, in the words of affirmation, disagreeing with the lies of the enemy!

I protect myself from dangerous and toxic people by avoiding them and refusing to be in the same environment with them!

I will seek peace and pursue it!

Watered by tears and fed with God's truth, my spirit revives, renews filling me with love, peace & joy!

AFFIRMATIONS

Affirmations are an effective weapon of power for rebuilding the lost Value, Identity and Purpose (VIP) which is stripped off in an abusive/violent relationship. Affirmations help us to realise that there is always more to us than we can see of ourselves, and more to learn of your potential in Christ Jesus which are often left undeveloped.

The recommended dose (to be taken like medicine) is at least **ONCE A DAY**.

Meditate on the words repeatedly to yourself several times a time day, and repeat them out loud, until you begin to believe in the words for yourself.

Then visualize it in some way and act on it where appropriate. Write down in your Journal, the declarations, you have chosen to use regularly. Keep repeating the affirmation to yourself continuously throughout the day!

After 7 days of continuously declaring and affirming notice how you are beginning to feel and write down in your Journal what you feel and how the meditations have affected you.
