

Affirmations from Ephesians

Rick Peterson

Many years ago, while in treatment for complex trauma, I was told that daily affirmations would play a big role in my treatment and recovery. Positive affirmations are important, I was told, to help my brain focus on things of a positive nature about myself. So, I went to the art and recreation room and grabbed a large piece of butcher paper, went back to my room, and listed everything that Ephesians 1:3-14 said about me. I posted it on my bedroom wall so that it was the last thing I saw at night and the first thing I saw in the morning. These became my daily affirmations. I'd like to share them with you, for if you are in Christ, they apply to you also. If you are not in Christ, you too can trust Him today for a new life, "in Him."

Because I am in "in Christ" . . .

1:3: I am blessed with every spiritual blessing in the heavenly places in Christ.

1:4: God chose me in Him before the foundation of the world.

1:4: I am holy and without blame before Him in love

1:5: I am predestined to adoption as a son by Jesus Christ to Himself.

1:6: I am accepted in the Beloved.

1:7: I have redemption through His blood, the forgiveness of sins.

1:8 God has made known to me the mystery of His will.

1:11: In Him I also have an inheritance, being predestined according to the purpose of Him who works all things according to the counsel of His will.

1:13: In Him I trust.

1:13-14: I am sealed with the Holy Spirit of promise, the guarantee of my inheritance . . .

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