

To Silence Anxiety and Fear

- **"I cast all my anxieties on God because He cares for me. My mind is a place of peace, guarded by the truth of His Word."**
- **"I am not given a spirit of fear, but of power, love, and a sound mind. I choose faith over worry."**
- **"God's grace is sufficient for me. His power is made perfect in my weakness, and I rest in His control."**

To Magnify God's Power and Authority

- **"The Spirit who lives in me is greater than any challenge I face today. I am equipped, strengthened, and victorious."**
- **"God goes before me and makes the crooked places straight. No weapon formed against me will prosper."**
- **"I surrender my limitations to God's limitless power. He is able to do exceedingly abundantly above all that I ask or think."**

To Ground Yourself in Grace

- **"I am forgiven, redeemed, and deeply loved by God. His grace defines my worth, not my mistakes."**
- **"I walk in the freedom of God's grace. I do not have to earn His love, and I release the pressure to be perfect."**
- **"Every morning His mercies are new. Today, I walk in the steadfast love and unmerited favor of the Lord ."**