

herFuture // loved

I trust the Lord *wholeheartedly*
I am a woman of prayer.
I go to God *first*.
God hears me when I pray and goes to work on my behalf
God is for me
I am completely known and unconditionally *loved* by God.
I am regulated by God's love.
I am *free* from fear, anxiety and depression
I am a *powerful*, loving woman with a sound mind.
I am being transformed by the renewing of my mind
I walk in *humility* everyday
I am patient, kind and do not envy.
I am walking in the perfect will of God for my life
I take every thought captive to the *obedience* of Christ.
Old filters are fading and God's truth defines my future.
I have *healthy* attachments to Jesus, Myself and to Others
I am cultivating healthy community.
I am walking in God's best for my life.
I have hope for the future God has planned for me.
I am healthy, whole and complete
I *live* by faith
I am worthy of love and acceptance
I am free from old cycles of trauma and defeat.
I am *forgiven* and forgive freely.
I am who God says I am.
I am worthy of good things
I trust God's timing in my life
I am moving forward everyday
I accept and am grateful for my body.
I am a *testimony* of God's grace
I am not too much for God
I am *secure* in God's goodness
I am honest and live in the light
I love who I am right now
All things are working together for good in my life.
I am grateful for all that God has given me.
I am *generous* with my life.
I look out for *Her* Future not just My Future.
My future is brighter than my wildest dreams.

-Liz Turner, *Author*

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