

# My Daily Affirmations

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30 Biblical Truths for Spiritual Growth



The 6Eleven Life

# Author's Note

These affirmations were created as a quiet, intentional practice, not to replace Scripture, but to help you return in your daily walk with God.

In a world filled with competing voices, it's easy to internalize fear, doubt, comparison, and pressure without even realizing it. Over time, those voices begin to shape how we see ourselves, God, and the world around us.

The Bible reminds us that transformation begins in the mind. What we believe and repeatedly speak over ourselves matters.

Each affirmation in this resource is rooted directly in Scripture. They are not wishful statements or self-generated confidence, but biblical truths meant to realign your heart and mind with what God has already spoken.

This is not about perfection or instant change. It's about forming a daily rhythm, choosing, again and again, to let God's Word renew your thinking and shape your inner life.

Whether you use these affirmations in the morning, during prayer, or in quiet moments throughout the day, my prayer is that they gently draw you closer to God, his word and remind you of who you are in Him.

— Biyai Garricks

# How to Use This Resource

This resource is designed to be flexible and pressure-free. There is no “right” way to use it. Only an invitation to engage with God’s Word intentionally.

Here are a few gentle ways you can incorporate these affirmations into your daily life:

## **1. One affirmation a day**

Read one affirmation each day, along with its scriptural reference. Sit with it. Reflect on what it reveals about God and who you are in Him.

## **2. Speak it aloud**

There is power in speaking God’s Word. Read the affirmation aloud, slowly and intentionally, allowing the truth to settle in your heart.

## **3. Pair it with prayer**

After reading the affirmation, take a moment to pray. Ask God to help you believe and live out the truth you’ve just read.

## **4. Journal alongside it**

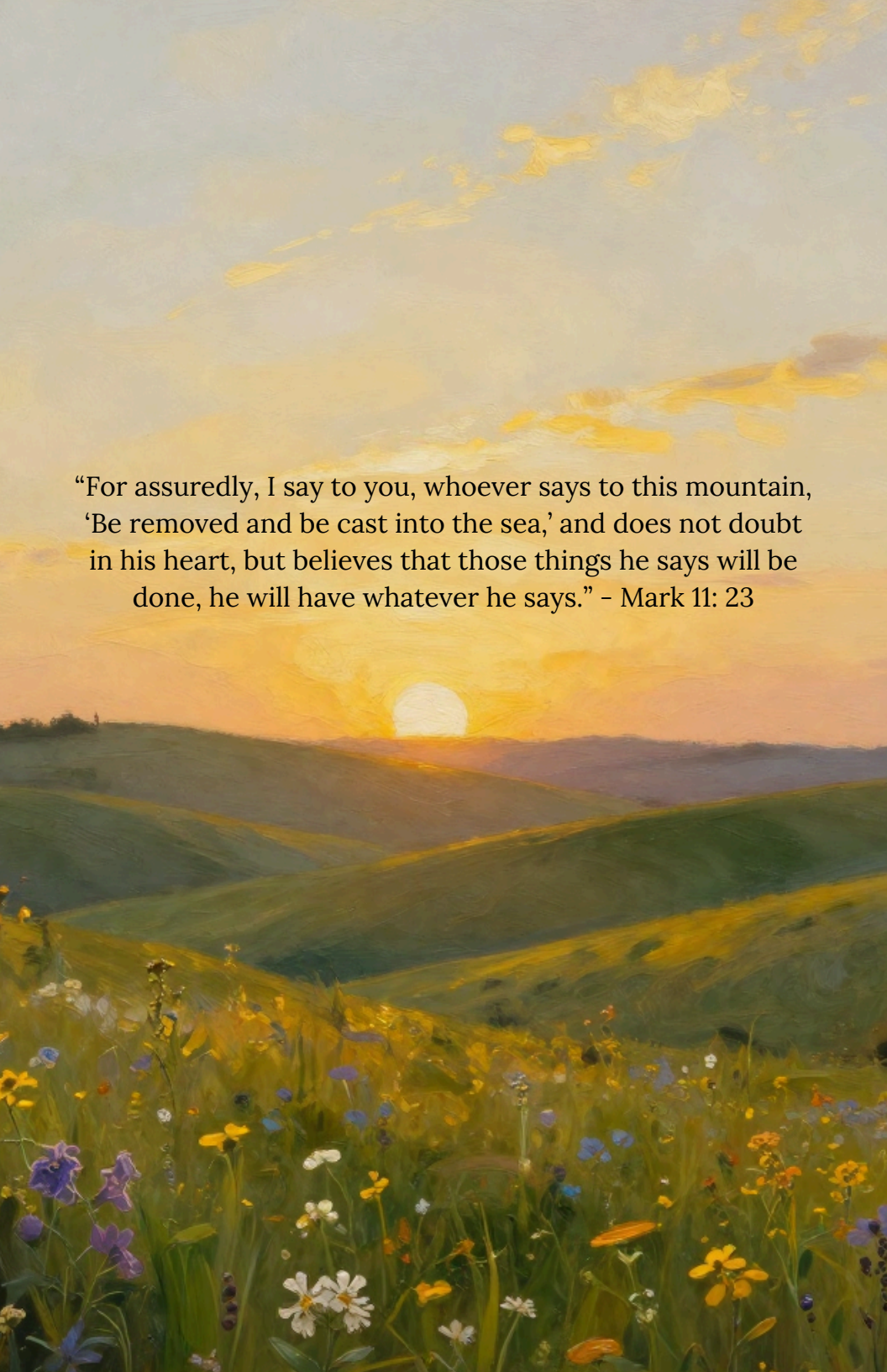
Write down any thoughts, prayers, or scriptures that come to mind as you reflect. Some days may feel quiet – that’s okay.

## **5. Return as often as needed**

You don't have to complete this in 30 consecutive days. You may find yourself returning to certain affirmations again and again in different seasons.

This resource is not meant to rush you. It's meant to walk with you.

Enjoy your time here.

A painting of a sunset over rolling green hills. The sun is a bright white circle on the horizon, casting a golden glow across the sky and the landscape. The sky is filled with soft, yellow and orange clouds. The hills are covered in lush green grass and wildflowers, including purple, yellow, and white blooms. The overall mood is peaceful and hopeful.

“For assuredly, I say to you, whoever says to this mountain,  
‘Be removed and be cast into the sea,’ and does not doubt  
in his heart, but believes that those things he says will be  
done, he will have whatever he says.” - Mark 11: 23

# Day 1

All things are  
working together for  
my good.

Romans 8:28



# Day 2

I can do all things  
through Christ who  
strengthens me.

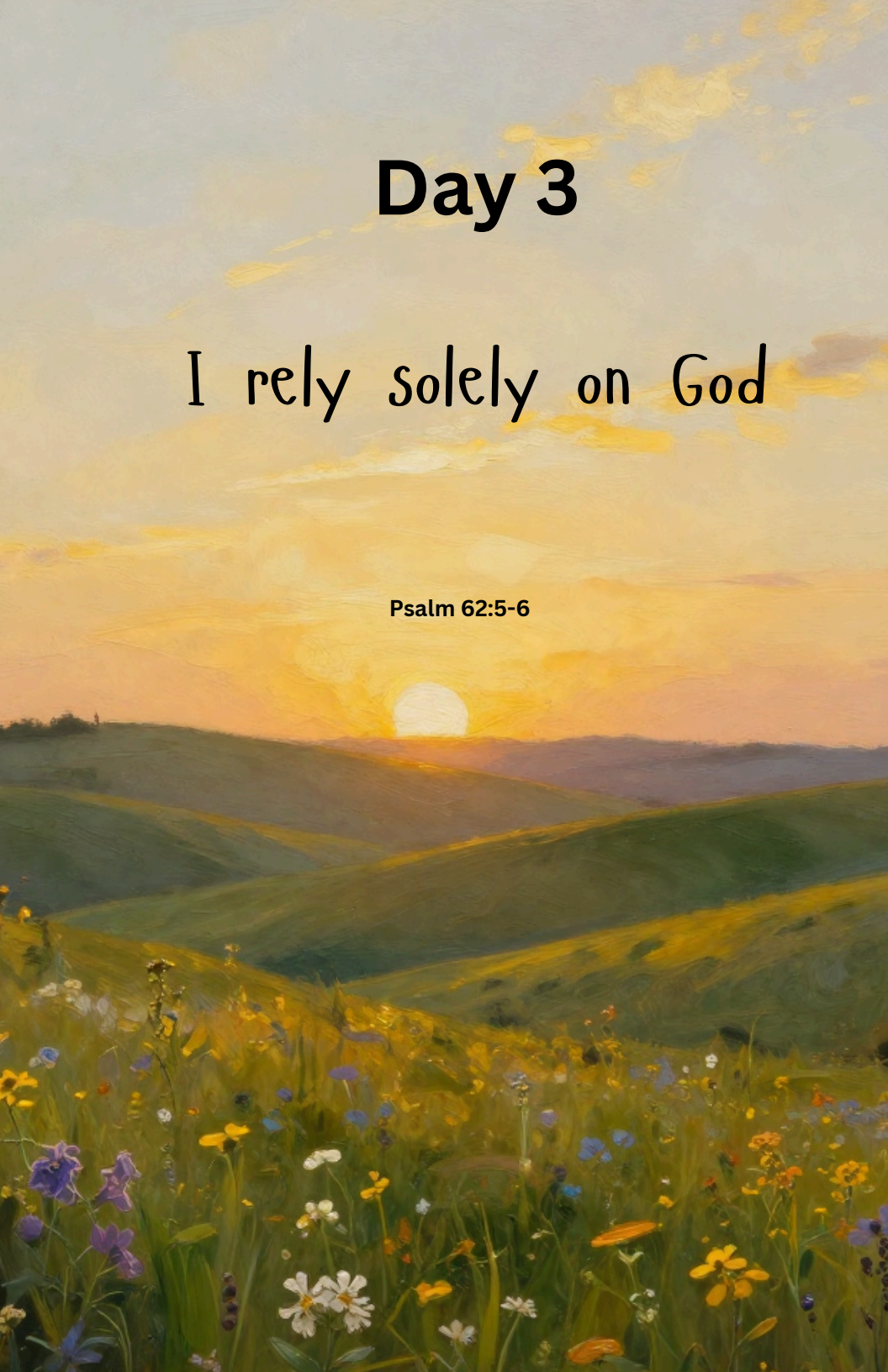
Philippians 4:13



# Day 3

I rely solely on God

Psalm 62:5-6



# Day 4

I trust God at all  
times.

Proverbs 3:5-6



# Day 5

I am slow to speak,  
quick to listen, and  
slow to get angry

James 1:



# Day 6

God is looking after  
me.

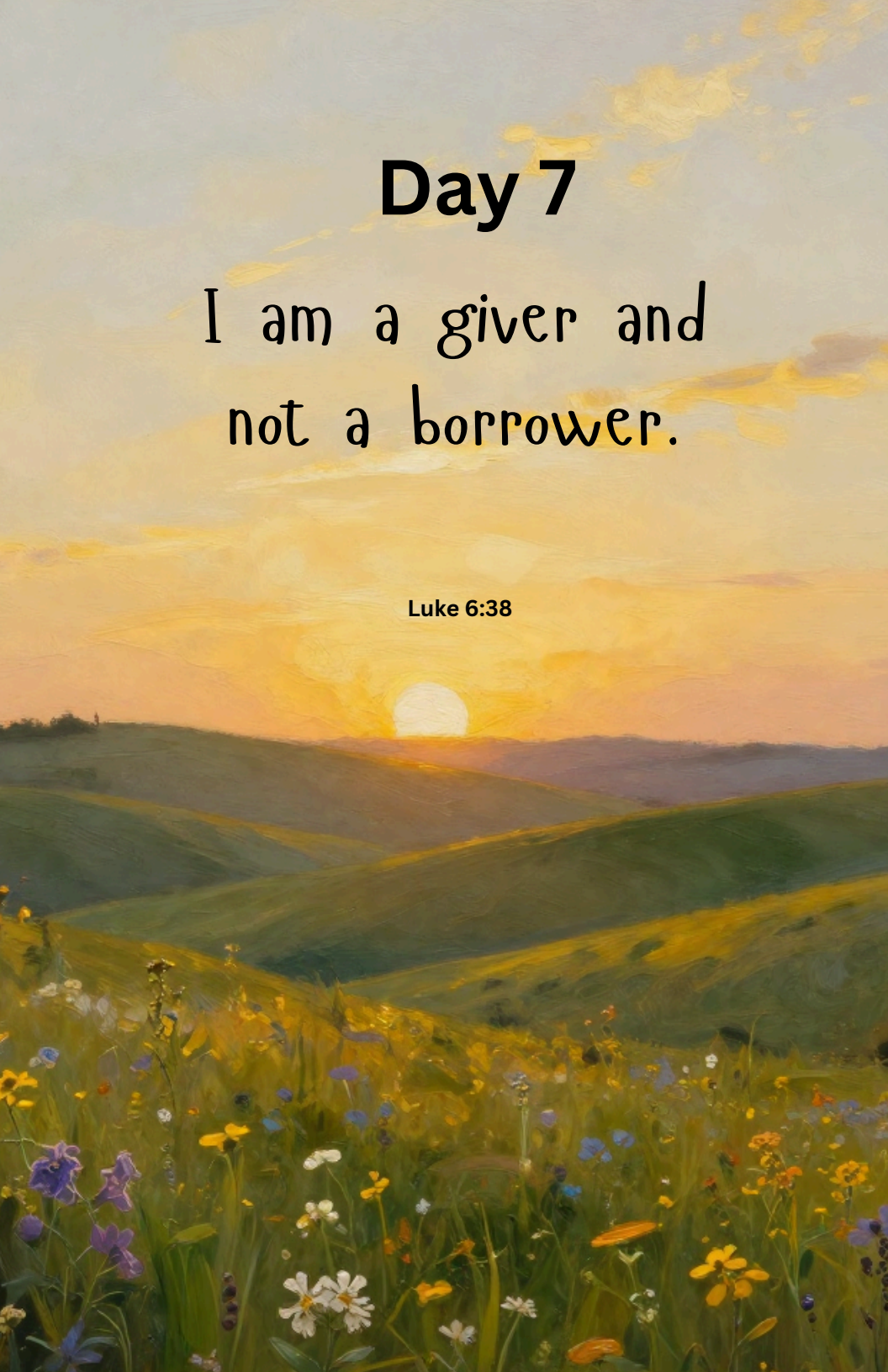
Isaiah 41:10



# Day 7

I am a giver and  
not a borrower.

Luke 6:38



# Day 8

I focus on what is  
right rather than  
what is wrong

Philippians 4:8



# Day 9

God has good plans  
for me.

Jeremiah 29:11



# Day 10

I am walking in the  
wisdom of God.

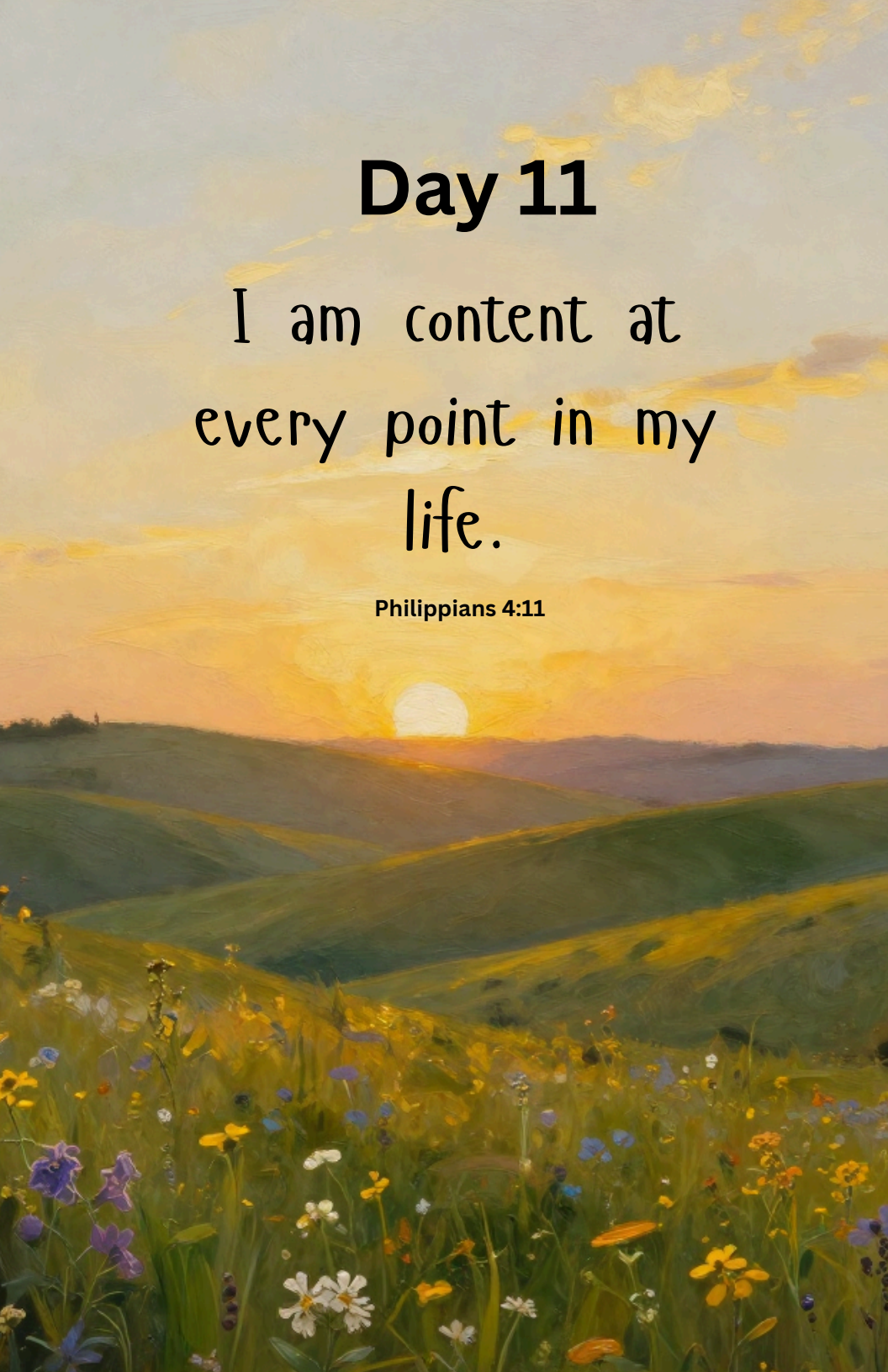
Colossians 4:5-6



# Day 11

I am content at  
every point in my  
life.

Philippians 4:11



# Day 12

I believe in myself  
because God believes  
in me.

Isaiah 41:10



# Day 13

I am not needy for  
God's love is  
sufficient for me.

2 Corinthians 12:9



# Day 14

I am healthy.

Jeremiah 30:17



# Day 15

God answers all my  
prayers according to  
his will.

1 John 5: 14-15



# Day 16

I am patient and I  
speak with love.

1 Corinthians 13:4-8



# Day 17

I release the  
pressure to perform.

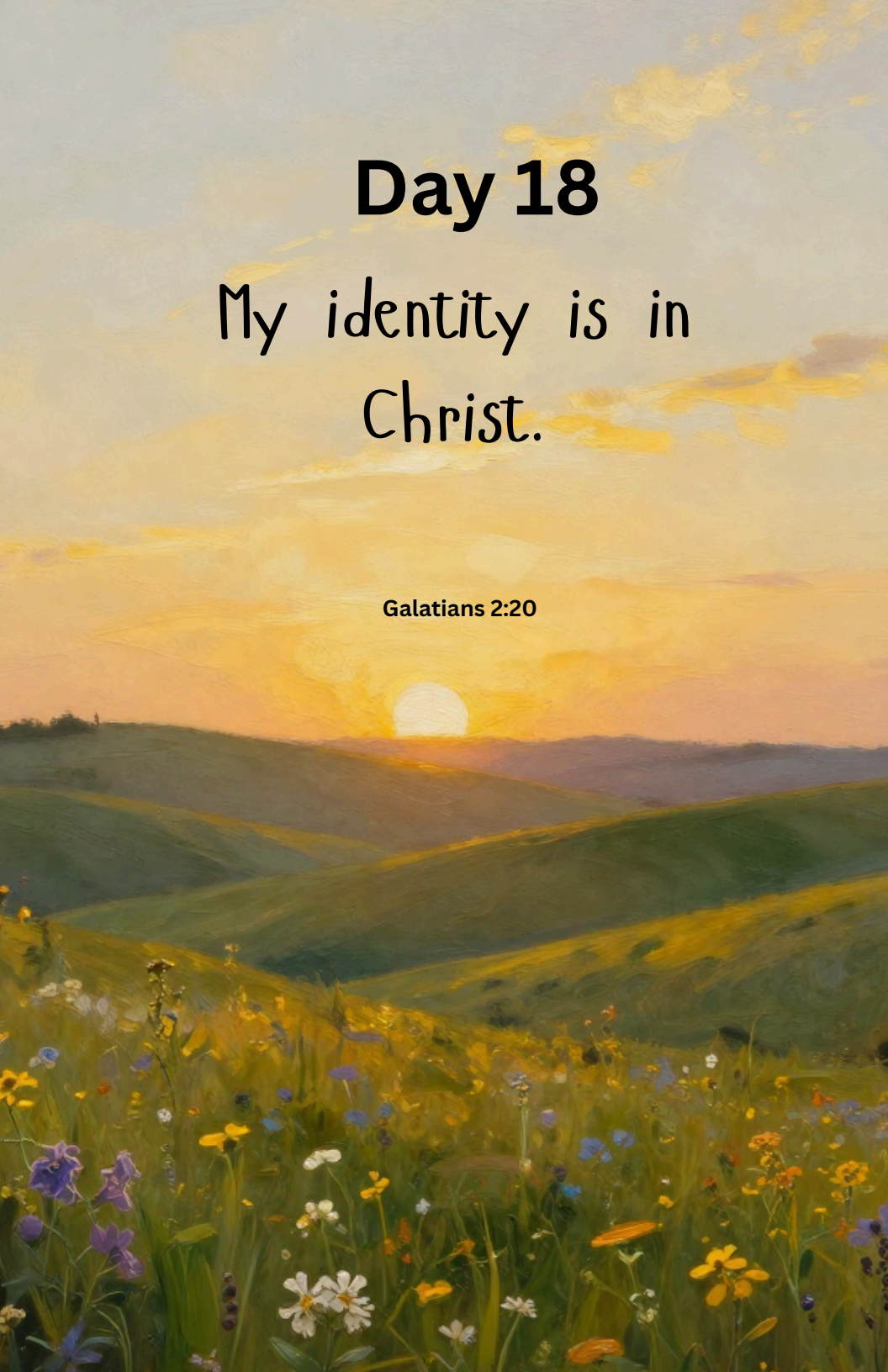
**Ephesians 2:8-9**



# Day 18

My identity is in  
Christ.

Galatians 2:20



# Day 19

I am grateful for  
each breath God  
gives me.

Psalm 118:24



# Day 20

I am confident in  
God's word.

Psalm 119:89



# Day 21

I love God and I am  
loved by God.

Jeremiah 31:3



# Day 22

I am a success  
story.

Proverbs 16:3



# Day 23

My future is not  
defined by my past.

Isaiah 43: 18-19



# Day 24

I do not have a  
spirit of fear.

Psalm 23:4



# Day 25

I am filled with a  
spirit of love, power,  
& a sound mind.

Psalm 23:4



# Day 26

I let go of things  
that are behind.

Philippians 3: 13-14



# Day 27

I am rich and  
wealthy in all areas  
of my life.

1 Corinthians 9:8



# Day 28

I face every  
challenge with grace.

1 Corinthians 12:9



# Day 29

I live by faith and  
not by sight.

2 Corinthians 5:7



# Day 30

God is enough for  
me.

Philippians 4:19



# A Gentle Invitation

If these affirmations have been helpful to you, you're welcome to continue the journey.

The 6Eleven Life was inspired by Ephesians 6:11 — a reminder to “put on the full armor of God.” It was created to be a quiet, faithful space where you can deepen your relationship with Christ, grow in your understanding of Scripture, and find encouragement for the seasons when life feels uncertain.

Through the blog, podcast, resource hub and social media, we share biblical reflections, practical faith tools, and honest conversations about what it means to follow Christ in everyday life. We're not about perfection but more about progress, prayer, and perseverance.

There is no pressure, only an open door.  
You can explore more whenever you feel ready.

Website: [www.biyagarricks.com](http://www.biyagarricks.com)

Instagram; @the6elevenlife

Resource Hub: [www.selar.com/m/6elevenlife](http://www.selar.com/m/6elevenlife)

Stay blessed,

Biyai



# *Notes*



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