CHRIST & CAFFEINE
PODCAST

GOD AFFIRMATIONS

A 7-Day Devotional Guide to Grounding Your Identity in His Word

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Hey, Neighbor!



My name is Chloelle Bond, Lead Servant at Community Christian Faith Ministries, a community for believers to gather together.

Thank you so much for supporting the podcast! This week is a little different. The point of this companion guide is still to help you Pause & Pour, taking a moment to stop and connect with your Heavenly Father with sincerity. But this time, you are not just reading. You are speaking.

Each day, read the Scripture out loud. Then say the affirmation out loud. I am not giving you my opinion in this guide. This is God's Word, His design, and His point of view about you.

If one of these seven lands on a sore spot, keep saying it for 60 days. When you repeat truth that long, your mind builds a new pathway, and the old way of thinking loses its grip. These seven days are your kickoff.

If you want help building your own daily God affirmations, email me at neighbor@ccfmmi.org, and I've got you. To learn more about the ministry or send a prayer request, visit the website.

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Day 1

Made In His Image
Genesis 2:7

Scripture Focus

Genesis 1:27 (CSB)
"So God created man in his own image; he created him in the image of God; he created them male and female."

Genesis 2:7 (CSB)
"Then the Lord God formed the man out of the dust from the ground and breathed the breath of life into his nostrils, and the man became a living being."

Every affirmation this week stands on this one, so we start here. In the ancient world, the only people said to carry the image of a god were pharaohs, kings, and emperors. The Hebrew word for image is צֶלֶם (tselem), the word used for a statue a king would set up to say, "This territory is mine, and I rule here." The baker, the carpenter, and the day worker were never part of that picture. Then Moses wrote that God made all of humanity in His image. That was revolutionary. A cobbler, a regular mom, and a beggar all carry the image of God. As I said on the podcast: "It doesn't matter if you're a teacher, entrepreneur, politics, millionaire, making $45,000. God made you in his image."

Genesis 2:7 shows you how personal it was. The word for "formed" is יָצַר (yatsar), the word for a potter shaping clay with his own hands. Then God breathed His own breath into you, and you became a נֶפֶשׁ חַיָּה (nephesh chayyah), a living being. You are not an accident or a leftover. You carry His character, His intellect, and His care for creation.

Think about how the president wakes up each morning. He does not need to be reminded of his authority. He lives it, knowing what is under his rule. You are an image-bearer of the Most High. You can wake up and live like it.

Pause & Pour

Set your phone down.
Read both verses out loud, then say this affirmation slowly:

I am made in the image of God.
God formed me with His own hands and breathed His own breath into me.
My value was settled before anyone gave an opinion about me.
I carry His character, and I represent Him everywhere I go.
I have value, and I am His.

The Shift: Stop letting a bad day, a bank account, a title, or somebody's opinion decide what you are worth. Your worth was stamped on you before you took your first breath. Walk like the image-bearer you are.

Day 2

A New Creation
2 Corinthians 5:17

Scripture Focus

2 Corinthians 5:17 (CSB)

"Therefore, if anyone is in Christ, he is a new creation; the old has passed away, and see, the new has come!"

The Greek phrase Paul uses is καινὴ κτίσις (kainē ktisis). Greek has two words for "new." One (neos) means new in time, like a newer model of the same thing. The other, kainos, means new in kind, something that did not exist before. Paul uses kainos. When you are in Christ, God did not patch up your old self. He made something new.

That matters because so many of us keep dragging an old identity into a new life. We carry old labels, old habits, and old stories about who we used to be, and sometimes people keep reminding us of them. But the old has passed away. Christ died for your sin so that you do not have to carry guilt, shame, or condemnation. He already paid the price.

Freedom is rarely a one-time moment. It is something you keep reminding yourself of. "I can get free from this because I am a new creature." You may still be peeling things back and getting free from your past lifestyle, and that is okay. Keep saying it. Your mind is renewed by the Word, and your life follows.

Pause & Pour

Name one old label or habit you are ready to stop carrying.
Read the verse out loud, then say:

I am in Christ, and I am a new creation.
The old has passed away, and the new has come.
I am not who I used to be, and I do not answer to my past.
Christ paid the price in full, so I put down guilt and shame.
I am free because I am a new creature.

The Shift: You are not a repaired version of the old you. You are new. Stop introducing yourself with your history, and start introducing yourself with what God has said.

Day 3

His Masterpiece
Ephesians 2:10

Scripture Focus

Ephesians 2:10 (CSB)

"For we are his workmanship, created in Christ Jesus for good works, which God prepared ahead of time for us to do."

The Greek word translated "workmanship" is ποίημα (poiēma). It is where we get our English word poem. It means a masterpiece, a work of art, something made with intention and skill. You are God's poem. Nothing about you is mass-produced.

Paul goes on to say that you were created for good works "which God prepared ahead of time." Before you ever felt overwhelmed by an assignment, God had already prepared the work and the path. That is why I tell you that when God gives you an assignment, you can push through your feelings and rely on His grace. It is not by your power or your ability. It is His power working through you.

God has already given you the play, but you have to run the play. You learn the play by staying in His Word. You are not behind, and you are not unqualified. The Artist knows exactly what He made you for.

Pause & Pour

Think of one assignment, big or small, that feels heavy right now.
Read the verse out loud, then say:

I am God's masterpiece.
I was created in Christ Jesus on purpose and for a purpose.
God prepared my work ahead of time, so I am not behind.
His grace is sufficient for me, and His power works through me.
I will run the play He has given me.

The Shift: You do not have to figure
out your purpose by yourself. Show up, stay in the Word, and let the One who made you lead you into the work He prepared.

Day 4

Chosen
1 Peter 2:9

Scripture Focus

1 Peter 2:9 (CSB)

"But you are a chosen race, a royal priesthood, a holy nation, a people for his possession, so that you may proclaim the praises of the one who called you out of darkness into his marvelous light."

The Greek word is ἐκλεκτός (eklektos), meaning picked out, selected, and set apart on purpose. It was not a last-minute pick or a pity pick. And notice who Peter is writing to: scattered believers, many of them rejected by their families, communities, and cities. People who had been overlooked everywhere else.

Maybe you were picked last. Maybe you were passed over for the job, the friend group, the relationship, or the title. Maybe somebody told you nobody was going to want you or care about you, and you have been carrying that like a personality ever since. Maybe the world calls you a leftover. God said you have value, and He chose you.

His choice does not depend on anyone else's vote. Ephesians 1:4 tells us He chose us before the foundation of the world, which means He decided about you before you ever had a chance to impress anybody. Peter says you are a royal priesthood, a holy nation, and a people for His possession. When the God of the universe says "mine," every other rejection loses its power.

Pause & Pour

Think of one place where you were overlooked or left out.
Hand it to the Lord, then say out loud:

I am chosen by God.
I was picked on purpose, before the foundation of the world.
I am royal, I am holy, and I belong to Him.
It does not matter who overlooked me, because God did not.
I was called out of darkness into His marvelous light.

The Shift: Stop waiting for people to pick you. You have already been picked by the One whose choice cannot be undone. Stop shrinking in rooms that did not recognize you, and walk in the light that called you.

Day 5

God Is Greater Than Your Doubt
1 John 3:19-20

Scripture Focus

1 John 3:19-20 (CSB)

"This is how we will know that we belong to the truth and will reassure our hearts before him whenever our hearts condemn us, because God is greater than our hearts and knows all things."

The Greek word for "condemn" here is καταγινώσκω (kataginōskō). Literally, it means to "know against," to hold a verdict against someone. Your own heart can act like a courtroom, listing every failure, every mistake, every reason you do not measure up. And then John says something powerful: God is greater than your heart and knows all things.

Self-doubt is often just a heart that has accepted somebody else's opinion, or its own, instead of God's facts. Those opinions can become mental strongholds, and they will keep you from progressing. But your heart does not get the final say. God sees the whole picture, including what you have overcome, who you are becoming, and what Christ already paid for.

The word John uses for "reassure" is πείθω (peithō), which means to persuade or convince. You can actively persuade your heart with truth. When doubt says, "Who do you think you are?", you answer with what the Word says. Faith comes by hearing, so let your own mouth say it.

Pause & Pour

Identify the thought that has been getting the final word lately.
Then read the verse out loud and say:

I belong to the truth.
When my heart condemns me, I reassure it with God's Word.
God is greater than my doubts, my fears, and my failures.
He knows all things, and He still calls me His own.
There is no condemnation in me, because Christ paid it all.

The Shift: Do not let your heart act as the judge. It is a witness, and it does not always tell the whole story. Let God's verdict be the final word over you.

Day 6

Running Your Own Race
Galatians 6:4

Scripture Focus

Galatians 6:4 (CSB)

"Each person should examine his own work, and then he can take pride in himself alone, and not compare himself with someone else."

Paul's word for "examine" is δοκιμάζω (dokimazō), the word for testing metal to prove it is genuine. Paul does not tell us to compare ourselves with others. He says to test your own work, the assignment God gave you, and then you can take pride in it without needing someone else to fall short for you to feel good.

Imposter syndrome and comparison are twins. Both come from standing under the wrong opinion. You look at someone else's lane, timeline, or house, and you start to believe you do not deserve your own. Maybe you have started to feel guilty because you are rising and the people around you are not. Maybe you feel like you are leaving people behind. That guilt is not from God. There is no heavenly reward for downplaying your life.

Think about giving someone a gift. You picked it out for them and had them in mind. And they keep saying, "No, no, I can't take it, give it to somebody else." That is what we do to God when we say, "I don't deserve this." He is not confused about who He blessed. When you refuse what He gave you, you are questioning His decision. Receive it, steward it well, and let it make you generous.

Pause & Pour

Think of the person or lane you keep measuring yourself against.
Release it, then read the verse out loud and say:

I have a race that God designed for me.
I do not need to compare myself, because I am not competing.
I am not an imposter. God entrusted me with what I have.
I receive every good thing He has given me, and I will steward it well.
I can celebrate others and still walk fully in my own lane.

The Shift: Stop apologizing for what God gave you. You were never meant to live in anyone else's lane. Do your own work, do it well, and let God's decision about you stand.

Day 7

More Than a Conqueror
Romans 8:37

Scripture Focus

Romans 8:37 (CSB)

"No, in all these things we are more than conquerors through him who loved us."

The Greek word is ὑπερνικάω (hypernikaō). It combines hyper (over, beyond) with nikaō (to win). Paul is saying we do not just barely win. We win overwhelmingly, beyond measure. And look at the setting. Paul wrote this right after listing trouble, hardship, persecution, famine, and danger. He did not say we are conquerors instead of these things. He said "in all these things."

You may still have to fight. Sometimes you will need to take authority over what is going on in your home, your mind, or your finances, using God's Word. But you fight from victory, not for it. The battle belongs to the Lord, and like Jehoshaphat's people, we still show up with praise and action.

That is why peace can rest on you even on a hard day. When I got into my prayer closet and worshiped, a coworker noticed something different about me: a calm she couldn't explain. It was the peace of God that surpasses understanding, and it is promised to every one of His children. The victory is promised to you, on this side of your journey or on the other side with your God. Either way, you cannot lose.

Pause & Pour

Bring your hardest situation to mind. Read the verse out loud, then say with authority:

I am more than a conqueror through Christ who loves me.
I fight from victory, not for it.
The peace of God guards my heart and my mind.
No situation, season, or opinion has the power to defeat me.
I walk in victory today, because I cannot lose.

The Shift: You are a victor, not a victim. Take your authority, keep speaking the Word, and keep moving. And if one of these seven calls to you, keep saying it for the next 60 days and watch your mind, your habits, and your life shift.



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