



## *My Daily Affirmation*

Written by M. Lee Bozeman

I, \_\_\_\_\_, am a beautiful person inside and on the outside. I am deserving of God's love and the love of others. I am worthy of forgiveness from God and myself. I am getting stronger everyday. I am turning all of my anger, fear, sadness, and pain into tiny bits of sand and releasing them into the wind. I am becoming weightless and moving toward the sun where healing, warmth, love, and God are waiting for me. My spirit is free and soaring over grassy meadows of green. I am standing barefoot in the middle of colorful flowers holding hands with my Lord Jesus. My soul is bursting with a blinding white light so that all darkness vanishes. I am surrounded by the immenseness of God. I feel rain drops fall gently upon my face to wash all pain and misery from my body. I am healed today because of God's love for me. Amen.

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