"Can a mother forget the baby at her breast and have no compassion on the child she has borne? Though she may forget, I will not forget you."

-ISAIAH 49:15

AFFIRMATION:

God never forgets me. Even when the world feels silent, Heaven remembers my name.

Come to me, all you who are weary and burdened, and I will give you rest.

-MATTHEW 11:28

AFFIRMATION:

I don't have to carry this alone. Jesus welcomes my exhaustion and replaces it with rest.

"Trust in the Lord with all your heart and lean not on your own understanding."

-Proverbs 3:5

AFFIRMATION:

I choose to trust even when I don't understand.
God's plan is unfolding in ways I can't yet see.

"My grace is sufficient for you, for my power is made perfect in weakness."

-2 Corinthians 12:9

AFFIRMATION:

My weakness is not my failure, it's where God's strength begins.

"The Lord is close to the brokenhearted and saves those who are crushed in spirit."

–Psalm 34:18

AFFIRMATION:

I am never alone. God sits with me in the heartbreak and whispers hope into my soul.

"When I am afraid, I put my trust in You."

-PSALM 56:3

AFFIRMATION:

Fear doesn't get the final say, faith does. I place my trembling heart in God's steady hands.

"You are the God who sees me."

-GENESIS 16:13

AFFIRMATION:

I am fully seen, fully known, and fully loved by God, even when no one else notices.