

Affirmations for Lent

Anger – I release my emotional reactions and heal from within.

Anxiety – I envision only best-case scenarios.

Apathy – I salute the divinity in me and take command of my life.

Bitterness – I soften, forgive, and release any bitterness I carry within my heart. I free myself.

Blame – I experience peace and forgiveness by letting go of blame.

Busyness – I have more than enough time to do with his mine to do.

Chaos – Divine order is always at work in my life.

Competitiveness – I celebrate my unique talents and accomplishments and those of all beings.

Complaining – The moment I catch myself complaining, I start to count my blessings.

Criticism – I look for the good and speak words of praise in every situation.

Darkness – Darkness has no hold on me. Let go of darkness and allow illumination.

Discontent – Through spiritual understanding, I followed the divine wisdom available in every moment of my life.

Discouragement – When I make mistakes, I am making progress.

Doubt – Faithfully, I wait for truth.

Drama – I let nothing and no one upset the calm piece of my soul.

Fear of being alone – From the infinite, eternal, abundant source, I receive inspiration and absolute love.

Fear of change – This is my day. I am courageous and trust my inner power.

Fear of illness – I expect health and wholeness is my divine birthright.

Fear of lack – I am fearless, free, and abundant.

Indecision – I embrace my inner wisdom and trust the guidance I receive.

Insecurity – I am whole and perfect just as I am.

Judgment – I am love in action.

Limitation – I am free; I am unlimited!

Negative thinking – I release habitual negativity and embrace infinite possibility.

Obligation – I am present here and now. I honor this beautiful moment of life.

Outdated beliefs – Wisdom flows through me every day.

Overwhelm – I relax and let go of feelings of overwhelm, knowing all will be well.

The past – I release the past quickly and gracefully to greet my greater good.

Perfectionism – Leaning fully into love's embrace, I choose to let go of perfectionism.

Pessimism – I open to an optimistic outlook on life.

Resentment – I focus on the good I desire to experience.

Resistance - When I resist with love, I am choosing life.

Self-pity – I release self-pity by changing the stories I tell about my life.

Shame – When I trip over my humanity, I discover a higher way of being.

Sorrow – I live vibrantly from my joyful spirit.

Stress – I am stress-free in the Silence.

Struggle – Embracing divine life, I willingly go with the flow.