

GOD



ME

**A 30-DAY CHRISTIAN
AFFIRMATION JOURNAL
FOR WOMEN**

RENEWAL AND JOY

Written and Created by Martha Jones



**GOD LOVES
ME FOREVER™**

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FOR WOMEN**

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Dear Friend,

Welcome!

This journal was created with prayer, love, and the hope that it would meet you in a sacred space—wherever you are on your journey with God. Each affirmation, Scripture, and prompt is designed to remind you of who you are: deeply loved, fully known, and never alone.

Whether you're in a season of growth, healing, waiting, or joy, I pray these pages become a place of encounter—where God's voice speaks gently to your heart, and where you rediscover the beauty of your identity in Him.

Take your time. Let the Holy Spirit lead. You don't have to rush healing, understanding, or transformation. God is patient, present, and working—even in the quiet moments.

Thank you for allowing this journal to be part of your walk with God. May it draw you deeper into His love, truth, and peace.

*With love and blessings,
Martha*



How to Download Your Journal

Dear Friend,

Thank you for allowing our journal to become part of your spiritual journey. It was created to give you a peaceful place to slow down, reflect, and spend a few quiet moments with God. You may use this journal in whichever format fits your lifestyle best — printed or digital.

1. Printable PDF Version

- Download the file to your device
- Print at home or at a local copy shop
- For best results, use a color printer so the artwork appears soft and clear
- You may print the full journal or only a few pages at a time

2. Digital Fillable Version

- Open the PDF on your tablet, computer, or phone
- Type directly into the pages
- Or write with a stylus using apps such as:
 - GoodNotes
 - Notability
 - Xodo
 - Adobe Acrobat Reader

Whichever format you choose, may these pages become a gentle space of reflection, encouragement, and peace.

With love and blessings,

Martha

Before You Begin

Dear Friend,

This journal is meant to be a sacred space—a quiet invitation to slow down, reflect, and rest in God’s presence.

Use it daily, weekly, or as the Spirit leads. There’s no pressure to move quickly. Take your time. Before you begin, consider pausing to pray—inviting God to speak to your heart.

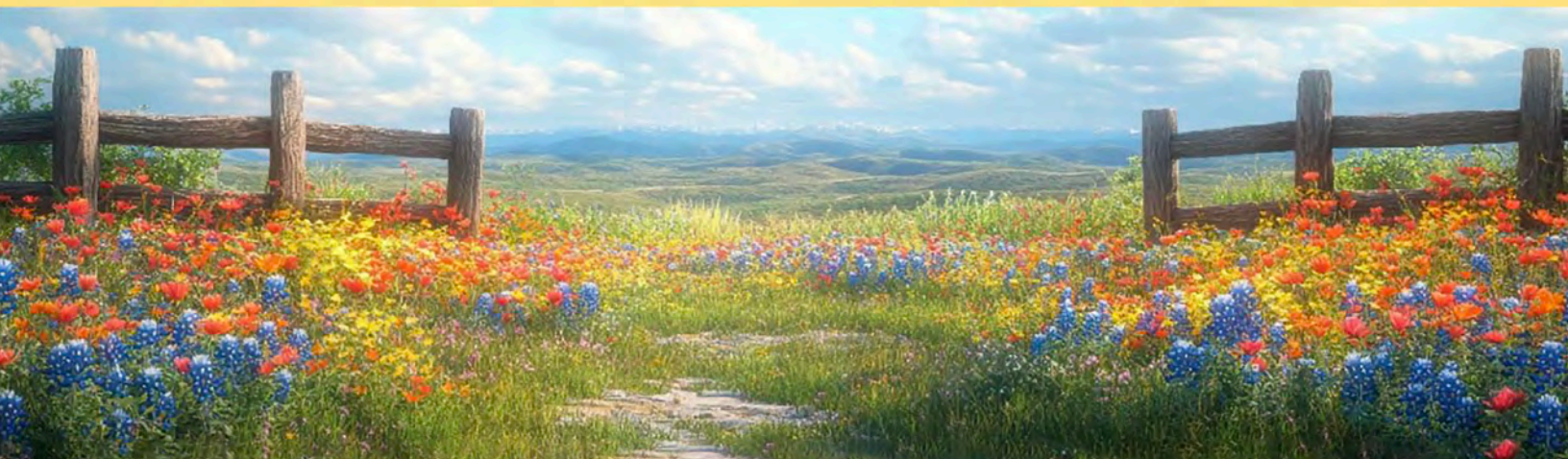
Read the affirmation slowly. Let the Scripture settle in. Reflect on the journaling prompt. Don’t worry about writing the “right” thing—God meets you in authenticity.

Each entry offers space to respond, with extra pages at the end for additional reflection and prayer.

Whether you’re in a season of healing, celebration, or stillness, may this be your space to draw near to the heart of God.

With love and blessings,

Martha





Opening Prayer

Dear Heavenly Father,

As I begin this spiritual journey, I open my heart to You.
May this journal become a sacred place where I receive Your love
and rediscover who I am in You.

Help me trust in the truth of Your unconditional love and acceptance.
Remind me that my identity is not defined
by the world, but formed in Your image.
Let Your grace meet me with compassion—healing my heart,
embracing my humanity with mercy, and strengthening my spirit.

Guide me to live with purpose and peace,
caring for my body and soul as gifts from You.
When I feel unsteady, lead me forward with courage,
step by step, trusting that You walk beside me.
And in all things, fill my soul with joy and gratitude,
so I may celebrate each day as a sacred gift.

Shape me through this time of reflection,
and draw me closer to the woman You created me to be—
whole, loved, and overflowing with Your light.

Amen



I Am Completely and
Unconditionally Loved



God's Love & Acceptance

Dear Heavenly Father,

Thank You for Your divine truth that cradles my heart:
Your love for me is eternal and absolute.
In this journal, You've reminded me that I am fully known
and yet still, fully and joyfully loved.

When I doubt myself, draw me back to Your grace.
When I'm tempted to measure my value by the world,
whisper again that I am already accepted—just as I am.

Let Your love surround me in every moment, so I may move
through life with peace, belonging, and joy.
Teach me to receive this love not as something to earn,
but as a gift already given—forever mine in You.

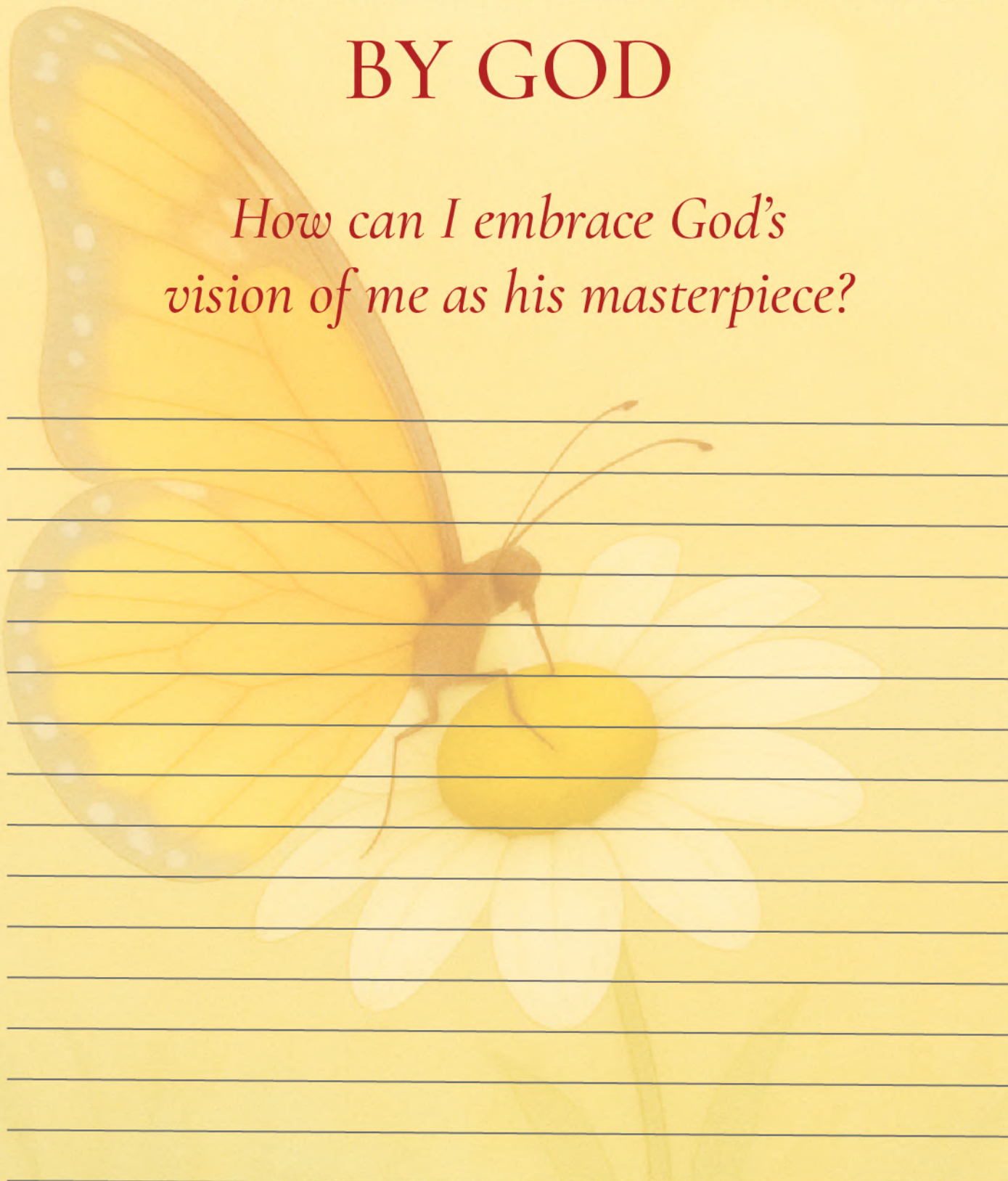
Amen

I Am God's Masterpiece



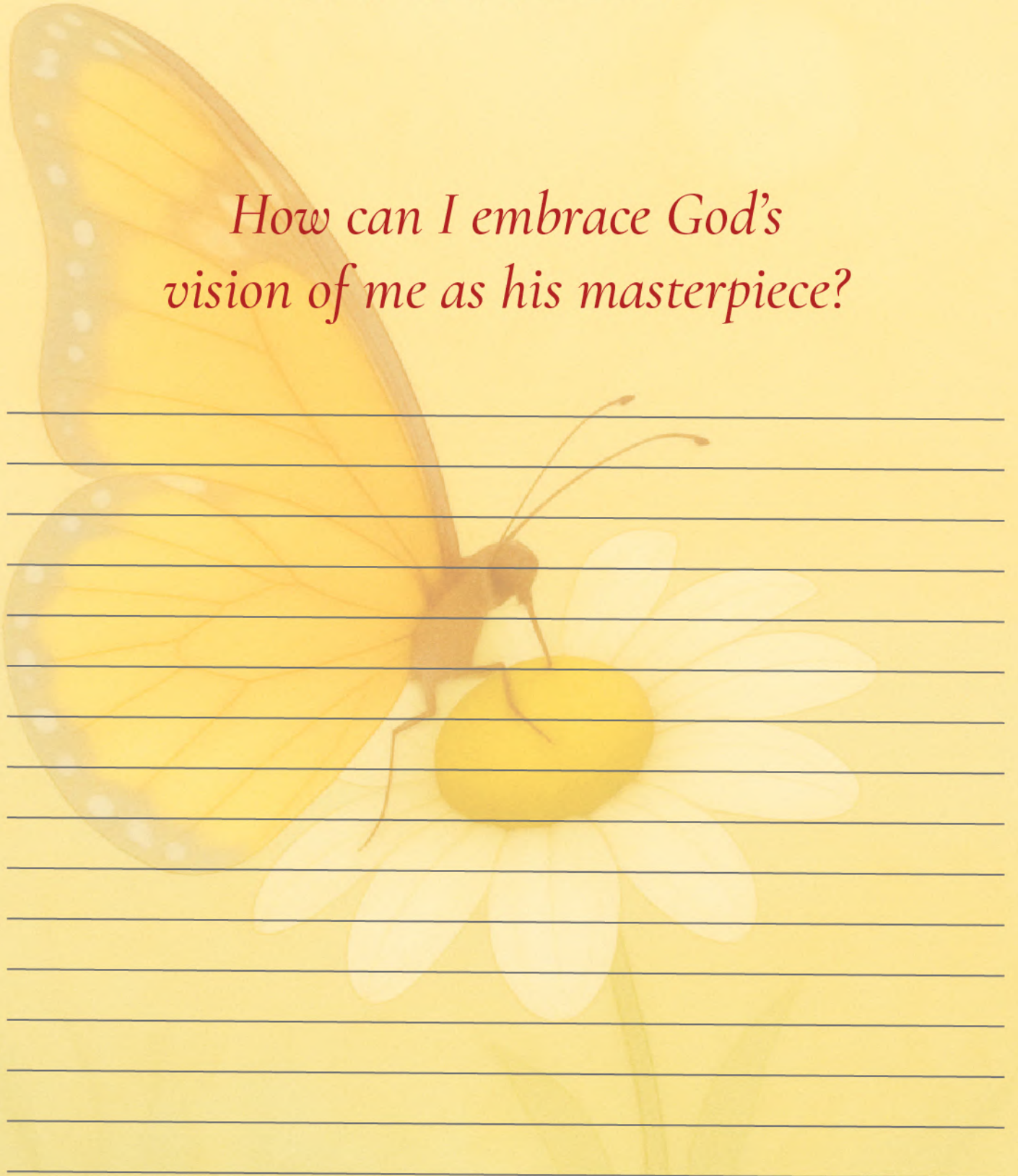
I AM PERFECTLY AND WONDERFULLY MADE BY GOD

*How can I embrace God's
vision of me as his masterpiece?*



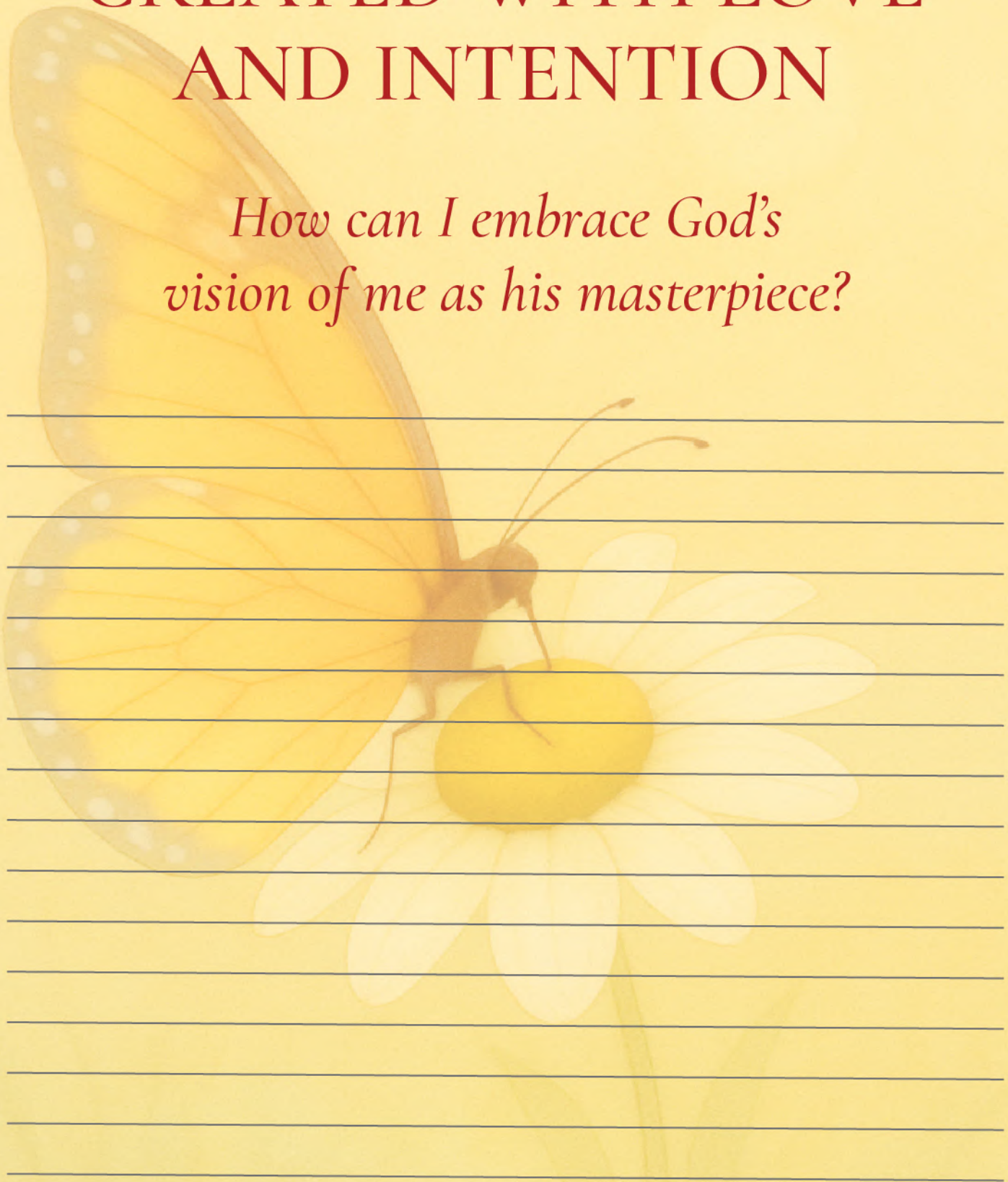
I AM A NEW CREATION IN CHRIST

*How can I embrace God's
vision of me as his masterpiece?*



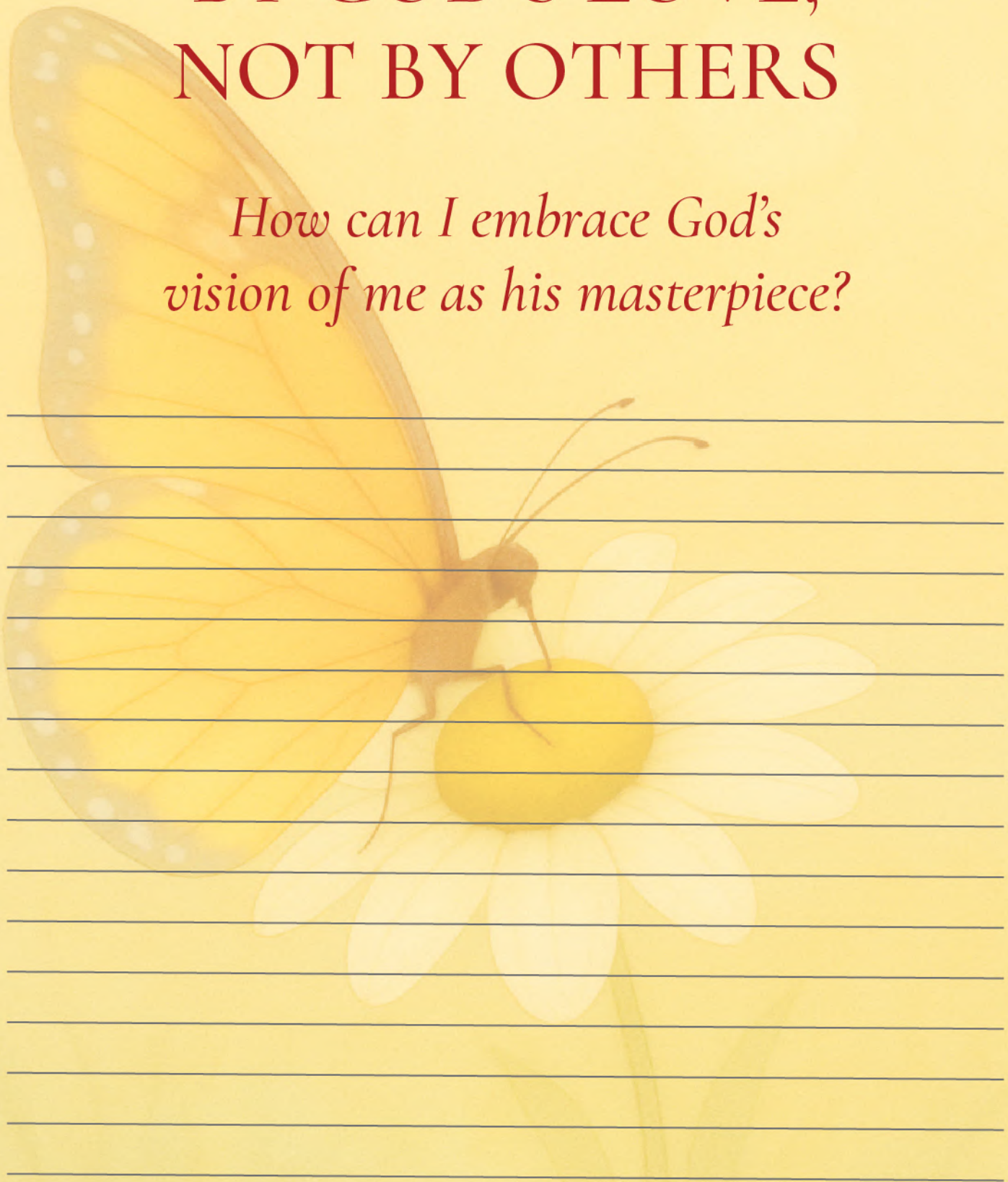
I AM GOD'S MASTERPIECE, CREATED WITH LOVE AND INTENTION

*How can I embrace God's
vision of me as his masterpiece?*



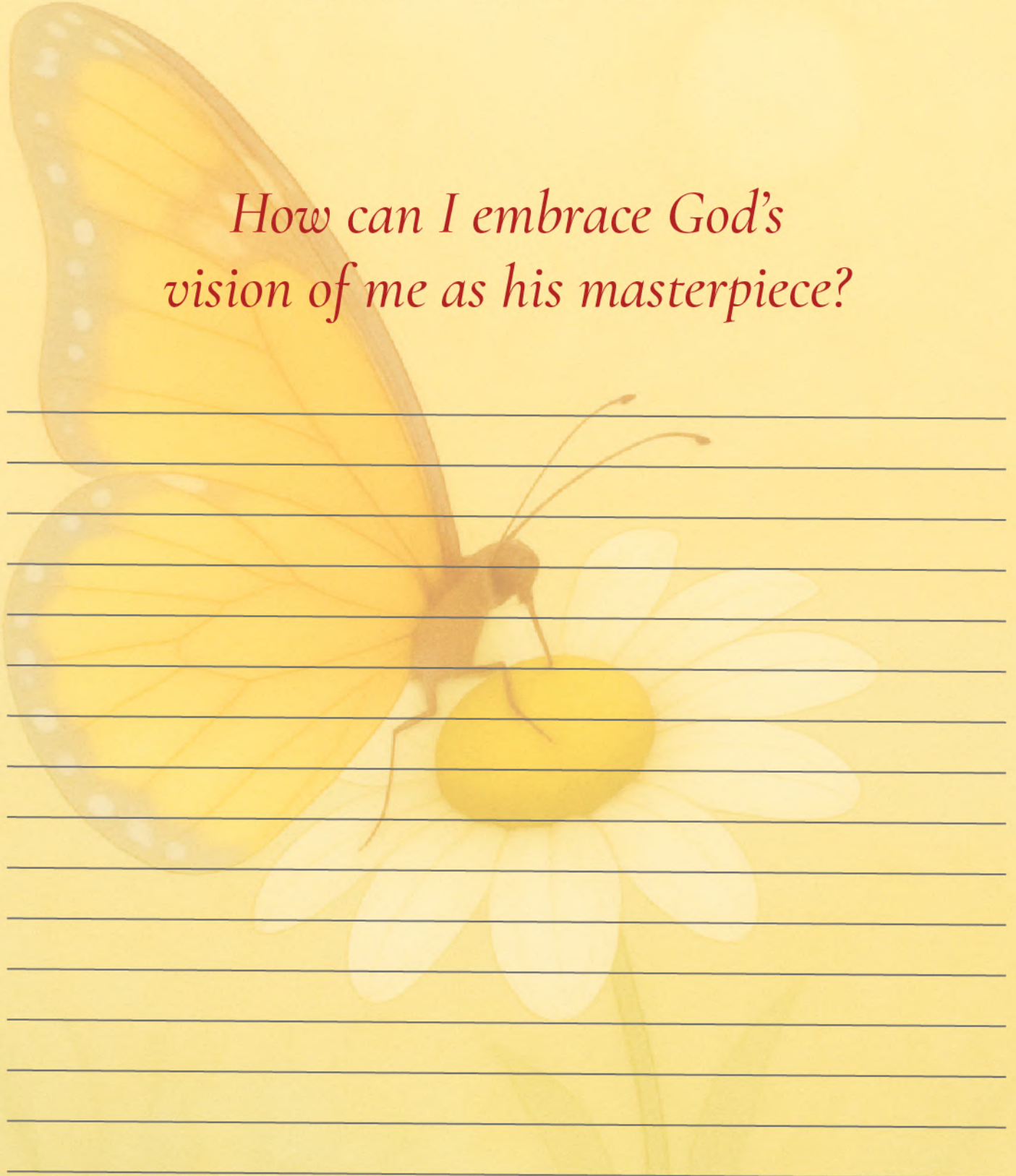
MY IDENTITY IS DEFINED BY GOD'S LOVE, NOT BY OTHERS

*How can I embrace God's
vision of me as his masterpiece?*



GOD'S LOVE EMBRACES MY BODY AND SOUL

*How can I embrace God's
vision of me as his masterpiece?*



Grace, Forgiveness, & Strength

Dear Heavenly Father,

Your grace meets me in every moment—
Even with my imperfections, You love me completely.
Thank You for renewing me with mercy each day, for lifting
me when I'm overwhelmed, and for setting me free in Your love.

When I feel the weight of regret or weakness,
I'm reminded of Your forgiveness.
Your grace has rewritten my story.
You turn flaws into beauty,
and when I feel powerless, You become my strength.

Help me walk in the freedom You've given,
no longer bound by my past, but strengthened by Your presence.
I can do all things through Christ who strengthens me—
and I believe that truth with all my heart.

Amen

I Am Strengthened by God's Grace



Grace, Forgiveness, & Strength

Dear Heavenly Father,

Your grace meets me in every moment—
Even with my imperfections, You love me completely.
Thank You for renewing me with mercy each day, for lifting
me when I'm overwhelmed, and for setting me free in Your love.

When I feel the weight of regret or weakness,
I'm reminded of Your forgiveness.
Your grace has rewritten my story.
You turn flaws into beauty,
and when I feel powerless, You become my strength.

Help me walk in the freedom You've given,
no longer bound by my past, but strengthened by Your presence.
I can do all things through Christ who strengthens me—
and I believe that truth with all my heart.

Amen

Each Day, God Renews Me – Body and Soul



Purpose, Wellness & Wholeness

Dear Heavenly Father,

Thank You for creating me with purpose, for calling me to live a life that is whole, peaceful, and meaningful.

You know every part of me—body, and soul—
and You lovingly care for each one.

Help me to live intentionally.

Teach me to rest when I need rest, to move when You call me forward,
and to care for myself as someone deeply loved by You.

When life feels busy or uncertain, center my heart in Your calm.

I trust that Your plans for me are filled with hope.

Renew me daily—spiritually and physically—so that I can live fully,
with clarity, purpose, and joy.

Amen

Step by Step, I Walk Forward in Faith



GOD IS GROWING SOMETHING BEAUTIFUL IN ME

*Where is my faith in
God leading me?*



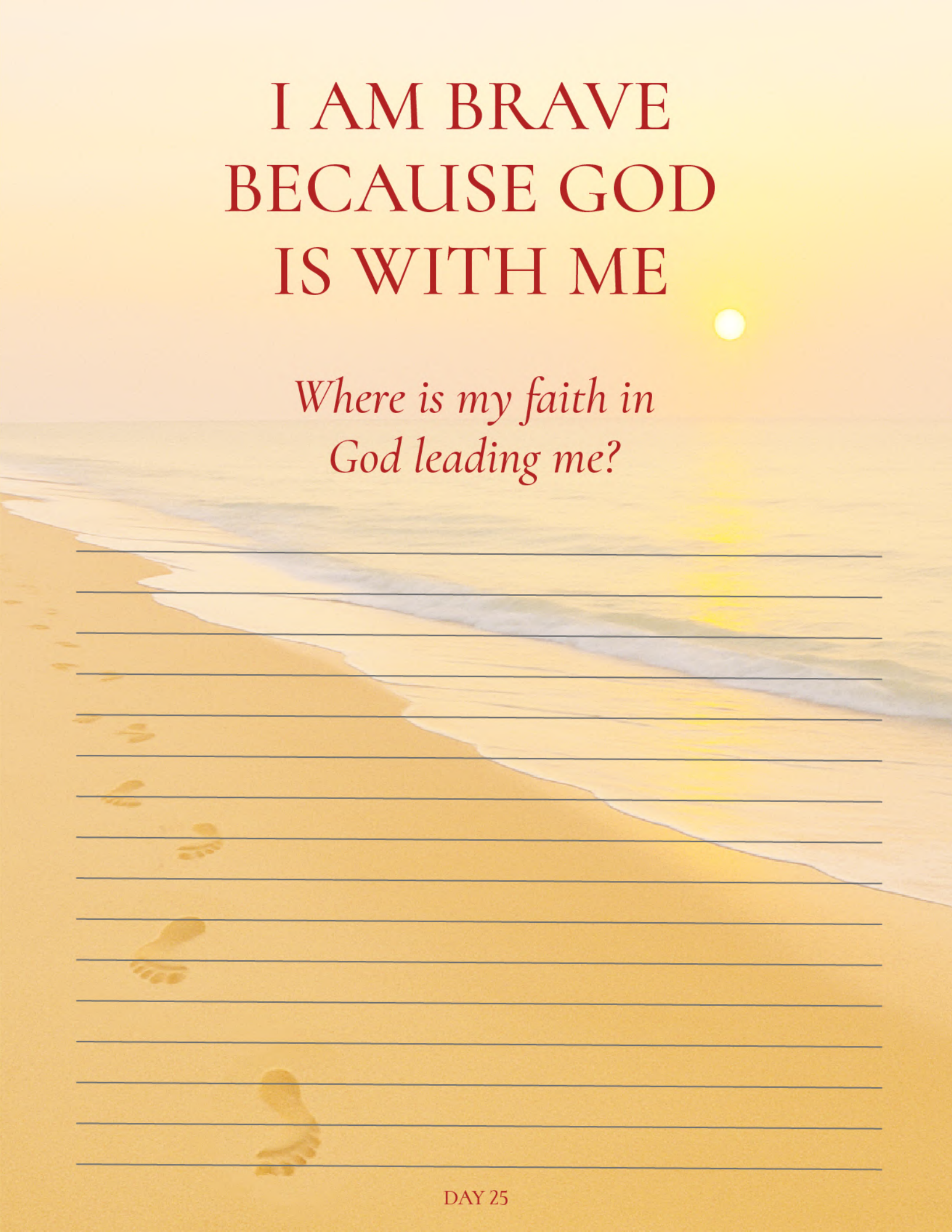
A series of horizontal lines for writing, overlaid on a background image of a beach at sunset. The sun is low on the horizon, casting a golden glow over the water and sand. Waves are breaking on the shore. Footprints are visible in the sand, leading from the foreground towards the water.

GOD LEADS ME WITH WISDOM, CARE, AND PERFECT TIMING

*Where is my faith in
God leading me?*



A series of horizontal lines for writing, overlaid on a background image of a beach at sunset. The sun is low on the horizon, casting a golden glow over the water and sand. Waves are washing onto the shore, and a trail of footprints is visible on the sand, leading from the foreground towards the water.



I AM BRAVE BECAUSE GOD IS WITH ME

*Where is my faith in
God leading me?*

GOD LIGHTS MY PATH AND LEADS ME FORWARD

*Where is my faith in
God leading me?*



A series of horizontal lines for writing, overlaid on a background image of a beach at sunset. The image shows a sandy beach with a path of footprints leading towards the ocean. The sun is low on the horizon, casting a warm glow over the scene.

Growth, Courage & Guidance

Dear Heavenly Father,

Thank You for walking with me step by step.
Even when I cannot see the full path ahead,
You lead me with wisdom, care, and steady love.

You are growing something beautiful in me—
even in the slow seasons, even in the unknown.
Help me to trust Your timing, to follow when You call,
and to walk by faith, not fear.

When I feel uncertain, make me brave.
When I feel small, remind me that You go before me.
Shine Your light on my path, and help me move forward
with courage rooted in Your presence.

I choose to walk with You—today, tomorrow, and always.

Amen

God Fills My Soul with Sunshine



Joy & Gratitude

Dear Heavenly Father,

Thank You for filling my life with beauty, grace, and joy.
Each day You give is full of possibilities,
and I don't take a single one for granted.

Help me live with open hands and a grateful heart.
Let joy rise in me—not just in moments of ease,
but even when life is challenging —because Your joy is my strength.

Show me how to celebrate this life You've given,
with laughter, with kindness, with purpose.
And through Christ, may I walk each day in the light of Your love,
radiating the hope You've placed in me.

Amen



Closing Prayer

Dear Heavenly Father,

Thank You for walking with me through this journal, through every truth spoken and every moment of quiet reflection. You have reminded me that I am deeply loved, purposefully created, and forever held in Your grace.

I carry with me the affirmations You've written on my heart—truths of identity, strength, renewal, and joy. Thank You for meeting me here, for speaking into my spirit, and for awakening new hope within me.

As I close this journal, I step forward with confidence—not because I have all the answers, but because I know the One who is by my side.

Let Your love continue to guide me,
Your peace renew me,
and Your joy strengthen me for the journey ahead.

Amen



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GOD



ME

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