

Bread for the Journey



*20 Affirmations on
Jesus' Teachings*

DAY 1

Matthew 5:3

Blessed are the poor in spirit: for theirs is the kingdom of heaven.

Jesus encourages humility, reminding us that those who recognize their spiritual need are closest to God.

Affirmation: I am humble before God, and His kingdom is mine.



DAY 2

Matthew 5:7

Blessed are the merciful: for they shall obtain mercy.

Mercy is not only a virtue—it is a pathway to receiving God's compassion ourselves.

Affirmation: I choose mercy, and God's mercy flows to me.

DAY 3

Matthew 6:33

But seek first his kingdom, and his righteousness; and all these things shall be added to you.

Prioritizing God's will brings true peace and provision.

Affirmation: I seek God's kingdom first, and He provides for my every need.

DAY 4

Matthew 7:12

Whatever you desire for men to do to you, you shall also do to them; for this is the law and the prophets.

This Golden Rule calls us to treat others with the kindness we desire.

Affirmation: I treat others with the kindness I desire.

DAY 5

Matthew 11:28

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

Jesus offers comfort and relief to the weary soul.

Affirmation: I bring my burdens to Jesus, and He gives me rest.



DAY 6

Matthew 16:26

For what shall a man be profited, if he shall gain the whole world, and forfeit his life?

Earthly success means nothing if our soul is neglected.

Affirmation: I value my soul above all worldly gain.

DAY 7

Matthew 22:37

You shall love Jehovah your God with all your heart, with all your soul, and with all your mind.

Our love for the Lord must be complete and undivided.

Affirmation: I love God with all my heart, soul, and mind.

DAY 8

Matthew 24:42

Watch therefore, for you do not know in what hour your Lord comes.

Jesus urges spiritual readiness for His return.

Affirmation: I stay watchful and prepared for the Lord's return.

DAY 9

Mark 8:34

Whoever wants to come after me, let him deny himself, and take up his cross, and follow me.

True discipleship demands self-sacrifice.

Affirmation: I deny myself, take up my cross, and follow Jesus.

DAY 10
Mark 9:35

If any man would be first, he shall be last of all, and servant of all.

Greatness in God's kingdom is found through humility and service.

Affirmation: I serve others with humility, and God honors me.

DAY 11
Luke 6:27

But I say to you that hear, Love your enemies, do good to them that hate you.

Jesus Christ's call to love extends even to those who oppose us.

Affirmation: I choose to love my enemies and do good to those who oppose me.

DAY 12
Luke 12:15

Beware! Keep yourselves from covetousness, for a man's life does not consist of the abundance of the things which he possesses.

True value is found in spiritual richness, not material gain.

Affirmation: I am content with what God provides, for true wealth is found in Him.

DAY 13
Luke 14:11

For every one that exalts himself shall be humbled; and he that humbles himself shall be exalted.

Pride leads to downfall, while humility invites God's favor.

Affirmation: I walk in humility, trusting the Lord to lift me up.



DAY 14
John 3:16

For God so loved the world, that he gave his only born Son, that whoever believes in him should not perish, but have eternal life.

Jesus reveals God's boundless love and the gift of salvation.

Affirmation: I believe in Jesus, and I have eternal life.

DAY 15
John 8:12

I am the light of the world: he that follows me shall not walk in the darkness, but shall have the light of life.

Jesus provides spiritual clarity and direction.

Affirmation: I follow Jesus, and His light guides my path.

DAY 16
John 10:11

I am the good shepherd: the good shepherd lays down his life for the sheep.

Christ's sacrificial love is the foundation of His care for us.

Affirmation: I trust in Jesus, my Good Shepherd, who gave His life for me.

DAY 17
John 11:25

I am the resurrection and the life. He who believes in me will still live, even if he dies.

Jesus promises victory over death for those who trust in Him.

Affirmation: I believe in Jesus, and He gives me eternal life.

DAY 18
John 14:6

I am the way, the truth, and the life. No one comes to the Father, except through me.

Jesus demonstrates that He is the only path to the Father.

Affirmation: Jesus is my way, my truth, and my life.

DAY 19
John 15:5

I am the vine. You are the branches. He who remains in me and I in him bears much fruit, for apart from me you can do nothing.

Our spiritual growth and strength rely on remaining connected to Jesus Christ.

Affirmation: I remain in Jesus, and His life flows through me.

DAY 20

Revelation 3:20

Behold, I stand at the door and knock. If anyone hears my voice and opens the door, then I will come in to him and will dine with him, and he with me.

Jesus offers a personal relationship to all who invite Him in.

Affirmation: I open my heart to Jesus, and He dwells with me.

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