

FREEDOM

BY EMPOWER HER MINISTRIES

FREEDOM

A 5 DAY E-GUIDE AFFIRMING
FREEDOM WITH FAITH



FREEDOM

Day One



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KNOW FREEDOM

Cast all your anxiety
on him because he
cares for you.

KNOW FREEDOM

BY EMPOWER HER MINISTRIES

KNOW FREEDOM

AFFIRM FREEDOM

Today, I am choosing to give anything that causes me to worry to God! I understand there are some things I cannot control, but I believe God will take care of those things, for He cares for me.

TRUST FREEDOM

Whenever you feel
an anxious thought,
remember this
scripture and what
you affirmed! Know
that it is true. God
loves and cares for
you!

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FREEDOM

Day Two



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KNOW FREEDOM

No, despite all
these things,
overwhelming
victory is ours
through Christ,
who loved us,

KNOW FREEDOM
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AFFIRM FREEDOM

Despite whatever
comes my way
through Christ I know I
can overcome all
things! Anxiety, fear,
and depression will not
stop me. I am moving
forward today living in
freedom!

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TRUST FREEDOM

With God, you are a conqueror! There is nothing you cannot overcome. We encourage you to keep this verse at all times. You can win with Christ!

FREEDOM

Day Three



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KNOW FREEDOM

For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.

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BY EMPOWER HER MINISTRIES

AFFIRM FREEDOM

There is no reason for me to fear because I am a child of God. Today, I am living in freedom! Through Christ, I have power, love, and a sound mind. When I have a sound mind, I am practicing self-discipline.

TRUST FREEDOM

Sister, what you just read is the truth! You have power through Christ. There is no reason to fear. Say this verse out loud often and believe it!

FREEDOM

Day Four



KNOW FREEDOM

We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

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KNOW FREEDOM

AFFIRM FREEDOM

Today, I will take captive every thought that is filled with anxiety or fear. I remind myself today of the truth which is God's word! This truth will cause any low thought to flee from me.

TRUST FREEDOM

The more you know
God's truth the
more it will help you
in low moments. We
encourage you to
meditate on this
verse today! May
this verse help you
to be free.

FREEDOM

Day Five



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KNOW FREEDOM

So if the Son sets
you free, you will be
free indeed.

KNOW FREEDOM

BY EMPOWER HER MINISTRIES

KNOW FREEDOM

AFFIRM FREEDOM

I know I am free in Christ! No matter what low or negative thought that comes my way! I will choose to affirm my freedom with the truth, God's truth. I trust that this truth will always set me free!

TRUST FREEDOM

Sister, it is the Lord
that sets you free!

May you continue
to trust in Him and
apply His truth in all
situations. May His
truth forever allow
you to live in
freedom!

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Empower Her Ministries

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