



PROMISES
for you

Daily Affirmations
for Inspiration
and Motivation

CHARLES A. BARRETT

PROMISES FOR YOU

DAILY AFFIRMATIONS FOR
INSPIRATION AND MOTIVATION

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Daily Affirmations for Inspiration and Motivation

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ABOUT PROMISES FOR YOU

Everyone needs encouragement. Regardless of who we are—students, adults, spouses, siblings, employees—what we are doing—going to school, teaching, or leading ministries, businesses, and other organizations—or what we are going through—sickness, unemployment, temporary disappointment, incarceration—rather than being reminded of what we are not doing well, we simply need to be inspired and motivated to be better today than we were yesterday. Having personally written these short notes for each day of the year, I am excited to share this collection of inspirational messages, affirmations, and prayers that will encourage you in every area of your life.

Perhaps you will dedicate a special time each day to spend a few moments in quiet meditation and self-reflection. Whether in the stillness of the morning before the hustle and bustle of the day demands your attention; during lunch when you pause to rest and recharge; or in the evening hours after fulfilling your varied responsibilities, allow yourself to be renewed and refreshed by *Promises for You*. Remain open to thinking differently about who you are and the situations you're facing. Reflect on your relationships and how you can be a better friend, spouse, neighbor, or leader. Most importantly, let

God's unconditional and unwavering love strengthen you for the unique opportunities of each new day.

An interactive, yet personal experience, this journal includes space for you to record your reactions to each message. When applicable, scripture references have been provided for further study. As you journey through this book—reading, pondering, writing—prepare to embrace the positive changes that will happen in your life.

Wishing you hope and wholeness—

A handwritten signature in black ink, consisting of the letters 'C', 'A', and 'R' in a stylized, cursive font. The 'C' is a simple loop, the 'A' has a small peak, and the 'R' has a long, sweeping tail that extends to the right.



JANUARY 1

Regardless of what I may encounter today or during
my many tomorrows, I am never alone.
The Lord of Hosts is always with me.¹

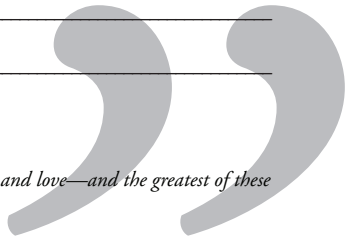
¹ *God is our refuge and strength, always ready to help in times of trouble. So we will not fear when earthquakes come and the mountains crumble into the sea. Let the oceans roar and foam. Let the mountains tremble as the waters surge! A river brings joy to the city of our God, the sacred home of the Most High. God dwells in that city; it cannot be destroyed. From the very break of day, God will protect it. The nations are in chaos, and their kingdoms crumble! God's voice thunders, and the earth melts! The Lord of Heaven's Armies is here among us; the God of Israel is our fortress. Come, see the glorious works of the Lord: See how he brings destruction upon the world. He causes wars to end throughout the earth. He breaks the bow and snaps the spear; he burns the shields with fire. Be still, and know that I am God! I will be honored by every nation. I will be honored throughout the world. The Lord of Heaven's Armies is here among us; the God of Israel is our fortress. Psalm 46.*



JANUARY 2

While fear is a legitimate human emotion, love, especially God's unconditional love, is greater. Receive love today. Show love today. Love always wins.²

² *Three things will last forever—faith, hope, and love—and the greatest of these is love.* 1 Corinthians 13: 13.

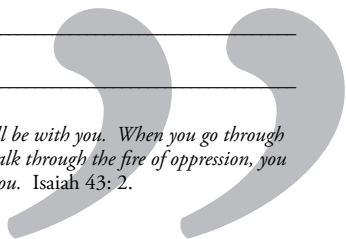




JANUARY 3

Whether it's the middle of the day, the middle of the night,
or the middle of the week, whatever you're in the middle of,
remember that you are not alone.³

³ *When you go through deep waters, I will be with you. When you go through rivers of difficulty, you will not drown. When you walk through the fire of oppression, you will not be burned up; the flames will not consume you. Isaiah 43: 2.*

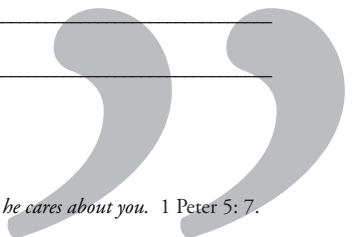




JANUARY 4

Whenever I'm overwhelmed, help me to remember
that I am never alone.

Your love for me is strong enough to carry my fears
and frustrations.⁴





JANUARY 5

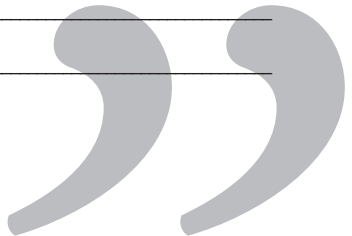
You made it! Whether it's the end of the day or the end of week, although there may have been times when you wanted to quit, you didn't. Smile. You'll continue to make it.





JANUARY 6

The weekend is a good time to rest and relax. But as you're unwinding and recharging, remember that God never takes a break from loving and caring about you.

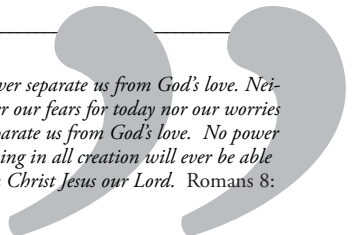




JANUARY 7

Today, and every day, I will rest in the safety and security of
God's unconditional love for me.⁵

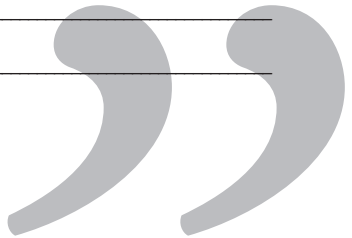
⁵ *And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love. No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.* Romans 8: 38-39.





JANUARY 8

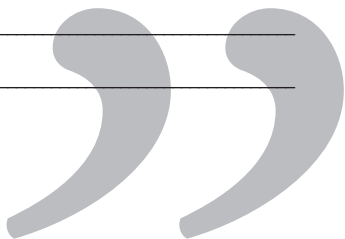
Despite the pressure to be my best self today, I will simply
strive to be better than I was the day before.
One day at a time.





JANUARY 9

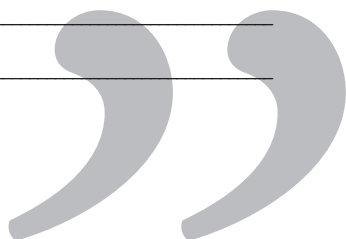
God never gives me more than I can handle.
Although it feels overwhelming, I can do it.
After all, I am never alone.





JANUARY 10

Whenever you're in the middle of something, remember that
it's just as easy to move forward as it is to go back.
Keep going. Greater is ahead.

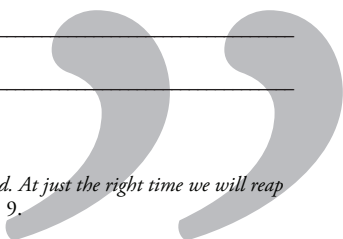




JANUARY 11

Don't get tired of doing the right thing.
In time, you will see that it was worth it.⁶
I'm praying for you and your strength.

⁶ So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up. Galatians 6: 9.

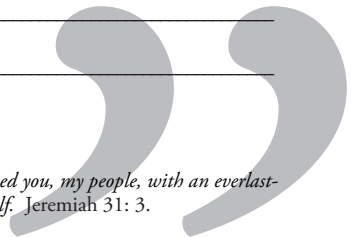




JANUARY 12

Today, you don't have to be happy simply because it's a certain day of the week. Be happy because God loves you with an everlasting love that is also unconditional.⁷

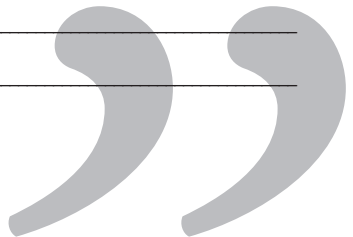
⁷ *Long ago the Lord said to Israel: I have loved you, my people, with an everlasting love. With unfailing love I have drawn you to myself.* Jeremiah 31: 3.





JANUARY 13

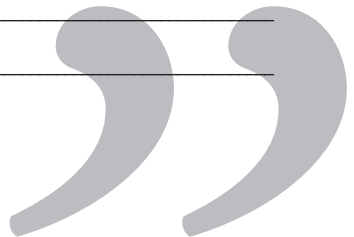
Timing is everything. Whenever you feel that things are not happening fast enough, know that God has your best interest at heart and has not forgotten about you.





JANUARY 14

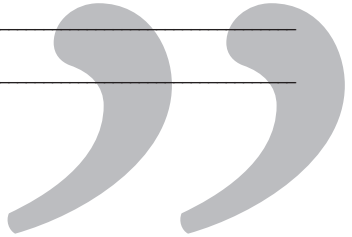
Today is a new day: one that I have never seen before.
Despite not knowing everything that will happen,
God does and will give me what I need.





JANUARY 15

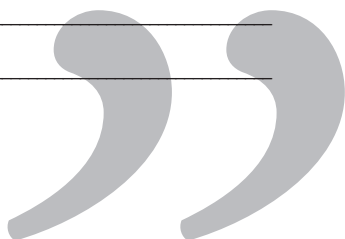
Even on holidays, God never takes a break from
loving and caring about me.





JANUARY 16

The fact that you are reading this is proof enough
that you have value. In all that you do today,
remember this—and that you are never alone.





JANUARY 17

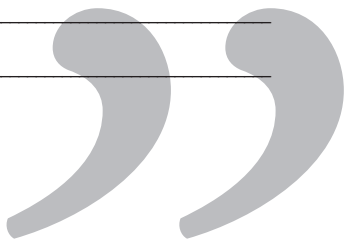
Each day is an opportunity: to love and be loved.
As you receive the unconditional love of God,
demonstrate this to someone else.





JANUARY 18

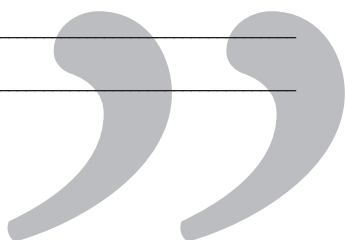
Each day brings new mercies that are specially
designed for me. Because God loves me—
faithfully and unconditionally—I am never alone.





JANUARY 19

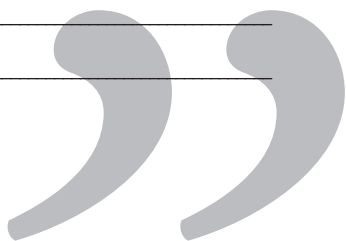
Rather than worrying about tomorrow, trust that
God will give you enough for today.
And when tomorrow comes, its needs will be met as well.





JANUARY 20

Questions show that you are learning. As you're growing, don't be afraid to ask God questions. God can handle your questions and in time will answer them all.





JANUARY 21

Fellowship is more than going to a certain place or building.
Wherever you are today, I pray that you will feel
the love of those around you.

