

## Divine Affirmations from Scripture

Although we have been told repeatedly that God loves us personally and intimately, most of us find it hard to believe.

In an attempt to reinforce this important truth – or, more truthfully, to instill it in me – my spiritual director urged me one summer to read the Scriptures as a personal testament from God to me.

She suggested that I copy out some of my favorite verses where God and Jesus make direct addresses and then write my own name in the verse. In the intervening years I have found this exercise very helpful when I am going through difficult times. You can certainly find more of your own; this is my list. Just insert your name in the underlined places:

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“I have loved you, \_\_\_\_\_, with an everlasting love, therefore I have continued my faithfulness to you.” *Jeremiah 31:3*

“For I, the Lord your God, hold your right hand, \_\_\_\_\_; it is I who say to you, ‘Do not fear, I will help you.’” *Isaiah 41:13*

“Before I formed you in the womb, \_\_\_\_\_, I knew you, and before you were born, I consecrated you; I appointed you, \_\_\_\_\_, a prophet to the nations.” *Jeremiah 1:5*

“Do not fear, I have redeemed you; I have called you by name, \_\_\_\_\_, you are mine.” *Isaiah 43:1*

“Can a woman forget her nursing child, or show no compassion for the child of her womb? Even these may forget, yet I will never forget you, \_\_\_\_\_.” *Isaiah 49:15*

“As the Father has loved me, so I have loved you, \_\_\_\_\_.” *John 15:9*

“You are precious in my sight, \_\_\_\_\_; and honored and I love you.” *Isaiah 43:4*

“See, \_\_\_\_\_, I have inscribed you on the palms of my hands.” *Isaiah 49:16*

“For I am with you, \_\_\_\_\_,” says the Lord, “to save you.” *Jeremiah 30:11*

“As the Father has loved me, so I have loved you, \_\_\_\_\_; abide in my love.” *John 15:9*

“You did not choose me, \_\_\_\_\_, no, I chose you.”  
*John 15:16*

“You, \_\_\_\_\_, are the salt of the earth. . . . You,  
\_\_\_\_\_, are the light of the world. *Matthew 5: 13, 14*

“Take heart, \_\_\_\_\_, it is I; do not be afraid.” *Matthew 14:27 and Mark 6:50.*

“Neither do I condemn you, \_\_\_\_\_. Go your way, and from now on do not sin again.” *John 8:11*

“Peace I leave with you, \_\_\_\_\_; my peace I give to you.”  
*John 14:27*

“This is my body, which is given for you, \_\_\_\_\_. Do this in remembrance of me.” *Luke 22:19*

“This cup that is poured out for you, \_\_\_\_\_, is the new covenant in my blood.” *Luke 22:20*

“Take eat, \_\_\_\_\_, this is my body. . . . Drink from it, \_\_\_\_\_; for this is the blood of the covenant, which is poured out for many for the forgiveness of sins.” *Matthew 26:26-28*