

Nourishing Spirit, Soul & Body

Nourishing Plan Introduction

Meal Plan

It is my hope that there are enough ideas here that will work well for your family and help make your life just a little bit easier with one less thing to worry about. You don't have to make every meal listed; feel free to pick and choose the ones that work for your family.

Finding certain foods these days can be a challenge, and what items you can find change from one week to the next. If you can't find certain ingredients, just do the best with what you have. Consider stocking up on some of your most used items when you find them. About 15 years ago, I started keeping our pantry and refrigerator/freezer stocked--it's nice not having to go to the store so often. I save more money this way, and it's comforting to have everything we need on hand in case of an emergency (sickness, loss of job, shortages, storms). Make sure to rotate any stock so that it doesn't go bad or donate it if you see you won't be able to use it before the expiration date. *Side note: Most foods are good beyond the expiration date but I'm not certain if all food banks will accept foods past the best by date.*

With rising food prices, I've tried to only include meal ideas that are generally lower priced. You can substitute ingredients. If a recipe calls for onions but your store was sold out or you just don't have any on hand, use onion powder instead. Couldn't find fresh veggies? Use frozen or canned.

If a recipe calls for a vegetable or meat you don't like, can't find or it's too expensive, substitute it for one you do like, can find or is better on your budget. I've tried to include as many recipes as I can to make foods from scratch but we're all in different seasons in our lives and sometimes, myself included, we have to buy the easier packaged foods. You do what works best for your family.

Knowing what you'll be making for the entire month means that you can be on the lookout for sales. For example, if you know you'll be making recipes with chicken 5 times that month then hopefully you can get enough chicken while it's on sale to take you through the month.

I wanted to make Sunday an easier day for you (mostly eating leftovers from the week), but if you find you still have too much left, you can use the leftovers for lunch during the week.

If a day says Family Favorite, that is a day you make whatever meal your family really enjoys or eat out at your family's favorite restaurant.

Pinterest Board

I have created a Pinterest board for the recipes of meals suggested in the plan. You will find the recipes under the meal that they are listed under on the plan. For example, if meatloaf is a dinner suggestion, then you'll find meatloaf on my Pinterest board under dinner then beef because beef is the most common meat used to make meatloaf.

<https://www.pinterest.com/nourishingspiritsoulbody/>

Fasting

Matthew 6:16-18 (ERV)

“When you fast, don’t make yourselves look sad like the hypocrites. They put a look of suffering on their faces so that people will see they are fasting. The truth is, that’s all the reward they will get. So when you fast, wash your face and make yourself look nice. Then no one will know you are fasting, except your Father, who is with you even in private. He can see what is done in private, and he will reward you.

Everyone is going to have a different idea of the proper way to fast. I'm not going to go into that side of it. I know that taking the step into fasting can be difficult, it can feel overwhelming and daunting; it is a crucifixion of the flesh, after all, and that's never easy :) By putting fasting days into this plan, it's my hope that it can alleviate some of that for you. I am giving you suggestions for the days to fast and meals. The fasting I've presented in this plan is intermittent fasting. It is abstaining from food or some other sacrifice on a regular basis for a short amount of time. Personally I think intermittent fasting is a great way to start fasting if you've never fasted before or if you want to be disciplined on a regular basis. After intermittent fasting for a while you may feel more comfortable doing longer fasts.

I want to encourage you to use the time you'd be eating to read the Bible and pray. Truly give that time to the Lord. You are replacing natural food with spiritual food.

If you have health problems or are on medication you may want to discuss fasting with your doctor. If fasting from food isn't something you should be doing, there are other things you can fast from. Some would say that if you aren't fasting from food for a long period of time then you aren't really fasting. I disagree, God knows where we're at and He knows our body's limitations. If you really enjoy watching TV, then fasting from TV for a day or two isn't going to be easy. If it's not recommended you fast from food then you could still follow along on the fast days; instead fasting from something else at those times. You know what would be hard for you to fast from, be honest with yourself and fast from whatever that may be.

Why fast? Here are just a few examples:
Develop a deeper relationship with the Lord
Makes us more sensitive to the Holy Spirit
Overcoming temptation
Guidance for decisions
Health/Healing

Some things to consider before starting your fast:
Why am I fasting?
What specific time will I start and when will I break my fast?

Things to do during your fast:
Read the Bible
Pray
Remind yourself of why you're fasting
Listen to worship music

I have just lightly touched on fasting, there is an abundance of information online. Be careful though because you're going to find a lot of opinions on this subject. I think sometimes we make things too difficult on ourselves, we overthink things and become overwhelmed and give up before we ever get started. But if we just start where we are, do the best we can and trust the Lord to help us in our journey we will be better off than if we never started at all. If we go before the Lord with a humble heart and a desire to know more he will most surely help us. :)

I didn't give a meal/snack suggestion on fast days, but if you're the one who makes the meals for others and they are not participating in the fast, you can let that be a YOYO (You're On Your Own) day, use leftovers, or just pick

something from another day that week and make that for them. Everyone is different when fasting: some can be around food and be fine and others can't, so just do what will work best for you.

Biblical Affirmations

Positive affirmations are based on our own strength and don't always align with the truth of God's word. Biblical affirmations, however, are based on biblical truths, about what God can do in our lives and help us better understand who we are in Him. Unfortunately, many of us don't truly understand our identity in Christ and we often take what others, even strangers, say about us as more fact than what God says. Having a negative mindset and not understanding our worth in Christ can make us miserable.

Biblical affirmations are meant to help us grow in our faith and relationship with God. They are to help us replace the negative thoughts and lies with encouragement and truth. It's not going to happen overnight but by choosing each day to not hold on to the negativity and to believe the never changing truth of God's word it will transform the way you think. You will be able to more easily identify the negative/discouraging thoughts as lies and remind yourself that you are a child of God, you are forgiven, you are loved unconditionally. Don't let the world define who you are, let God.

I've also included biblical affirmations to remind you of the power, peace, and joy that comes with a deeper relationship with our Lord and Savior, Jesus Christ. I have included a page that will give you a verse that goes with each affirmation. I encourage you to look up the verse in the Bible and read it before and/or after you say the affirmation.

Verse of the Week

Having a verse(s) of the week instead of a new one each day gives us a chance to really learn the verse(s) and meditate on it all week. Memorizing scripture will help us grow in our knowledge of God and is an important tool we can use when Satan comes against us.

Bibles are readily available whether it's a physical Bible or Bible app and we can take for granted that the Bible will always be there. But what if it wasn't? What if you couldn't easily look up that verse that you need in a time of

trouble? But if you've hidden the word in your heart it will be there when you need it.

Psalm 119:11 (NKJV)
Your word I have hidden in my heart,
That I might not sin against You.

Supplements


A place to write in what vitamins/meds you need to take that day and mark them off as you take them.

A lot of work has gone into the Nourishing Plan. This is for personal use only; please do not redistribute, sell, or reproduce any aspect of the plan. If you know someone who would like a copy, direct them to the Nourishing Spirit Soul & Body website where they can get one for themselves.

November 27 - December 3

_____ Days Until Christmas

nourishingspiritsoulandbody.com

	 Biblical Affirmations	Breakfast	Lunch	Dinner	Supplements
Sunday 11-27	I will lift others up not tear down	Oatmeal or Cereal	Mac & Cheese	Leftovers	
Monday 11-28	I will worship the Lord my God and serve only Him	Egg & Cheese English Muffin Sandwich	FAST	Chicken or Steak Fajitas, Spanish Rice	
Tuesday 11-29	I am safe in God's care	Chia Pudding	Chicken Patry Sandwich with Favorite Toppings	Taco Soup	
Wednesday 11-30	I am complete in Christ	Oatmeal & Banana	Leftovers	Honey Garlic Chicken Stir Fry	
Thursday 12-1	God meets all my needs	FAST	Spicy Buffalo Honey Mustard Ham & Cheese Croissants	Swedish Meatballs	
Friday 12-2	I have faith in God	Bagel with Cream Cheese	Sesame Garlic Ramen	White Chicken Enchildas	
Saturday 12-3	I have been redeemed	Cinnamon Rolls, Sausage & Fruit	Vegetable Soup	Copycat Chick Fil A Sandwich & Fries	

Verse of the Week

Isaiah 7:14

Snack

Veggies & Ranch Dip

Dessert

Chewy Chocolate Crinkle Cookies

December 4 - December 10

nourishingspiritsoulandbody.com



	Biblical Affirmations	Breakfast	Lunch	Dinner	Supplements
Sunday 12-4	Nothing is impossible with God	Leftover Cinnamon Rolls or Waffles	Leftover Vegetable Soup	Leftovers	
Monday 12-5	I will not be shaken	Bagel with Cream Cheese & Honey	Spicy Buffalo Honey Mustard Ham & Cheese Croissants	Chicken Bacon Ranch Casserole, Side Salad	
Tuesday 12-6	I have been set free from the bondage of sin	FAST	Favorite Lunch	Easy Cheesy Taco Pasta, Corn	
Wednesday 12-7	God will guide me and establish my plans	Eggs, Toast	Leftovers	Slow Cooker Sausage & Potato Casserole	
Thursday 12-8	I am heard by God	Overnight Oats	Egg Salad Sandwich	One-Pot French Onion Soup Rice Skillet	
Friday 12-9	I am loved by God	Bagel with Cream Cheese & Honey	FAST	Bang Bang Shrimp Tacos	
Saturday 12-10	God is for me	Veggie Loaded Breakfast Casserole	Broccoli Mac & Cheese	Meatloaf, Mashed Potatoes, Peas, Rolls	

Verse of the Week

Isaiah 9:6

Snack

Applesauce & Granola Bars

Dessert

Pecan Tassies

December 11 - December 17

nourishingspiritsoulandbody.com



	Biblical Affirmations	Breakfast	Lunch	Dinner	Supplements
Sunday 12-11	In God, I am strong and courageous	Leftover Veggie Casserole or Pancakes	Cheddar Ranch Chicken Burgers	Leftovers	
Monday 12-12	I am precious in God's sight	Scrambled Eggs, Toast, Banana	Sesame Garlic Ramen	Caprese Chicken & Side Salad	
Tuesday 12-13	I can rest in God	Oatmeal with Cinnamon & Raisins	Almond Butter & Jelly Sandwich, Carrots	Busy Day Soup	
Wednesday 12-14	I do not need to worry	Yogurt & Fruit	Leftover Soup or Cheddar Ranch Chicken Burgers	FAST	
Thursday 12-15	I can walk in power, love and self-discipline	Eggs & Toast	Turkey Cranberry Wrap, Apple	Easy Mexican Casserole	
Friday 12-16	My identity is in Christ	Oatmeal with Cinnamon & Raisins	Favorite Lunch	Sloppy Joes & Sweet Potato Fries	
Saturday 12-17	I choose to have peace	Easy Breakfast Pizza	Grilled Cheese Sandwiches	Crunchy Baked Ranch Chicken, Roasted Potatoes, Green Beans	

Verses of the Week

Matthew 1:18-25

Snack

Hummus & Crackers or Veggies

Dessert

Italian Christmas Cookies

December 18 - December 24

Jesus is the Reason for the Season

nourishingspiritsoulandbody.com



	Biblical Affirmations	Breakfast	Lunch	Dinner	Supplements
Sunday 12-18	I have been set free from the bondage of sin	Leftover Breakfast Pizza or Cereal	Baked Spinach Mushroom Quesadilla	Leftovers	
Monday 12-19	Nothing is impossible with God	Baked Oatmeal	Turkey Cranberry Wrap, Celery Sticks	Easy Tuna Casserole	
Tuesday 12-20	I am heard by God	FAST	Egg Salad Sandwich, Apple	Italian Herb Roasted Chicken, Carrots, Rolls	
Wednesday 12-21	God is for me	Yogurt & Banana	BLT Sandwich	Creamy Coconut Milk Chicken, Rice & Roasted Zucchini	
Thursday 12-22	God will guide me and establish my plans	Baked Oatmeal	Leftovers or Quesadillas	Taco Salad	
Friday 12-23	I will not be shaken	Veggie Omelet	BLT Sandwich	Leftovers or Spaghetti with Meat Sauce	
Christmas Eve	I am loved by God	French Toast, Bacon & Fruit	Crescent Roll Vegetable Pizza, Cocktail Meatballs & Cubed Cheese	Family Christmas Eve Tradition	

Verses of the Week

Luke 2:8-16

Snack

Turkey Sticks & Cheese Cubes

Desserts

Soft Christmas Cookies

December 25 - December 31

O Holy Night

nourishingspiritsoulandbody.com



	Biblical Affirmations	Breakfast	Lunch	Dinner	Supplements
Christmas Day	I am precious in God's sight	Biscuits & Gravy with Sausage & Egg Casserole	Ham & Cranberry Slider Rolls	Family Christmas Favorites	
Monday 12-26	I can walk in power, love and self-discipline	Ham Omelet or Oatmeal	Leftovers	Lentil Soup, Crusty Bread	
Tuesday 12-27	My identity is in Christ	Eggs, Ham or Sausage & Toast	FAST	Slow Cooker Scalloped Potatoes & Ham Alfredo	
Wednesday 12-28	I choose to have peace	Veggie Omelet	Sesame Garlic Ramen	Baked Ravioli Casserole, Garlic Bread	
Thursday 12-29	In God, I am strong and courageous	Oatmeal with Cinnamon & Raisins	Quesadillas	Easy Hamburger Casserole, Corn	
Friday 12-30	I can rest in God	Eggs, Sausage & Toast	Almond Butter & Jelly Sandwich	Pizza, Side Salad	
New Year's Eve	I do not need to worry	Pancake Roll-Ups	Pigs in a Blanket	Family New Year's Eve Tradition	

Verse of the Week

John 1:14

Snack

Stuffed Mini Peppers

Dessert

Chocolate PB Ritz Cookies

Grocery List

Produce
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Bread & Cereal
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Meat & Seafood
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Condiments
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Pasta & Grains
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Frozen
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Canned Goods
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Dairy & Deli
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Misc.
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>



Christmas Grocery List



Produce
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Bread & Bakery
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Meat/Poultry
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>



Baking & Spices
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Pasta & Grains
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Frozen
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Canned Goods
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Dairy & Deli
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Beverages
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>



Paper Products
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

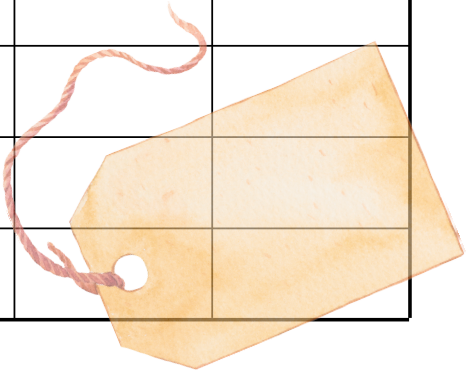
Menu

Christmas Gift List



Under Tree,
Mailed or
Delivered

Name	Gift(s)	Budget	Price	Wrapped	Under Tree, Mailed or Delivered



Total Budget: _____ Total Spent: _____



Christmas Card List



Name

Address

		<input type="checkbox"/> Prepared <input type="checkbox"/> Sent
		<input type="checkbox"/> Prepared <input type="checkbox"/> Sent
		<input type="checkbox"/> Prepared <input type="checkbox"/> Sent
		<input type="checkbox"/> Prepared <input type="checkbox"/> Sent
		<input type="checkbox"/> Prepared <input type="checkbox"/> Sent
		<input type="checkbox"/> Prepared <input type="checkbox"/> Sent
		<input type="checkbox"/> Prepared <input type="checkbox"/> Sent
		<input type="checkbox"/> Prepared <input type="checkbox"/> Sent
		<input type="checkbox"/> Prepared <input type="checkbox"/> Sent
		<input type="checkbox"/> Prepared <input type="checkbox"/> Sent
		<input type="checkbox"/> Prepared <input type="checkbox"/> Sent

Christmas

Meal Plan



Appetizers	
*	
*	
*	
*	
*	

Main Dish	
*	
*	

Desserts	
*	
*	
*	
*	

Sides	
*	
*	
*	
*	
*	
*	

Beverages	
*	
*	
*	
*	

Notes	Other
*	*
*	*
*	*
*	*

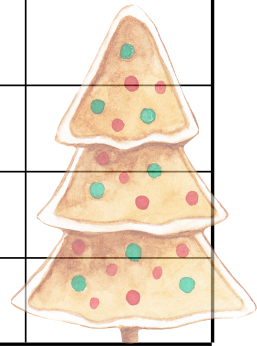


Holiday Baking Schedule



Treat Name Baking Date Ingredients Made Keeping or Sharing

Treat Name	Baking Date	Ingredients	Made	Keeping or Sharing





Christmas Day



Cooking Schedule

Meal time: _____



On the Menu:

5 AM _____

6 AM _____

7 AM _____

8 AM _____

9 AM _____

10 AM _____

11 AM _____

12 PM _____

1 PM _____

2 PM _____

3 PM _____

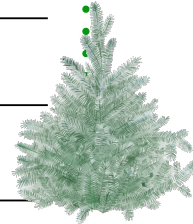
4 PM _____

5 PM _____

6 PM _____

7 PM _____

Notes:



December Verses

November 27-December 3

Isaiah 7:14 (KJV)

Therefore the Lord himself shall give you a sign; Behold, a virgin shall conceive, and bear a son, and shall call his name Immanuel.

Isaiah 7:14 (NIV)

Therefore the Lord himself will give you a sign:
The virgin will conceive and give birth to a son, and will call him Immanuel.

December 4-December 10

Isaiah 9:6 (KJV)

For unto us a child is born, unto us a son is given: and the government shall be upon his shoulder: and his name shall be called Wonderful, Counsellor, The mighty God, The everlasting Father, The Prince of Peace.

Isaiah 9:6 (NIV)

For to us a child is born,
to us a son is given,
and the government will be on his shoulders.
And he will be called Wonderful Counselor,
Mighty God, Everlasting Father, Prince of Peace.

December 11-December 17

Matthew 1:18-25 (KJV)

Now the birth of Jesus Christ was on this wise: When as his mother Mary was espoused to Joseph, before they came together, she was found with child of the Holy Ghost.

Then Joseph her husband, being a just *man*, and not willing to make her a publick example, was minded to put her away privily.

But while he thought on these things, behold, the angel of the Lord appeared unto him in a dream, saying, Joseph, thou son of David, fear not to take unto thee Mary thy wife: for that which is conceived in her is of the Holy Ghost.

And she shall bring forth a son, and thou shalt call his name JESUS: for he shall save his people from their sins.

Now all this was done, that it might be fulfilled which was spoken of the Lord by the prophet, saying,

Behold, a virgin shall be with child, and shall bring forth a son,

And they shall call his name Emmanuel, which being interpreted is, God with us.

Then Joseph being raised from sleep did as the angel of Lord had bidden him, and took unto him his wife: and knew her not till she had brought forth her firstborn son: and he called his name JESUS.

Matthew 1:18-25 (NIV)

This is how the birth of Jesus the Messiah came about: His mother Mary was pledged to be married to Joseph, but before they came together, she was found to be pregnant through the Holy Spirit.

Because Joseph her husband was faithful to the law, and yet did not want to expose her to public disgrace, he had in mind to divorce her quietly.

But after he had considered this, an angel of the Lord appeared to him in a dream and said, "Joseph son of David, do not be afraid to take Mary home as your wife, because what is conceived in her is from the Holy Spirit.

She will give birth to a son, and you are to give him the name Jesus, because he will save his people from their sins."

All this took place to fulfill what the Lord had said through the prophet:

"The virgin will conceive and give birth to a son, and they will call him Immanuel" (which means "God with us").

When Joseph woke up, he did what the angel of the Lord had commanded him and took Mary home as his wife.

But he did not consummate their marriage until she gave birth to a son. And he gave him the name Jesus.

December 18-December 24

Luke 2:8-16 (KJV)

And there were in the same country shepherds abiding in the field, keeping watch over their flock by night.

And, lo, the angel of the Lord came upon them, and the glory of the Lord shone round about them: and they were sore afraid.

And the angel said unto them, Fear not: for, behold, I bring you good tidings of great joy, which shall be to all people.

For unto you is born this day in the city of David a Saviour, which is Christ the Lord.

And this *shall be* a sign unto you; Ye shall find the babe wrapped in swaddling clothes, lying in a manger.

And suddenly there was with the angel a multitude of the heavenly host praising God, and saying,

Glory to God in the highest, And on earth peace, good will toward men.

And it came to pass, as the angels were gone away from them into heaven, the shepherd said one to another, Let us now go even unto Bethlehem, and see this thing which is come to pass, which the Lord hath made known unto us.

And they came with haste, and found Mary, and Joseph, and the babe lying in a manger.

Luke 2:8-16 (NIV)

And there were shepherds living out in the fields nearby, keeping watch over their flocks at night.

An angel of the Lord appeared to them, and the glory of the Lord shone around them, and they were terrified.

But the angel said to them, "Do not be afraid. I bring you good news that will cause great joy for all the people.

Today in the town of David a Savior has been born to you; he is the Messiah, the Lord.

This will be a sign to you: You will find a baby wrapped in cloths and lying in a manger."

Suddenly a great company of the heavenly host appeared with the angel, praising God and saying,

“Glory to God in the highest heaven, and on earth peace to those on whom his favor rests.”

When the angels had left them and gone into heaven, the shepherds said to one another, “Let’s go to Bethlehem and see this thing that has happened, which the Lord has told us about.”

So they hurried off and found Mary and Joseph, and the baby, who was lying in the manger.

December 25-December 31

John 1:14 (KJV)

And the Word was made flesh, and dwelt among us, (and we beheld his glory, the glory as of the only begotten of the Father,) full of grace and truth.

John 1:14 (NIV)

The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the one and only Son, who came from the Father, full of grace and truth.

Affirmations & Verses

Affirmation: I will lift others up, not tear down

Verse: 1 Thessalonians 5:11 (NLT)

So encourage each other and build each other up,
just as you are already doing.

Affirmation: I will worship the Lord my God and serve only Him

Verse: Luke 4:8 (NKJV)

And Jesus answered and said to him, “**Get behind Me, Satan!
For it is written, 'You shall worship the Lord your God,
and Him only you shall serve.'**”

Affirmation: I am safe in God's care

Verse: Psalm 91:2 (NLT)

This I declare about the Lord:

He alone is my refuge, my place of safety;
he is my God, and I trust him.

Affirmation: I am complete in Christ

Verse: Colossians 2:10 (NLT)

So you also are complete through your union with Christ,
who is the head over every ruler and authority.

Affirmation: God meets all my needs

Verse: Philippians 4:19 (NKJV)

And my God shall supply all your need
according to His riches in glory by Christ Jesus.

Affirmation: I have faith in God

Verse: Mark 11:22 (NKJV)

So Jesus answered and said to them, “**Have faith in God.**

Affirmation: I have been redeemed

Verse: Galatians 3:13 (NKJV)

Christ has redeemed us from the curse of the law,
having become a curse for us (for it is written, “Cursed is
everyone who hangs on a tree”),

Affirmation: Nothing is impossible with God

Verse: Luke 1:37 (KJV)

For with God nothing shall be impossible.

Affirmation: I will not be shaken

Verse: Psalm 16:8 (NLT)

I know the LORD is always with me.

I will not be shaken, for he is right beside me.

Affirmation: I have been set free from the bondage of sin

Verse: Romans 6:18 (NIV)

You have been set free from sin and have become slaves to righteousness.

Affirmation: God will guide me and establish my plans

Verse: Psalm 32:8 (NKJV) Proverbs 16:3 (ESV)

I will instruct you and teach you in the way you should go;

I will guide you with My eye.

Proverbs 16:3 (ESV)

Commit your work to the Lord, and your plans will be established.

Affirmation: I am heard by God

Verse: 1 John 5:14-15 (NLT)

And we are confident that he hears us whenever we ask for anything that pleases him. And since we know he hears us when we make our requests, we also know that he will give us what we ask for.

Affirmation: I am loved by God

Verse: John 3:16 (NKJV)

For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.

Affirmation: God is for me

Verse: Romans 8:31 (NKJV)

What then shall we say to these things?

If God *is* for us, who *can be* against us?

Affirmation: In God, I am strong and courageous

Verse: Deuteronomy 31:6 (NKJV)

Be strong and of good courage, do not fear nor be afraid of them;
for the LORD your God, He *is* the One who goes with you.
He will not leave you nor forsake you.”

Affirmation: I am precious in God’s sight

Verse: Isaiah 43:4 (ESV)

Because you are precious in my eyes,
and honored, and I love you,
I give men in return for you,
peoples in exchange for your life.

Affirmation: I can rest in God

Verse: Matthew 11:28 (NIV)

“Come to me, all you who are weary and burdened,
and I will give you rest.

Affirmation: I do not need to worry

Verse: Luke 12:22 (NKJV)

Then He said to His disciples, “Therefore I say to you, do not worry about your
life, what you will eat; nor about the body, what you will put on.

Affirmation: I can walk in power, love and self-discipline

Verse: 2 Timothy 1:7 (NIV)

For the Spirit God gave us does not make us timid, but gives us power, love and
self-discipline.

Affirmation: My identity is in Christ

Verse: 2 Corinthians 5:17 (NKJV)

Ephesians 2:19 (NKJV)

Therefore, if anyone *is* in Christ, *he is* a new creation;
old things have passed away; behold, all things have
become new.

Ephesians 2:19

Now, therefore, you are no longer strangers and foreigners,
But fellow citizens with the saints and members of the
household of God,

Affirmation: I choose to have peace

Verse: John 14:27 (NKJV)

Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.