

Saintly Affirmations



Daily Affirmations directly from or inspired
by the saints & scripture

Saints

- I am not afraid, I was born to do this – St. Joan of Arc
- Set the world on fire – St. Catherine of Siena
- For you Jesus. If you want it, I want it, too. – Bl. Chiara Badano
- In spite of my littleness, I can hope to be a saint. – St. Therese of Lisieux
- Increase your love in my heart – St. Rose of Lima
- It is You who will carry us – St. Augustine
- You do not desert me – St. Augustine*
- I find rest in Him – St. Augustine*
- I am a little pencil in God's hands – St. Mother Teresa
- Alleluia is our song – Pope St. John Paul II
- We are prophets of a future that is not our own – Saint Oscar Romero
- [I will] throw wide the gate of [my] heart [and] stand before the sun of the everlasting light – St. Ambrose*
- [I am] the sum of the Father's love for [me] – Pope St. John Paul II*
- I was born for greater things – St. Stanislaus Kosta
- Everything is Yours; do with it what You will. – St. Ignatius of Loyola
- Above the clouds, the sky is always blue – St. Therese of Lisieux
- There is no dark without dawn – Pope St. John Paul II
- Let us go forth full of trust in Christ. He will accompany us. – Pope St. John Paul II
- [I] pay God a compliment by asking big things of Him – St. Teresa of Avila*
- God alone satisfies. – St. Thomas Aquinas

*Some quotes or references have been rephrased or adapted to an "affirmation" style

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Scripture

- You lead me to freedom (Psalm 66:12)
- The Lord directs my steps (Proverbs 16:9)
- My help comes from the Lord (Psalm 121)
- Christ will shine on [me] (Ephesians 5:14)*
- The Lord is my strength (Psalm 28:7)
- You will fight for me. I need only to be still. (Exodus 14:14)*
- You will speak tenderly to me (Hosea 2:16)*
- He will never fail me or forsake me (Deuteronomy 31:6)*
- Take heart, He has overcome the world (John 16:33))
- The Lord is my light and salvation, whom should I fear? (Psalm 27:1)

Sanctity -inspired by prayer & reflections

- Self-giving love is my mission - Pope Benedict XVI
- Be Thou my battle shield; sword for the fight - Be Thou My Vision
- God is the end I desire, not merely a means. - C.S. Lewis, A Grief Observed
- Jesus, Your love has no limits
- Fill my heart with Your love - Liturgy of the Hours, Holy Thursday
- I believe that the desire to please You does in fact please You - Thomas Merton
- [I am] only a syllable of the perfect Word - Caryll Houselander*
- Only a living thing can go against the stream - G.K. Chesterton
- I am willed and loved by God - Pope Benedict XVI*

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