

Self-Kindness, Self-Gentleness, and Self-Patience Declarations

These declarations, rooted in God's truth, are meant to be spoken over yourself daily. Speak them aloud with faith, knowing that God desires for you to extend to yourself the same kindness, gentleness, and patience that He so freely gives to you.

How to Use These Declarations:

- Read them aloud daily as a reminder of God's truth.
- Write them in your journal and personalize them based on your journey.
- Pray over them, asking God to help you embody these truths.
- Choose one to meditate on each day, reflecting on how it applies to your life.

Self-Kindness Declarations

I am loved unconditionally by God, and I will love myself as He loves me.

Jeremiah 31:3 — 'I have loved you with an everlasting love; therefore, I have continued to extend faithful love to you.'

I will treat myself with the same kindness I show to others.

Matthew 22:39 — 'Love your neighbor as yourself.'

I will speak words of life and encouragement over myself.

Proverbs 16:24 — 'Pleasant words are a honeycomb: sweet to the taste and health to the body.'

I am valuable because God created me in His image.

Psalms 139:14 — 'I will praise you because I have been remarkably and wondrously made.'

I will rest in God's love and care for me, releasing all self-condemnation.

Romans 8:1 — 'Therefore, there is now no condemnation for those in Christ Jesus.'

I will nourish my body, mind, and spirit with what is good and life-giving.

1 Corinthians 10:31 — 'So, whether you eat or drink, or whatever you do, do everything for the glory of God.'

I will take joy in who God created me to be and stop comparing myself to others.

2 Corinthians 10:12 — 'For we don't dare classify or compare ourselves with some who commend themselves.'

I will let go of guilt and shame, knowing that God's mercy is new every morning.

Lamentations 3:22-23 — 'Because of the Lord's faithful love we do not perish, for his mercies never end. They are new every morning; great is your faithfulness!'

Self-Gentleness Declarations

I will be gentle with myself, just as God is gentle with me.

Psalm 18:35 — 'You have given me the shield of your salvation; your right hand upholds me, and your humility exalts me.'

I will not judge myself harshly but will see myself through the eyes of grace.

Psalm 103:8 — 'The Lord is compassionate and gracious, slow to anger and abounding in faithful love.'

I will rest when I need to, without guilt or shame.

Matthew 11:28 — 'Come to me, all of you who are weary and burdened, and I will give you rest.'

I am God's beloved, and I do not have to strive to earn His love.

1 John 3:1 — 'See what great love the Father has given us that we should be called God's children—and we are!'

I will extend grace to myself when I make mistakes.

2 Corinthians 12:9 — 'My grace is sufficient for you, for my power is perfected in weakness.'

I will allow myself to feel and heal, knowing that God is my healer.

Psalm 147:3 — 'He heals the brokenhearted and bandages their wounds.'

I will walk in peace and not in self-inflicted pressure.

Isaiah 26:3 — 'You will keep the mind that is dependent on you in perfect peace, for it is trusting in you.'

I will surrender self-criticism and embrace God's love for me.

Psalm 103:11 — 'For as high as the heavens are above the earth, so great is his faithful love toward those who fear him.'

Self-Patience Declarations

I trust God's timing for my life and will be patient with myself.

Ecclesiastes 3:1 — 'There is an occasion for everything, and a time for every activity under heaven.'

I will be patient with my growth, knowing that God is still working on me.

Philippians 1:6 — 'I am sure of this, that he who started a good work in you will carry it on to completion until the day of Christ Jesus.'

I will not rush myself but will allow God to lead me at His perfect pace.

Psalms 27:14 — 'Wait for the Lord; be strong, and let your heart be courageous. Wait for the Lord.'

I will give myself grace when I don't meet my own expectations.

Ecclesiastes 3:11 — 'He has made everything appropriate in its time.'

I will take life one step at a time, trusting God's guidance.

Proverbs 16:9 — 'A person's heart plans his way, but the Lord determines his steps.'

I will not grow weary in my journey; I trust that God is strengthening me.

Isaiah 40:31 — 'But those who trust in the Lord will renew their strength; they will soar on wings like eagles.'

I will not let setbacks discourage me because God's mercies are new every morning.

Proverbs 24:16 — 'Though a righteous person falls seven times, he will get up.'

I will be patient with my healing, my growth, and my progress.

Psalms 37:7 — 'Be silent before the Lord and wait expectantly for him.'