

THE REJOICE PLAN IN THE MORNING

(Begin each day with the following)

*This is the day which the Lord has made;
I shall rejoice and be glad in it.*

THE AFFIRMATIONS:

1. God has a plan for this day – and this plan includes me.
2. I am an idea in the mind of God, in the process of unfolding.
3. As a child of God:
I appreciate myself as His creation,
I do not put myself down in any way,
I love people,
I forgive those who have hurt me.
Forgive me, Lord, for the pain I have caused in others.
I am in harmony with all living things.
4. Through Christ I receive power to do all things.
Thank you, Lord, for the strength to live this day.
5. I accept Christ's gift of the Abundant Life in me today:
Health in my mind, body and spirit,
Success with personal relationships,
Inspiration for my creative endeavors.
Especially for the projects I am now undertaking.

Praise to you, Lord Jesus Christ!
I shall go on my way rejoicing!

THE REJOICE PLAN IN THE EVENING

(Before going to sleep)

Thank you, Lord, for this day;

I was happy to rejoice in it.

Thank you, Lord, for letting me share in your plan and for giving me the abundant life.

THE AFFIRMATIONS:

1. God has a plan for tomorrow – and this plan includes me.
2. I am an idea in the mind of God, in the process of unfolding.
3. As a child of God:
I appreciate myself as His creation,
I do not put myself down in any way,
I love people,
I forgive those who hurt me this day.
Forgive me, Lord, for the errors of this day.
I am in harmony with all living things.
4. Through Christ I receive power to do all things. Thank you, Lord, for the strength you gave me today.
5. I accept Christ's gift of the Abundant Life for tomorrow. As I sleep:
Let my mind be one with yours, Lord,
Let me put my trust in you, and relax,
Restore my body, mind and spirit,
Speak to me through my dreams,
Give me a plan for tomorrow.

Praise to you, Lord Jesus Christ!

I shall rejoice in the Lord!