

Ordinary Truths Affirmation Cards

Materials:

- One set of affirmation cards per person.
- One ordinary container (mason jar, Tupperware, takeout box, bowl, recycled tissue box)

Directions

- Cut affirmation cards out.
- Customize blank cards according to individual need.
- Place cut out cards in ordinary container.
- If desired, decorate container.
- Place in an ordinary place in the home: Kitchen sink, nightstand, near bathroom mirror.
- Choose one affirmation card a week, and speak it out loud to yourself at least once a day. Let the truths of God's love become more real to you in ordinary time.



Questions for Connection

- Which of these Scriptures and affirmations resonates most with you?
- Are any of these truths hard for you to believe?
- Who in your life might benefit from hearing one of these messages? How can you speak truth into their life?
- Describe a time in which you needed to hear one of these messages: how might this message have changed your situation?
- What ordinary, daily task is most difficult and draining for you?
- Which ordinary, daily task brings you the most joy?
- How can you modify your thoughts or response to draining duties?

