



GENCREST
CAPITAL PARTNERS

30 DAYS OF Declarations & Verses

Daily Affirmations for Women Walking Through Divorce

*“Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us.”
Ephesians 3:20 (NIV)*

A Companion Resource to the Marital Asset Protection Plan™ (MAPP)

By Sherry W. Campbell, CFP, CDFA, CEPA | GenCrest Capital Partners

I, _____, begin these 30 days on _____.
I choose faith over fear, declaration over despair, and trust over my circumstances.

Signature: _____

How to Use This Affirmation Deck

Each day has four elements designed to carry you from the moment you wake up through the end of your day:

TODAY'S FOCUS

Speak this aloud, boldly and by faith, even when you don't feel it yet.

TODAY'S DECLARATION

A short, practical action or reflection to anchor the day's truth in your real life.

PRAYER

A short prayer to open your heart and invite God into your specific situation today.

WORSHIP SONG

A song to listen to that echoes the day's Scripture and carries you when words fail.

1

"You are the God who sees me."
Genesis 16:13 (NIV)

I am not invisible. I am not forgotten. The God of the universe sees every tear I have cried, every fear I carry, and every step I take. I am deeply known and fully loved.

Today, release the lie that no one notices your pain. Write down one moment this week when God's presence felt real to you.

Lord, when I feel unseen, remind me that Your eyes are always on me - not in judgment, but in love. I am not invisible to You. Amen.

The God Who Sees -
Nicole C. Mullen
Listen as you pray or reflect today.

My thoughts, prayers, or reflections today:

2

"Never will I leave you; never will I forsake you."
Hebrews 13:5 (NIV)

I walk through this season with the God who promised He would never leave me. I am not alone in the courtroom, in my bedroom, at the kitchen table, or in my fear. He is with me.

Loneliness is one of divorce's cruelest lies. Speak this verse aloud three times today, putting your own name in it: "He will never leave [your name]."

Father, when silence feels suffocating and loneliness feels permanent, remind me that You have promised to stay. I receive Your presence today. Amen.

Listen as you pray or reflect today.

My thoughts, prayers, or reflections today:

3

"For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future."

✦ TODAY'S DECLARATION

 TODAY'S FOCUS

Lord, I give You my uncertainty about the future. Replace my fear with faith in Your plan. I trust that hope is not lost - it is just being rebuilt. Amen.

My thoughts, prayers, or reflections today:

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4

"You are precious and honored in my sight, and I love you."

✦ TODAY'S DECLARATION

 TODAY'S FOCUS

 PRAYER

 WORSHIP SONG

Listen as you pray or reflect today.

My thoughts, prayers, or reflections today:

5

“The Lord will guide you always; He will satisfy your needs in a sun-scorched land and will strengthen your frame.”

Isaiah 58:11 (NIV)

✦ TODAY'S DECLARATION

God is my source, not my settlement. He is my provider, not my ex-husband. He has resources and plans I cannot see yet. I will not panic - I will trust.

 TODAY'S FOCUS

Name one financial fear you are carrying. Write it down. Then write: "God, I give this to You."

 PRAYER

Lord, my finances feel fragile and my future uncertain. But You have promised to guide and provide. I release my financial fears to You today. Amen.

 WORSHIP SONG

Listen as you pray or reflect today.

My thoughts, prayers, or reflections today:

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6

"Do not despise these small beginnings, for the Lord rejoices to see the work begin."

✦ TODAY'S DECLARATION

 TODAY'S FOCUS

Lord, let me not despise the smallness of this beginning.
Help me honor every tiny act of courage as worship. I am
moving forward. Amen.

My thoughts, prayers, or reflections today:

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7

God meets me right here, in the middle of the mess. This season is not wasted. This ground - as painful as it is - is where God has chosen to show up for me. I will let Him work here.

Where have you been trying to rush through this season instead of letting God meet you in it? Sit in quiet for five minutes today and simply let Him be present.

Listen as you pray or reflect today.

My thoughts, prayers, or reflections today:

8

"I can do all this through him who gives me strength."

✦ TODAY'S DECLARATION

 TODAY'S FOCUS

 PRAYER

 WORSHIP SONG

Listen as you pray or reflect today.

My thoughts, prayers, or reflections today:

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9

Psalm 147:3 (NIV)

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10

1 Peter 5:7 (NIV)

My thoughts, prayers, or reflections today:

11

"Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day."
2 Corinthians 4:16 (NIV)

Even when I cannot feel it, renewal is happening inside me. God is doing a work in me that is invisible to others and sometimes even to me. I will not lose heart. I am being renewed.

Think about one way you are different - stronger, wiser, or more resilient - than you were six months ago. Write it down. That is evidence of renewal.

Lord, when I can only see decay, remind me that You are doing a renewal work inside me. I will not lose heart. I trust the process of becoming. Amen.

Raise A Hallelujah — Bethel Music

Listen as you pray or reflect today.

My thoughts, prayers, or reflections today:

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12

"And the peace of God, which transcends all understanding, will guard your heart and your mind in Christ Jesus."
Philippians 4:7 (NIV)

I do not have to understand everything to have peace. God's peace is supernatural - it is not based on my circumstances but on His presence. I receive that peace today.

Peace is not the absence of problems - it is the presence of God inside them. Name one area today where you will choose peace over panic.

Father, my mind races and my heart is unsettled. I ask for Your supernatural peace to guard me today - the kind that makes no logical sense but is completely real. Amen.

It Is Well — Kristene DiMarco

Listen as you pray or reflect today.

My thoughts, prayers, or reflections today:

13

“See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland.”
Isaiah 43:19 (NIV)

God is not repeating what was. He is doing something brand new. I may not see it yet, but I choose to trust that what is coming is more than what has passed.

Write down one thing you are beginning to look forward to - even something small.
That forward-looking hope is the first sign of a new season.

Lord, open my eyes to perceive the new thing You are doing. I release my grip on what was and open my hands to what is coming. Amen.

New Wine — Hillsong Worship

Listen as you pray or reflect today.

My thoughts, prayers, or reflections today:

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14

“Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.”
Colossians 3:13 (NIV)

Forgiveness is not a feeling - it is a decision. I choose to forgive, not because what happened was okay, but because I refuse to remain imprisoned by someone else's choices. Forgiveness is my freedom.

Forgiveness is a process. Today, choose one small act of release - saying a prayer, writing a letter you don't send, or simply saying "I choose to forgive" aloud.

Lord, forgiveness is hard. I do not have the strength to do it on my own. Give me Your grace to release what I cannot carry. Free me through this act of obedience. Amen.

Forgiveness — Matthew West

Listen as you pray or reflect today.

My thoughts, prayers, or reflections today:

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15

“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.”

✦ TODAY'S DECLARATION

 TODAY'S FOCUS

Father, I am tired. But I know that the harvest comes to those who do not give up. Give me strength to press on one more day. I trust the timing of Your harvest. Amen.

My thoughts, prayers, or reflections today:

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16

✦ TODAY'S DECLARATION

 TODAY'S FOCUS

God, I receive my identity as a new creation. Help me to stop looking back and start walking forward into who You have declared me to be. Amen.

My thoughts, prayers, or reflections today:

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17

“He has sent me to bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair.”
Isaiah 61:3 (NIV)

God is the God who makes beauty from ashes. My ashes are not the end of my story - they are the raw material He will use to create something breathtaking. I offer Him every broken piece.

Think of one painful thing in this season that God might be redeeming into something meaningful. Write it down as a prayer of offering.

Lord, here are my ashes. I lay them at Your feet and I trust You to create something beautiful. I believe You are the God of restoration. Amen.

Listen as you pray or reflect today.

My thoughts, prayers, or reflections today:

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18

"If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you."

James 1:5 (NIV)

✦ TODAY'S DECLARATION

I have access to unlimited wisdom through prayer. Every financial decision, legal choice, and life direction I face - I can ask God for wisdom and He promises to give it generously, without making me feel foolish for needing it.

 TODAY'S FOCUS

What decision is weighing on you today? Before you ask anyone else, stop and ask God. Spend five minutes in quiet listening after you pray.

 PRAYER

Father, I face so many decisions I did not ask for and was not prepared for. I ask for wisdom today. Lead me clearly in every choice. Amen.

 WORSHIP SONG

Listen as you pray or reflect today.

My thoughts, prayers, or reflections today:

[illegible]

19

"Above all else, guard your heart, for everything you do flows from it."
Proverbs 4:23 (NIV)

I will guard my heart carefully - from bitterness, from toxic relationships, from despair, and from fear. Everything I do flows from my heart, so I will protect it fiercely.

What is currently threatening the health of your heart? One toxic input, one bitter thought, one draining relationship? Name it and ask God for a boundary.

Lord, guard my heart like a watchman guards a city. Protect me from what would poison my healing and help me be intentional about what I let in. Amen.

Listen as you pray or reflect today.

My thoughts, prayers, or reflections today:

[illegible]

20

"No, in all these things we are more than conquerors through him who loved us."
Romans 8:37 (NIV)

Divorce is not my defeat. I am more than a conqueror through Christ. I will not be defined by this season. I will be defined by how I rose through it, led by the One who loved me first.

Write the words "More than a conqueror" somewhere you will see them today.
Every time you see them, stand a little taller.

Lord, remind me of who I am when I feel defeated. I am a conqueror through You - not by my own strength, but by Your love. Let me walk in that truth today. Amen.

Listen as you pray or reflect today.

My thoughts, prayers, or reflections today:

[illegible]

21

"The Lord gives strength to the weary and increases the power of the weak."
Isaiah 40:29 (NIV)

Three weeks of declarations. Three weeks of choosing faith over fear. I am still here. I am still standing. And God is still strengthening me even when I feel weak.

Acknowledge your perseverance. Write a short note to yourself: "Three weeks ago I started something hard and I have not quit. That is not small. That is brave."

Father, I am weary but still standing. Thank You for being my strength when mine ran out. I receive renewed energy from You today. Amen.

Listen as you pray or reflect today.

My thoughts, prayers, or reflections today:

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22

“Because of the Lord’s great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness.”
Lamentations 3:22–23 (NIV)

Yesterday's grief does not determine today's grace. Every morning I wake up, God's mercies are new - fresh, unearned, and waiting for me. Today is a new beginning.

Begin your morning with this one sentence: "Today is a new mercy. I receive it." Write it on a sticky note and place it where you will see it first thing.

Lord, thank You that Your mercies are not rationed. They are new this morning, just for me. I receive Your compassion afresh today. Amen.

Great Is Thy Faithfulness -
Audrey Assad

Listen as you pray or reflect today.

My thoughts, prayers, or reflections today:

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23

"So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith."
Colossians 2:6-7 (NIV)

I am rooted in Christ - not in my marriage, my title, my home, or my settlement. What is rooted cannot be easily uprooted. I am grounded in something no court order can touch.

What roots you when everything else shifts? Write down three anchors in your life that cannot be taken by this divorce.

God, let my roots go deeper into You during this season.
Let what is shaking around me drive me further into what
cannot be shaken. Amen.

Firm Foundation (He Won't)
— Cody Carnes

Listen as you pray or reflect today.

My thoughts, prayers, or reflections today:

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24

“For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.”
Ephesians 2:10 (NIV)

I am not an accident and my life is not a mistake. I was handcrafted by God with specific good works to do in the world. My calling did not end with my marriage. It is just becoming clearer.

Write down one gift or strength you have that this season has not taken from you. That gift is part of your calling.

Father, remind me that I was made on purpose for a purpose. Do not let the pain of this season make me forget the calling You placed inside me. Amen.

The Calling — Hillsong
Worship

Listen as you pray or reflect today.

My thoughts, prayers, or reflections today:

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25

✦ TODAY'S DECLARATION

 TODAY'S FOCUS

Listen as you pray or reflect today.

My thoughts, prayers, or reflections today:

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26

Psalm 5:12 (NIV)

✦ TODAY'S DECLARATION

I am surrounded by the favor of God - in the courtroom, in the negotiations, at the bank, and in every room I walk into. Favor is not earned by perfection. It is a gift from God and I receive it today.

 TODAY'S FOCUS

Begin to look for God's favor in your day - an unexpected kindness, an open door, a moment of ease. Write it down when you find it.



 PRAYER

Father, go before me into every conversation, every meeting, and every decision this week. I trust that Your favor surrounds me like a shield. Amen.

 WORSHIP SONG

Surrounded (Fight My Battles) — Upperroom

Listen as you pray or reflect today.

My thoughts, prayers, or reflections today:

[illegible]

27

"Weeping may stay for the night, but rejoicing comes in the morning."
Psalm 30:5 (NIV)

This grief is not permanent. This pain has a night - and morning is coming. I hold onto the promise that joy is not gone; it is in route. My morning is on its way.

Think of the last time you laughed or felt genuinely light. Write it down. Joy existed before this season and it will exist again. Chase one small moment of it today.

Lord, I am still weeping some nights. But I trust Your promise that morning will come. Keep hope alive in me while I wait for it. Amen.

Joy — Rend Collective

Listen as you pray or reflect today.

My thoughts, prayers, or reflections today:

28

“One generation commends your works to another; they tell of your mighty acts.”

Psalm 145:4 (NIV)

✦ TODAY'S DECLARATION

How I rise from this season will speak to my children, my grandchildren, and every person who is watching. I am not just surviving for myself. I am building a legacy of resilience and faith.

 TODAY'S FOCUS

Write a single sentence you want your children or legacy to remember about how you handled this season. Let that sentence guide your choices today.

 PRAYER

God, let what I do in this season teach those who come after me that You are faithful and that we are stronger than we think. May my resilience become their inheritance. Amen.

 WORSHIP SONG

Legacy — Nichole Nordeman

Listen as you pray or reflect today.

My thoughts, prayers, or reflections today:

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29

"I will repay you for the years the locusts have eaten."
Joel 2:25 (NIV)

God is a God of restoration. What was consumed, stolen, or wasted in this season is not beyond His ability to repay. I believe in a God who gives back what was taken and adds to it.

What do you most want restored - your confidence, your finances, your peace, your joy, your sense of self? Write a prayer of expectation for it.

Father, I believe You are the God who restores. I name what has been lost and I trust You to repay it in Your time and in Your way. I receive Your restoration. Amen.

Restore — Chris August

Listen as you pray or reflect today.

My thoughts, prayers, or reflections today:

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30

“Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us.”

✦ TODAY'S DECLARATION

 TODAY'S FOCUS

 PRAYER

 WORSHIP SONG

Listen as you pray or reflect today.

My thoughts, prayers, or reflections today:

You Made It.

Thirty days of choosing faith over fear.
Thirty days of speaking truth when the lies were loud.
Thirty days of rising.

That is not small. That is sacred.

A Blessing from Sherry:

Sweet sister,

You are not what you have been through.
You are who you are becoming.
You are not fragile - you are forged.
You are not broken - you are being rebuilt.

Now go live your legacy.

~ Sherry

Continue Your Journey

- The MAPP™ Book: Marital Asset Protection Plan
- Lifetime Income Workbook
- Financial Vocabulary Guide
- Legacy & Purpose Workbook
- 365-Day Devotional: Beauty from Ashes

Connect with Us

 sherry@gencrestcap.com
 www.gencrestcapital.com
603 Dolley Madison Rd, Suite 200
Greensboro, NC 27410

Schedule your complimentary strategy session with Sherry and the GenCrest Capital Partners team.

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