

# AFFIRMATIONS FOR THE STORM

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A COMPANION OF FAITH FOR  
HARD SEASONS

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# **You're Not Broken, You're Becoming**

If you're holding this book, something heavy has touched your life. Maybe you've stood at the edge of a diagnosis that rattled your faith. Maybe you've lost someone, or something, that once held your world together. Maybe your strength feels worn thin from long nights, silent prayers, or unanswered questions. Whatever brought you here, pause for a moment and know this—you're still standing.

That alone is no small thing.

These words are not here to fix you. Healing can't be rushed. Grief refuses a timeline. Faith doesn't always roar. This book was written to sit beside you like a friend who doesn't need you to explain yourself. A friend who simply stays.

Affirmations are not magic spells. They are not feel-good slogans pasted over real pain. They are declarations—anchored in truth, grounded in faith, and rooted in the God who speaks life into dry places. Each line is meant to remind you of what's unshakable, even when the ground beneath you moves.

This storm may have shaken everything, but it didn't take you out. You're still breathing. That means purpose still flows through your life. That means God is still writing your story.

Whether you're curled up on the bathroom floor holding your breath through a panic attack, sitting in a waiting room holding test results, or wide awake at 2 a.m. wondering if healing will ever come—these affirmations are for you.

Let them be your steady place. Read them aloud when your voice shakes. Whisper them when faith feels too far. Speak them until they feel like yours. Tape them to your mirror, your fridge, your heart.

You were not made to carry this storm alone. There is peace here. There is presence. There is a holy reminder waiting in these pages:

You are not broken. You are becoming. And Heaven is still cheering you on.

## **How to Speak Life Over Yourself Every Day**

The words you speak to yourself carry weight. In seasons of fear, grief, or exhaustion, it's easy for inner dialogue to be filled with panic, shame, or hopelessness. That's why these affirmations matter. They are not just words—they are truth wrapped in love and intention.

Use them daily. Keep them close. Let them interrupt the lies that try to convince you you're alone or too broken to be whole again.

Speak them aloud in the morning before the noise of the world begins. Say them softly before bed when the ache is loudest. When fear grips your chest or your heart grows weary, reach for a line that steadies you.

Write your favorites down. Stick them on your mirror, tuck them into your Bible, screenshot them to your phone. Place them where your eyes can meet them often—where faith can find you without effort.

Pray through them. Let one affirmation be your prayer for the day. Breathe it in. Let it shape your thoughts, your posture, your next decision. If it helps, journal what it stirs in you—what you're letting go of, and what you're ready to believe again.

These declarations will not erase the storm. But they will remind you that God's voice is louder than the thunder. That His promises are more powerful than fear. That your healing starts with truth spoken—again and again.

Your words can either echo your pain or ignite your healing. Let these declarations reset your focus and feed your soul. Speak life

until you believe it. Speak truth until it becomes your anchor. Speak hope—because heaven hears you.

# **For When You Feel Weak**

## **Strength in the Stillness**

Everyone reaches a point where strength feels out of reach. When your body is tired, your mind is overwhelmed, and your emotions are stretched thin, it's not a sign of failure—it's a sign of being human. Weakness does not disqualify you from God's presence. It invites Him in. These affirmations are reminders that even on your most fragile days, you are still held.

Let these words be your anchor when you feel too weary to stand:

- God is strong where I am weak. His grace fills the gaps I cannot.
- I am not what I feel—I am what God says I am.
- My worth is not measured by my strength, but by His love.
- Healing takes energy. Rest is holy.
- Even when I feel invisible, God sees me fully.
- I am allowed to pause. I am allowed to breathe.
- This weakness is not the end of me—it's where God's power begins.
- I am still worthy, even when I'm still healing.
- Every breath I take is a sign that God is not finished with me.

- Strength is not the absence of struggle—it's the decision to keep trusting anyway.

Whisper them. Write them. Pray them through trembling lips if you must. You are not weak because you need help. You are brave because you keep showing up, even when you feel like breaking. Let stillness hold you while God restores your strength.

## **For When You're Waiting**

### **Grace in the Delay**

Waiting stretches the soul in ways few things can. When prayers feel unanswered and change seems distant, it's easy to wonder if you've been forgotten. But delays are not always denials. God is working in the unseen, preparing more than you know. There is still grace—right here, right now.

Speak these truths when the waiting feels endless:

- This delay is not a denial. It is preparation.
- God's timing is precise, not punishing.
- Even when I can't see it, God is moving.
- The waiting room is where warriors are built.
- I trust what God is doing, even when I don't understand it.
- Every quiet day is filled with divine purpose.
- God is never late—He is intentional.
- I will not waste this waiting. I will worship through it.
- There is growth happening in the soil I cannot see.

- My hope is not in how fast it happens, but in who holds the outcome.

Hold these affirmations close in the pauses. You are not being stalled—you are being strengthened. Waiting is sacred ground, where your faith roots go deep. Keep breathing, keep believing. Grace is already here.

## **For When You're Healing**

### **Beauty in the Breaking**

Healing rarely follows a straight line. Some days you feel strong. Other days, even getting out of bed feels like a mountain. After battling cancer, I learned that healing isn't just about the body—it touches every corner of your soul. It comes with grief, fatigue, and small wins that feel like miracles.

I didn't bounce back all at once. My body felt foreign. My strength was slow to return. But I started to honor each moment as part of the process. Healing meant resting without guilt. It meant trusting that what God began, He would finish—even if I couldn't see it yet.

Speak these truths to yourself on the days you feel stuck in the middle:

- My body is a temple, and it is being restored day by day.
- What broke me will not define me—it will refine me.
- Healing is not a race. I move at the pace of grace.
- I give myself permission to rest and recover without shame.
- Each scar carries proof of a battle I did not lose.



- God is rebuilding me from the inside out, with care and purpose.
- Fatigue is not failure—it's feedback. I listen to my body with kindness.
- Even when I feel fragile, I am still whole in God's eyes.
- My strength is returning—slowly, faithfully, surely.
- This healing is holy. I will not rush what God is restoring.

Every phase of recovery has purpose. There is beauty in the breaking—and there is resurrection in your repair. Let grace carry you through the middle. You are already healing.

## **For When You're Trying to Believe Again**

### **Faith After the Fire**

When you've been through something that scorched your hope—whether it's sickness, loss, betrayal, or silence from Heaven—it's hard to trust again. Faith doesn't come back with fanfare. Sometimes it returns in whispers, in tears, in the smallest act of reaching for God when everything feels numb.

After surviving cancer, there were moments when I wanted to believe—but I was afraid. Afraid to hope, afraid to pray and be disappointed again. But God never stopped holding space for me. Even in my silence, He stayed. And over time, I found my way back—not through proof, but through presence.

Let these affirmations rebuild your faith from the inside out:

- I may not see it yet, but God is still moving.
- Even in my questions, I am still covered by grace.
- Faith doesn't require strength—it requires surrender.
- God's love has never left the room.
- I'm still God's child, even when I feel distant.
- I will trust again, even if my voice trembles.
- Even if all I do today is whisper a prayer, that's enough.
- My faith is not broken—it's rebuilding.
- God is patient with my process.
- Hope is rising in me again, breath by breath.

This isn't about perfect belief. It's about showing up—even with shaky hands. Your faith is still alive, and it's finding its way back through the ashes. You don't have to force it. Just keep reaching. God is already reaching back.

# You Are Still Becoming

You've made it to the final page, but your healing is far from finished—and that's a beautiful thing. Healing isn't a straight line. Growth doesn't happen all at once. But right now, right here, you're still becoming. And that's enough.

Whatever storm brought you to this moment, know this: it didn't wash you away. You are still breathing, still waking up, still showing up. That means your story still matters. You are deeply loved by a God who sees the parts of your heart you haven't even had the strength to speak aloud. He's been walking with you through every quiet breakdown, every whispered prayer, every day you didn't give up.

So, if today all you can do is rest, then rest. If all you can do is breathe, then breathe. That is holy work, too.

Here's a blessing for your next step:

- *May peace return to your spirit before the battle ends.*
- *May healing rise in your body before the answers come.*
- *May your hope whisper louder than your fear.*
- *And may you remember—you are never walking alone.*

Your storm has not stolen your purpose. You are not what you've lost. You are what you've survived.

And if this companion brought you even a little peace, the full story is waiting for you.

[Grab the complete book on Amazon](#) and walk with me through every chapter of faith, fire, and breakthrough.

Keep becoming. God's not done with you yet.

