



DR. MARICIA SHERMAN
WWW.MARICIASHERMAN.COM

**"I SPEAK TO THE HEARTS OF GOD'S
DAUGHTER'S AND PROCLAIM THAT
THE TIME FOR CHANGE HAS
COME!"**

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7 DAY AFFIRMATION CARD

- **MONDAY: GOD HAS PLACED EVERYTHING I NEED WITHIN ME!**
- **2 PETER 1:3**

- **TUESDAY: I WILL OWN MY POWER THROUGH CHRIST!**
- **1 JOHN 4:4**

- **WEDNESDAY: ALL THINGS WORK OUT FOR MY HIGHEST GOOD!**
- **ROMANS 8:23**

- **THURSDAY: TODAY AND EVERYDAY, I WILL CHOOSE JOY!**
- **PSALM 28: 7-8**

- **FRIDAY: I WILL OWN MY UNIQUE GODLY AWESOMENESS!**
- **1 PETER 2:9**

- **SATURDAY: I WILL TRUST GOD'S PLANS!**
- **PROVERBS 3:5-7**

- **SUNDAY: GOD IS WITH ME FOREVER AND ALWAYS!**
- **ROMANS 8:31**



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Dr. Maricia Sherman is in touch with the issues facing women in today's culture. A licensed ordained minister, she has in-depth knowledge with over 25 years of counseling and ministry experience. Growing up the daughter of an abusive alcoholic father, Dr. Sherman understands the woes of not receiving affirmation and support. She seeks to encourage and equip women to become all that God has designed them to be through her mentoring programs, Biblical teaching ministry, Intimate Altar Worship for Women, and her upbeat women's empowerment initiative, HerGroove. She is a lover of God, careered registered nurse, proud Air Force Veteran's wife, and mother.

Dr. Sherman is President and Founder of Intimate Altar Wellness, a 501c3 nonprofit organization that offers women ages 18 and over mental health wellness counseling at no cost. The mission of IA Wellness is to provide quality opportunities for women to experience healthy mental and emotional well-being. Learn more here: www.intimatealtar.org



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