

Declarations for Speaking Life



by T. Scott Bernardi

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What is a Declaration?

Different groups have different labels for essentially the same thing: some groups call them *declarations*, some call them *confessions*, and some call them *affirmations*.

A definition of a **declaration** in a spiritual context is *an emphatic statement of faith, truth, or belief, spoken aloud to affirm one's spiritual identity, align with what is believed to be God's will, or make known divine truth.*

A key consideration is that a declaration should align with the truth in God's word. You can say almost anything, such as, "Elon Musk is going to give me \$1 million." But does that have any basis in Biblical truth? No.

For that reason, I actually prefer the term *confession*, which is the term the Bible uses. It is the Greek word *homologeō*, which combines the two Greek words *homo*, meaning "the same", and *logeō*, meaning "to speak or say." So to *confess* God's word is to say the same thing it says.

We are familiar with the concept of confession of sins, where it is admitting wrongdoing, but the New Testament uses *confession* to mean a statement of faith or belief 8 times as much as it does the confession of sins.

Declarations are meant to be spoken

You can receive benefits from reading declarations and scriptures, but it is much more powerful when you **speak** them.

Joshua 1:8 This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.

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The Lord could have told Joshua only to meditate on the Law, but He began by saying, “*This book of the Law shall not depart from your **mouth**.*” The Hebrew word for *meditate* also means to *speak, mutter, utter, or talk*, and its root means *to murmur*. Speaking the Word is a key part of meditating on it.

The goal of making declarations is to change what you believe. We are familiar with the verse, “*Out of the abundance of the heart, the mouth speaks*” (Matthew 12:34). Well, the reverse is also true. You can put things into your heart and change what is in there by speaking them consistently.

Make it personal

One way to take scripture and turn it into a declaration is by putting yourself in the passage and making it personal. For example,

2 Corinthians 5:21 21 For He made Him who knew no sin to be sin for us, that we might become the righteousness of God in Him.

As a declaration you could say, “*He made Him who knew no sin to be sin for **me**, that **I** might become the righteousness of God in Christ*”. Or you could also shorten it down to “*I am the righteousness of God in Christ.*”

You can obtain your declarations from lists like those provided below. However, another aspect of making it personal is to come up with your own list that has to do with the specific areas you want to work on – your own goals and aspirations.

Be Consistent

Consistency is the key to making declarations. You’re not going to get results just by saying things a few times. You

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have to turn it into a **habit** so that it becomes your default response. Like toothpaste, when pressure comes and you are squeezed, you want the Word of God voiced personally to you to come out of your tube.

We also need to realize that it will take time. If you are trying to build muscle, you don't work out once and the next day look like Arnold Schwarzenegger. You must persevere – keep at it and don't quit. There may even be some discomfort as you are working muscles you aren't used to working.

The key to perseverance is believing that your efforts will lead you to your goals. Towards that end, we should celebrate our progress on the way. You're trying to lose 40 pounds, and you've lost 10. That's a win! In your self-talk you don't call yourself stupid as much as you used to. That's a cause for celebration!

When you first start making declarations, you may feel a bit uncomfortable saying things that aren't yet a reality in your life. That's OK – remember God calls those things that do not exist as though they do (Romans 4:20).

Why We Make Declarations

The primary goal of making declarations is to change our beliefs – about ourselves, about others, and about God.

The fact is that our words have great power. We see this in James 3:

James 3:1-5 ¹ My brethren, let not many of you become teachers, knowing that we shall receive a stricter judgment.

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² For we all stumble in many things. If anyone does not stumble in word, he is a perfect man, able also to bridle the whole body.

³ Indeed, we put bits in horses' mouths that they may obey us, and we turn their whole body.

⁴ Look also at ships: although they are so large and are driven by fierce winds, they are turned by a very small rudder wherever the pilot desires.

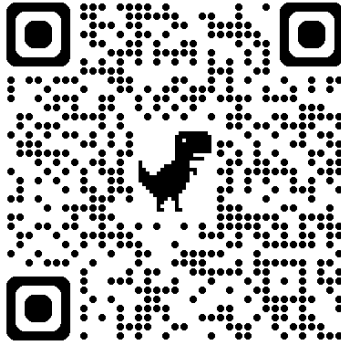
⁵ Even so the tongue is a little member and boasts great things. See how great a forest a little fire kindles!

What is the purpose of a bit in a horses' mouth, or a rudder on a ship? It controls the direction or course that the horse or ship is going in. If Paul were alive today he might make the analogy of the steering wheel on a car.

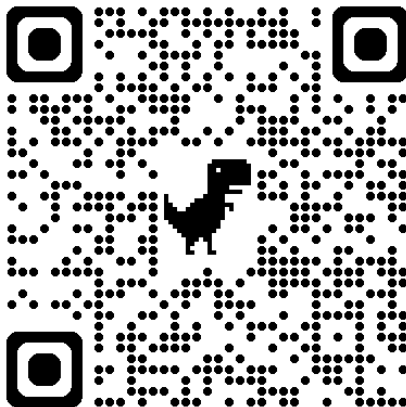
Your life will be pulled in the direction your words are pointing towards. If a primary goal of declarations is to change your beliefs, then you are going to have to speak things that are higher than where you are at present. You are speaking of where you want to go.

I go into these subjects in much more detail In my *hungryfortheword* blog, “**Life is in the Power of the Tongue**”:

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Or in my book, “**Where Real Transformation Comes From**”:



Sources of Declarations You Can Use

You can find thousands of sources of declarations online. Just search for “*lists of Biblical Declarations*”.

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You can even ask AI to give you biblical declarations concerning specific topics. I had AI help me build the list of declarations that follows, and it did a very good job. I used the prompt, “give me 15 biblical declarations on the subject of [subject]”.

RELATIONSHIP WITH GOD

God's Promises to Me

Here are 15 scriptural declarations focused on God's promises to you:

1. **All of God's promises to me are "Yes."** For no matter how many promises God has made, they are "Yes" in Christ, and through Him I speak the "Amen" to the glory of God. *(Based on 2 Corinthians 1:20)*
2. **God is entirely faithful to His word.** God is not a man, that He should lie, nor a human being, that He should change His mind. When He speaks, He acts, and when He promises, He fulfills. *(Based on Numbers 23:19)*
3. **I am promised God's unending presence.** The Lord Himself goes before me and will be with me; He will never leave me nor forsake me, so I will not be afraid or discouraged. *(Based on Deuteronomy 31:8)*
4. **God promises to supply all my needs.** My God will meet all my needs according to the riches of His glory in Christ Jesus. *(Based on Philippians 4:19)*
5. **I have a promise of a hopeful future.** I know the plans the Lord has for me—plans to prosper me and

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not to harm me, plans to give me hope and a future.
(Based on Jeremiah 29:11)

6. **God promises to renew my strength.** As I place my hope in the Lord, my strength is continually renewed; I will soar on wings like eagles, I will run and not grow weary, I will walk and not be faint.
(Based on Isaiah 40:31)
7. **I hold the promise of perfect peace.** God keeps me in perfect peace because my mind is steadfast and my trust is anchored in Him. *(Based on Isaiah 26:3)*
8. **God promises to be my refuge and shield.** He covers me with His feathers, and under His wings I find refuge; His faithful promises are my armor and protection. *(Based on Psalm 91:4)*
9. **I have the promise of answered prayer.** This is the confidence I have in approaching God: that if I ask anything according to His will, He hears me, and I have what I asked of Him. *(Based on 1 John 5:14-15)*
10. **I am sealed with the promised Holy Spirit.** When I believed, I was marked in Christ with a seal, the promised Holy Spirit, who is a deposit guaranteeing my eternal inheritance. *(Based on Ephesians 1:13-14)*
11. **Jesus promises me true and lasting rest.** As I

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come to Him with my weariness and heavy burdens,
He gives rest to my soul. *(Based on Matthew 11:28)*

12. God promises deliverance in times of trouble. I may face many troubles, but the Lord promises to deliver me from every single one of them. *(Based on Psalm 34:19)*

13. I am assured of God's unchanging goodness. Every good and perfect gift in my life is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows. *(Based on James 1:17)*

14. I possess the promise of eternal life. This is the very promise that He Himself has made to me—eternal life in Him. *(Based on 1 John 2:25)*

15. I have a promised inheritance that will never fade. In His great mercy, God has given me a new birth into a living hope, and an inheritance that can never perish, spoil, or fade, kept securely in heaven for me. *(Based on 1 Peter 1:3-4)*

God's Presence with Me

Here are 15 scriptural declarations focused on God's presence with you, to anchor your heart and mind:

1. God's presence is my constant companion. The Lord Himself goes before me and stands with me;

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He will never leave me nor forsake me, so I will not be afraid or discouraged. *(Based on Deuteronomy 31:8)*

2. **I find fullness of joy in His presence.** God makes known to me the path of life, and in His presence, there is a fullness of joy that circumstances cannot steal. *(Based on Psalm 16:11)*
3. **The Holy Spirit lives inside of me.** I am a temple of the living God, and His Holy Spirit dwells permanently within me to comfort, counsel, and guide me. *(Based on 1 Corinthians 3:16)*
4. **I am never out of God's reach.** No matter where I go, His Spirit is there. If I rise on the wings of the dawn or settle on the far side of the sea, even there His hand will guide me and His right hand will hold me fast. *(Based on Psalm 139:7-10)*
5. **God is with me in the darkest valleys.** Even though I walk through the darkest valley of trouble or transition, I will fear no evil, for He is close beside me; His rod and His staff comfort me. *(Based on Psalm 23:4)*
6. **I am surrounded by God's shield of favor.** Surely, Lord, you bless the righteous; you surround me with your favor and presence as with a shield. *(Based on Psalm 5:12)*

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7. **The Creator of the universe is my quiet resting place.** My soul finds rest in God alone; He is my rock, my salvation, and my fortress, and I will never be shaken because He is near. *(Based on Psalm 62:1-2)*
8. **I can approach God with absolute confidence.** Because of Christ's finished work, I can come boldly to the throne of grace to find mercy and grace to help me exactly when I need it. *(Based on Hebrews 4:16)*
9. **God rejoices over me with singing.** The Lord my God is with me, a Mighty Warrior who saves. He takes great delight in me; in His love, He no longer rebukes me, but rejoices over me with loud singing. *(Based on Zephaniah 3:17)*
10. **Jesus is with me until the very end.** I live in the reality of His promise: "Surely I am with you always, even to the very end of the age." *(Based on Matthew 28:20)*
11. **God's presence brings me divine rest.** The Lord has promised me, "My Presence will go with you, and I will give you rest"—rest from worry, rest from striving, and rest for my soul. *(Based on Exodus 33:14)*
12. **I am securely held in the palm of His hand.** My life is hidden with Christ in God, and no one can

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snatch me out of my Father's hand. *(Based on Colossians 3:3 / John 10:29)*

13. **God draws close to me as I draw close to Him.** I make it my priority to seek His face, and I rest in the unfailing promise that as I draw near to God, He draws near to me. *(Based on James 4:8)*
14. **His goodness and mercy pursue me daily.** Surely goodness and unfailing love will pursue me all the days of my life, and I will dwell in the house and presence of the Lord forever. *(Based on Psalm 23:6)*
15. **I am an inseparable part of His family.** Because I am His child, nothing in death or life, nothing in the present or the future, can ever separate me from the fierce love God has for me in Christ Jesus. *(Based on Romans 8:38-39)*

Prayer and Communication with God

Here are 15 scriptural declarations focused on prayer and communication with God, to build your confidence in dialogue with Him:

1. **God hears me the moment I call.** I know that the Lord sets apart the godly for Himself; the Lord hears and responds whenever I call out to Him. *(Based on Psalm 4:3)*

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2. **I pray with absolute confidence.** This is the bold confidence I have in approaching God: that if I ask anything according to His will, He hears me and grants my requests. *(Based on 1 John 5:14-15)*
3. **My prayers have great power.** The heartfelt, continued prayer of a righteous person (and in Him I am declared righteous) makes tremendous power available, dynamic in its working. *(Based on James 5:16)*
4. **I trade anxiety for peace through prayer.** I refuse to worry about anything; instead, in every situation, I present my requests to God with thanksgiving, and His peace guards my heart and mind. *(Based on Philippians 4:6-7)*
5. **God answers me with divine revelation.** When I call to the Lord, He promises to answer me and show me great, mighty, and unsearchable things that I do not know. *(Based on Jeremiah 33:3)*
6. **I approach God's throne with boldness.** Because of Jesus, I can walk boldly right into the throne room of grace, where I receive mercy and find grace to help me exactly when I need it. *(Based on Hebrews 4:16)*
7. **The Holy Spirit helps me pray.** When I do not know what or how to pray, the Holy Spirit Himself intercedes for me with groans that words cannot

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express, aligning my heart with God's perfect will.
(Based on Romans 8:26)

8. **I seek God and find Him.** I search for the Lord with all my heart, resting in the promise that when I seek Him wholeheartedly, He will allow Himself to be found by me. *(Based on Jeremiah 29:13)*
9. **My voice is heard in the morning.** In the morning, O Lord, you hear my voice; in the morning I lay my requests before you and wait expectantly. *(Based on Psalm 5:3)*
2. I pray without ceasing. **I keep my communication with God open at all times, rejoicing always, praying continually, and giving thanks in all circumstances.** *(Based on 1 Thessalonians 5:16-18)*
10. **I ask, seek, and knock with expectancy.** I live in the promise of Jesus: because I ask, it will be given to me; because I seek, I will find; and because I knock, the door will be opened. *(Based on Matthew 7:7)*
11. **God is near to me when I call.** The Lord is exceptionally near to me as I call on Him—to all who call out to Him in truth and sincerity. *(Based on Psalm 145:18)*
12. **My prayers are sweet to God.** My prayers are not

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a burden to Him; they rise before His throne like sweet incense, and He delights in my communication. *(Based on Revelation 8:4 / Proverbs 15:8)*

13. **I pray in alignment with Christ.** Whatever I ask in Jesus' name, He will do, so that the Father may be glorified in the Son. *(Based on John 14:13)*
14. **God answers me before I even finish speaking.** I serve a God who promises, "Before they call I will answer; while they are still speaking I will hear." *(Based on Isaiah 65:24)*

Salvation for Loved Ones

Here are 15 scriptural declarations focused on the salvation of loved ones, to build your faith as you stand for your family:

1. **My entire household belongs to the Lord.** I believe and declare that the promise of salvation extends to my home; because I have placed my faith in the Lord Jesus, both I and my household will be saved. *(Based on Acts 16:31)*
2. **God is actively pursuing their repentance.** I know that the Lord is not slow about His promise, but is incredibly patient toward my loved ones, not wishing for any of them to perish but wanting all of them to come to repentance. *(Based on 2 Peter 3:9)*
3. **The spiritual blindness is breaking.** The light of

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the gospel of the glory of Christ is breaking through every bit of darkness, and the spiritual blindness that has kept my loved ones from seeing the truth is being removed. *(Based on 2 Corinthians 4:4)*

4. **My prayers for their salvation align with His will.** This is the bold confidence I have in approaching God on behalf of my family: that because it is His will for them to be saved, He hears me and grants my requests. *(Based on 1 John 5:14-15)*
5. **Laborers are being sent across their paths.** I declare that the Lord of the harvest is sending the right people into the lives of my loved ones—laborers who will speak the truth of the Gospel into their hearts with perfect timing and clarity. *(Based on Matthew 9:37-38)*
6. **The spoken Word will accomplish its purpose.** Every seed of scripture and truth spoken over my family will not return empty; it will accomplish exactly what God desires and succeed in the matter for which He sent it. *(Based on Isaiah 55:11)*
7. **The Father is drawing them to Jesus.** I trust the quiet, persistent drawing of the Holy Spirit. No one can come to Christ unless the Father draws them, and I declare He is drawing my loved ones to Himself. *(Based on John 6:44)*

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8. **They are being delivered from darkness.** I declare that my loved ones are being rescued from the domain and power of darkness and are being transferred into the kingdom of the Son He loves. *(Based on Colossians 1:13)*
9. **God is granting them spiritual wisdom and insight.** I pray and believe that the Father of glory is giving my loved ones a spirit of wisdom and revelation, opening the eyes of their hearts to truly know Him. *(Based on Ephesians 1:17-18)*
10. **God is contending for my family.** I stand on the promise that the Lord will contend with those who contend with me, and He will rescue, deliver, and save my children and my household. *(Based on Isaiah 49:25)*
11. **Strongholds are crumbling before the truth.** The weapons of my warfare on behalf of my family are not human weapons; they have divine power to demolish strongholds, destroying every proud obstacle that keeps them from knowing God. *(Based on 2 Corinthians 10:4-5)*
12. **No heart is too hard for the Lord.** I declare that the Lord is the God of all mankind, and absolutely nothing is too difficult or too hard for Him to accomplish in the lives of my loved ones. *(Based on Jeremiah 32:27)*

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13. **God's mercy is pursuing them.** I believe that the goodness and kindness of God are actively leading my loved ones to a place of genuine repentance and transformation. *(Based on Romans 2:4)*

14. **They will be a new creation.** I look forward in faith to the day when my loved ones are in Christ, the old things have passed away, and new life has come to them completely. *(Based on 2 Corinthians 5:17)*

15. **The One who promised is faithful.** I rest in absolute confidence that He who began a good work in my family, and who called them, is utterly faithful, and He will surely bring it to pass. *(Based on 1 Thessalonians 5:24)*

IDENTITY AND GROWTH

My Spiritual Identity in Christ

Here are 15 scriptural declarations focused on your spiritual identity in Christ:

1. **I am a new creation.** The old has gone, the new is here, and my past does not define me. *(Based on 2 Corinthians 5:17)*
2. **I am fully forgiven and redeemed.** I have been rescued from the dominion of darkness and brought into the kingdom of the Son He loves. *(Based on Colossians 1:13-14)*
3. **I am a chosen and dearly loved child of God.** I was predestined for adoption to sonship through Jesus Christ, in accordance with His pleasure and will. *(Based on Ephesians 1:4-5)*
4. **I am free from all condemnation.** Because I am in Christ Jesus, the law of the Spirit who gives life has set me free from the law of sin and death. *(Based on Romans 8:1-2)*
5. **I am God's masterpiece.** I am created in Christ Jesus to do good works, which God prepared in advance for me to do. *(Based on Ephesians 2:10)*
6. **I am a temple of the Holy Spirit.** God's Spirit lives within me, and I am not my own; I was bought at a price and belong wholly to Him. *(Based on 1*

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Corinthians 6:19-20)

7. **I am more than a conqueror.** Through Him who loved me, I have overwhelming victory in every trial and situation. *(Based on Romans 8:37)*
8. **I am complete in Christ.** In Him dwells all the fullness of the Deity bodily, and I have been brought to fullness in Him, who is the head over every power and authority. *(Based on Colossians 2:9-10)*
9. **I am a citizen of heaven.** My true home is in heaven, and I eagerly await a Savior from there, the Lord Jesus Christ. *(Based on Philippians 3:20)*
10. **I am an ambassador for Christ.** God makes His appeal through me, and I have been entrusted with the ministry of reconciliation. *(Based on 2 Corinthians 5:18-20)*
11. **I am part of a royal priesthood.** I am a member of a holy nation and God's special possession, called out of darkness into His wonderful light to declare His praises. *(Based on 1 Peter 2:9)*
12. **I am the salt of the earth and the light of the world.** I am called to let my light shine before others so they may see my good deeds and glorify my Father in heaven. *(Based on Matthew 5:13-16)*

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13. **I am seated in heavenly places.** God has raised me up with Christ and seated me with Him in the heavenly realms, far above earthly circumstances. *(Based on Ephesians 2:6)*
14. **I am appointed to bear lasting fruit.** Jesus chose me and appointed me so that I might go and bear fruit that will endure. *(Based on John 15:16)*
15. **I am inseparable from God's love.** Neither death nor life, neither angels nor demons, nor anything else in all creation will ever be able to separate me from the love of God that is in Christ Jesus my Lord. *(Based on Romans 8:38-39)*

My Spiritual Growth

Here are 15 scriptural declarations focused on your spiritual growth, to build your faith and steady advancement in Christ:

1. **God will finish the good work He started in me.** I am completely confident that He who began a good work within me will continue to develop, perfect, and bring it to full completion. *(Based on Philippians 1:6)*
2. **I am rooted and grounded in Christ.** I am firmly planted in Him, continually built up in my faith, and overflowing with gratitude as I grow deeper every day. *(Based on Colossians 2:7)*

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3. **I am being transformed into His image.** As I contemplate the Lord's glory, I am being transformed into His very image with ever-increasing glory, which comes from the Lord, who is the Spirit. *(Based on 2 Corinthians 3:18)*
4. **My spiritual strength is renewed daily.** Even though my outward body is aging, my inner man is being dynamically renewed and refreshed day by day. *(Based on 2 Corinthians 4:16)*
5. **I crave the pure spiritual milk of the Word.** Like a newborn babe, I long for the pure milk of God's Word so that by it, I may grow up into the fullness of my salvation. *(Based on 1 Peter 2:2)*
6. **I am an active branch bearing abundant fruit.** Because I remain connected to Jesus, the True Vine, and He remains in me, I bear much lasting fruit; apart from Him, I can do nothing. *(Based on John 15:5)*
7. **I constantly press forward to spiritual maturity.** Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus. *(Based on Philippians 3:13-14)*
8. **I grow in grace and divine knowledge.** I am intentionally growing in the grace and deep personal knowledge of my Lord and Savior Jesus

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Christ, to whom be glory both now and forever.
(Based on 2 Peter 3:18)

9. **I am moving from milk to solid spiritual food.** Through consistent practice and study of the Word, I train my senses to discern good from evil, advancing to deeper spiritual truths. *(Based on Hebrews 5:14)*

10. **My life is like the light of dawn.** My path as a righteous person is like the morning sun, shining brighter and clearer until the full light of day. *(Based on Proverbs 4:18)*

11. **I speak the truth in love to grow in all things.** I refuse to remain a spiritual infant; instead, by speaking the truth in love, I grow up in every single way into Him who is the Head—Christ. *(Based on Ephesians 4:14-15)*

12. **I am being built into a spiritual house.** As I come to Christ, the living Stone, I am also being used as a living stone, built up into a holy priesthood to offer spiritual sacrifices acceptable to God. *(Based on 1 Peter 2:4-5)*

13. **God gives the increase in my life.** I diligently plant and water the seeds of the Word, but I rest in the truth that it is God alone who causes the growth and makes me thrive. *(Based on 1 Cor. 3:6-7)*

14. **I am being equipped for the work of the ministry.** I am coming to the unity of the faith and of the knowledge of the Son of God, to a perfect and complete person, to the measure of the stature of the fullness of Christ. *(Based on Ephesians 4:12-13)*

15. **My spiritual progress is evident to all.** I meditate on these things and give myself wholly to them, so that everyone can clearly see my advancement, growth, and maturity. *(Based on 1 Timothy 4:15)*

Growing in Faith and Trust

Here are 15 scriptural declarations focused on growing in faith and trust, to stretch your spiritual capacity and steady your reliance on God:

1. **My trust is anchored in the Lord, not my own understanding.** I trust in the Lord with all my heart, and I deliberately choose not to lean on my own limited insights or human logic. *(Based on Proverbs 3:5)*
2. **My faith grows dynamically by the power of the Word.** My faith is continuously built up, expanded, and strengthened because my ears are open to hear, digest, and act upon the Word of Christ. *(Based on Romans 10:17)*
3. **I am like a tree planted by the waters.** Because I trust in the Lord and keep my hope fixed on Him, I am like a tree planted by streams of water. I do not fear when heat comes, my leaves stay green, and I never fail to bear fruit. *(Based on Jeremiah 17:7-8)*
4. **My faith shields me from every attack.** In every situation, I lift up the shield of faith, with which I confidently extinguish and destroy all the fiery darts of doubt and intimidation thrown by the enemy. *(Based on Ephesians 6:16)*
5. **I walk by faith and not by sight.** My daily decisions and inner peace are governed by what

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God has promised, not by what my physical eyes see or what temporal circumstances dictate. *(Based on 2 Corinthians 5:7)*

6. **My faith grows exceedingly strong under pressure.** I consider it pure joy when I encounter various trials, knowing with absolute certainty that the testing of my faith produces unwavering endurance and spiritual maturity. *(Based on James 1:2-3)*
7. **I am fully persuaded that God keeps His promises.** Like Abraham, I do not waver through unbelief regarding the promises of God. I grow strong in my faith, give glory to Him, being fully persuaded that what He has promised, He is also entirely able to perform. *(Based on Romans 4:20-21)*
8. **I live in the perfect peace of a steadfast mind.** My mind is completely stayed, anchored, and focused on the Lord; therefore, He keeps me in a state of flawless, unshakeable peace because I trust in Him. *(Based on Isaiah 26:3)*
9. **My heart is established and unafraid.** I am not intimidated or thrown off balance by bad news or sudden disruptions; my heart is fixed, steadfast, and securely trusting in the Lord. *(Based on Psalm 112:7)*

10. **I look directly to Jesus, the author and perfecter of my faith.** I strip off every weight and the doubt that so easily trips me up, running my race with endurance while keeping my eyes firmly fixed on Jesus, who originates and brings my faith to full completion. *(Based on Hebrews 12:1-2)*

11. **My faith can move mountains.** I speak to the obstacles and mountains in my path with the authority of God. Because I do not doubt in my heart but believe that what I say will happen, it will be done for me. *(Based on Mark 11:23)*

12. **I have absolute confidence when I pray.** This is the bold confidence I have when I approach God: that if I ask anything according to His will, He hears me, and because I know He hears me, I know I possess what I asked of Him. *(Based on 1 John 5:14-15)*

13. **I am rooted, built up, and established in faith.** Just as I received Christ Jesus as Lord, I walk in deep union with Him—rooted, built up, established in my faith, and absolutely overflowing with gratitude. *(Based on Colossians 2:6-7)*

14. **I cast down all thoughts that oppose God's truth.** I refuse to entertain doubt; I pull down every imagination, logic, and high thing that tries to exalt itself against the knowledge of God, bringing every

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thought captive to the obedience of Christ. *(Based on 2 Corinthians 10:5)*

15. My trust is in the living God who never changes.

I do not place my trust in uncertain earthly riches or shifting human opinions, but in the living God, who richly and consistently provides me with everything I need for my journey. *(Based on 1 Timothy 6:17)*

Freedom from the Past, Guilt, and Shame

Here are 15 scriptural declarations focused on freedom from the past, guilt, and shame, to establish your complete justification and liberty in Christ:

1. I am completely free from condemnation.

Because I am in Christ Jesus, the law of the Spirit of life has set me free from the law of sin and death; there is no longer any judgment against me. *(Based on Romans 8:1-2)*

2. My past is entirely gone. I am a new creation in Christ; the old things—my mistakes, regrets, and old identity—have passed away, and behold, all things have become fresh and new. *(Based on 2 Corinthians 5:17)*

3. My sins are removed as far as the east is from the west. As far as the sunrise is from the sunset, that is how far the Lord has removed my transgressions and failures from me. *(Based on*

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Psalm 103:12)

4. **God does not remember my past mistakes.** The Lord is He who blots out my transgressions for His own sake, and He explicitly chooses to remember my sins no more. *(Based on Isaiah 43:25)*
5. **I am washed white as snow.** Though my sins were once like scarlet, Christ's sacrifice has made them as white as snow; though they were red like crimson, they have become like pure wool. *(Based on Isaiah 1:18)*
6. **I am vindicated, and the accuser is silenced.** God Himself has justified me; therefore, no one can bring a charge against me. Every tongue that rises against me in judgment, including the voice of guilt, is completely condemned. *(Based on Romans 8:33 / Isaiah 54:17)*
7. **I will never be put to shame.** I look to the Lord and my face is radiant; my face will never be covered with shame, because those who hope in Him are never disappointed. *(Based on Psalm 34:5 / Romans 10:11)*
8. **I receive a double portion of honor instead of shame.** Instead of my former shame and dishonor, I receive a double portion of blessing and inheritance; everlasting joy belongs to me. *(Based on Isaiah 61:7)*

9. **I forget what is behind and stretch forward.** I refuse to live in the rearview mirror. Forgetting those things which are behind and reaching forward to what lies ahead, I press on toward my high calling. *(Based on Philippians 3:13-14)*
10. **My conscience is completely cleansed.** The blood of Christ has cleansed my conscience from dead works and old regrets, empowering me to serve the living God with a pure and free heart. *(Based on Hebrews 9:14)*
11. **I step boldly into God's presence without fear or guilt.** Because my heart is sprinkled clean from an evil conscience and my body is washed with pure water, I can draw near to the throne of grace with full assurance of faith. *(Based on Hebrews 10:22)*
12. **God has exchanged my mourning for joy.** The Lord has given me beauty instead of ashes, the oil of joy instead of mourning, and a garment of praise instead of a heavy, despairing spirit. *(Based on Isaiah 61:3)*
13. **I am forgiven, redeemed, and deeply loved.** In Christ, I have redemption through His blood and the total forgiveness of my sins, according to the lavish riches of His grace. *(Based on Ephesians 1:7)*
14. **I do not harbor self-condemnation.** Whenever my heart or thoughts try to condemn me, I rest in the

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truth that God is greater than my heart, and He knows absolutely everything about my stance in Christ. *(Based on 1 John 3:20)*

15. **Whom the Son sets free is completely free.** Jesus has broken the chains of my past, broken the power of generational baggage, and set me free; therefore, I am free indeed. *(Based on John 8:36)*

Freedom From and Breaking Bad Habits

Here are 15 scriptural declarations focused on freedom and breaking bad habits, to reinforce your liberty and victory in Christ:

1. **Whom the Son sets free is completely free.** Jesus has broken the chains of my past and the grip of old patterns; therefore, I am free indeed, walking in absolute liberty. *(Based on John 8:36)*
2. **Sin and old habits no longer have dominion over me.** I am not under the slavery of my old nature, but under grace; therefore, destructive habits have no legal right to rule my life, my thoughts, or my body. *(Based on Romans 6:14)*
3. **I stand firm in the freedom Christ bought for me.** Christ has completely set me free. I choose to stand firm in this liberty and refuse to let myself be burdened again by any yoke of slavery or old cycles. *(Based on Galatians 5:1)*

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4. **I possess the power to say "no" to ungodliness.**
The grace of God has appeared to me, training and empowering me to renounce ungodliness and worldly passions, and to live a self-controlled, upright, and godly life. *(Based on Titus 2:11-12)*
5. **My body is a temple, and I honor God with it.**
My physical body belongs to the Holy Spirit who lives within me. I am not my own; I was bought with a price, and I choose to honor God with my body and my habits. *(Based on 1 Corinthians 6:19-20)*
6. **I have the power, love, and self-discipline to overcome.** God has not given me a spirit of fear, weakness, or helplessness, but of power, love, and a calm, well-balanced, and highly disciplined mind. *(Based on 2 Timothy 1:7)*
7. **I cast off old behaviors and put on the new.** I deliberately put off my old self, which belonged to my former way of life and old habits, and I am renewed in the spirit of my mind, putting on the new nature created in true righteousness. *(Based on Ephesians 4:22-24)*
8. **I refuse to be mastered by anything.** All things may be lawful for me, but not all things are beneficial or profitable. I declare that I will not be mastered, dominated, or enslaved by any habit,

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substance, or routine. *(Based on 1 Corinthians 6:12)*

9. **I count myself dead to old habits and alive to God.** I look at my old patterns and count myself dead to sin, but dynamically alive to God in Christ Jesus, yielding my mind and body to righteousness. *(Based on Romans 6:11)*

10. **I walk by the Spirit to overcome carnal desires.** I make the deliberate choice to walk by the Spirit daily, and as I do, I will not carry out or gratify the desires and impulses of my old nature. *(Based on Galatians 5:16)*

11. **God always provides a way of escape for me.** No temptation or habit has overtaken me that is not common to man. God is faithful; He will not let me be tempted beyond my ability, but with the temptation, He always provides the way of escape so I can endure it. *(Based on 1 Corinthians 10:13)*

12. **I bring every stray impulse into captivity to Christ.** The weapons of my warfare are divinely powerful. I pull down strongholds of habit, cast down arguments, and bring every single restless thought and impulse into captivity to the obedience of Christ. *(Based on 2 Corinthians 10:4-5)*

13. **I am transformed by renewing my mind.** I refuse to conform to the old patterns of this world or my

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past. My mind is continually transformed and rewired by the Word, allowing me to walk in God's perfect will. *(Based on Romans 12:2)*

14. I strip off every weight that slows me down. I intentionally throw off every unnecessary weight, habit, and sin that so easily trips me up, and I run with determined endurance the specific race set before me. *(Based on Hebrews 12:1)*

15. I am an overcomer through the power of Christ. I can do all things—including breaking old cycles and establishing healthy boundaries—through Christ who infuses me with inner strength and makes me equal to the task. *(Based on Philippians 4:13)*

Overcoming Offense, Bitterness, and Walking in Forgiveness

Here are 15 scriptural declarations focused on overcoming offense, bitterness, and walking in forgiveness, to guard the peace and purity of your heart:

- 1. I keep a heart that is free from offense.** I exercise myself to always have a conscience void of offense toward God and toward men, refusing to let resentment take root. *(Based on Acts 24:16)*
- 2. I aggressively root out all bitterness.** I let all bitterness, wrath, anger, clamor, and evil speaking

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be put away from me, along with all malice, keeping my spiritual atmosphere clean. *(Based on Ephesians 4:31)*

3. **I am quick to forgive just as Christ forgave me.** I am kind, tenderhearted, and compassionate to others, freely forgiving them just as God in Christ freely forgave me. *(Based on Ephesians 4:32)*
4. **I do not allow a root of bitterness to crowd my life.** I watch over my heart diligently so that no root of bitterness springs up to cause trouble or defile my relationships and peace of mind. *(Based on Hebrews 12:15)*
5. **I choose to overlook offenses.** My wisdom makes me slow to anger, and it is to my glory and honor to overlook an offense rather than dwelling on it. *(Based on Proverbs 19:11)*
6. **I let the peace of God umpire my emotions.** I let the peace of Christ rule, act as an umpire, and settle with finality all questions that arise in my mind, refusing to let conflict steal my joy. *(Based on Colossians 3:15)*
7. **I walk in love, which is not easily offended.** God's love has been poured into my heart; therefore, I am patient and kind, I do not demand my own way, and I keep no record of wrongs done to me. *(Based on 1 Corinthians 13:4-5)*

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8. **I extend radical grace when bearing with others.** I make allowance for others' faults and forgive anyone who offends me, remembering that the Lord forgave me, so I must also forgive. *(Based on Colossians 3:13)*
9. **I overcome evil by doing good.** I refuse to repay anyone evil for evil. I do not take revenge, but I leave room for God's justice, actively overcoming evil with good. *(Based on Romans 12:17, 19, 21)*
10. **My prayers are unhindered because I walk in forgiveness.** Whenever I stand praying, if I have anything against anyone, I drop it and leave it, letting it go, so that my Father in heaven may also forgive my shortcomings. *(Based on Mark 11:25)*
11. **I guard my heart above all else.** I guard my heart with all diligence, above all else that I protect, for I know that out of it flow the vital springs and issues of my life. *(Based on Proverbs 4:23)*
12. **I bless those who challenge me.** I choose to bless those who curse me, pray for those who mistreat me, and treat others exactly the way I want to be treated. *(Based on Luke 6:27-28, 31)*
13. **I do not give the enemy a foothold through anger.** If I become angry, I do not sin by nursing resentment; I refuse to let the sun go down on my anger, giving no place or opportunity to the devil.

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(Based on Ephesians 4:26-27)

14. **I possess an unshakeable peace.** Because I love God's word, great peace belongs to me, and nothing can trip me up, cause me to stumble, or offend me.

(Based on Psalm 119:165)

15. **I release others from debt, walking in freedom.** I choose to live in the freedom of forgiveness, knowing that as I release others from their emotional debts, I am kept free, light, and aligned with the grace of God. *(Based on Matthew 6:14)*

WISDOM AND GUIDANCE

Guidance and Hearing God's Voice

Here are 15 scriptural declarations focused on guidance and hearing God's voice:

1. **I hear the voice of the Good Shepherd.** I know His voice, and I will not follow the voice of a stranger. *(Based on John 10:4-5)*
2. **The Holy Spirit is my ultimate guide.** He lives within me, guides me into all truth, and reveals to me what is to come. *(Based on John 16:13)*
3. **I am continually instructed by God.** He teaches me the way I should go and counsels me with His loving eye upon me. *(Based on Psalm 32:8)*
4. **My paths are made straight.** Because I trust in the Lord with all my heart and do not lean on my own understanding, He directs my steps. *(Based on Proverbs 3:5-6)*
5. **My decisions are illuminated by the Word.** God's word is a lamp to my feet and a light to my path, removing confusion from my journey. *(Based on Psalm 119:105)*
6. **I receive divine revelation.** When I call to the Lord, He answers me and shows me great and unsearchable things that I do not know. *(Based on Jeremiah 33:3)*

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7. **I have clear direction in moments of choice.** Whether I turn to the right or to the left, my ears will hear a voice behind me, saying, "This is the way; walk in it." *(Based on Isaiah 30:21)*
8. **I am led even in difficult seasons.** The Lord guides me always; He satisfies my needs in a sun-scorched land and strengthens my frame. *(Based on Isaiah 58:11)*
9. **My mind is renewed to discern God's will.** As I am transformed by His truth, I can clearly test and approve what God's good, pleasing, and perfect will is. *(Based on Romans 12:2)*
10. **I make decisions with a sound mind.** God has not given me a spirit of fear or confusion, but of power, love, and self-discipline. *(Based on 2 Timothy 1:7)*
11. **My priorities bring clarity.** As I seek first God's kingdom and His righteousness, He provides the direction and provision for everything else I need. *(Based on Matthew 6:33)*
12. **My daily steps are ordered.** The Lord directs the steps of the godly, and He delights in every detail of my life. *(Based on Psalm 37:23)*
13. **I walk in abundant wisdom.** When I lack clarity, I ask God, who gives wisdom generously to all without finding fault, and it is given to me. *(Based*

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on James 1:5)

14. **Peace is my compass.** I let the peace of Christ rule in my heart, allowing it to act as an umpire to settle with finality all questions that arise in my mind.

(Based on Colossians 3:15)

15. **My plans are established by God.** Because I commit my work and whatever I do to the Lord, my thoughts are organized and my plans succeed.

(Based on Proverbs 16:3)

Wisdom, Discernment, and Sound Judgment

Here are 15 scriptural declarations focused on wisdom, discernment, and sound judgment, to align your mind with the wisdom of God:

1. **I possess an abundant supply of divine wisdom.** Whenever I need direction, I ask God, who gives generously to all without finding fault, and His wisdom is poured out on me. *(Based on James 1:5)*
2. **I have the mind of Christ.** I do not rely on mere human insight; I have been given the mind of Christ, giving me access to His thoughts, purposes, and perspectives. *(Based on 1 Corinthians 2:16)*
3. **The Holy Spirit guides me into all truth.** The Spirit of Truth lives within me; He guides my

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understanding, reveals deep insights, and tells me what is yet to come. *(Based on John 16:13)*

4. **My spiritual senses are trained to discern.** Because I consistently study and apply the Word, my senses are trained to maturely discern the difference between good and evil, truth and deception. *(Based on Hebrews 5:14)*
5. **Wisdom and understanding guard my daily life.** Wisdom has entered my heart, and knowledge is pleasant to my soul; therefore, discretion watches over me and understanding guards my steps. *(Based on Proverbs 2:10-11)*
6. **I am led along the right paths.** The Lord instructs me and teaches me the way I should go; He counsels me with His loving eye steadily upon me. *(Based on Psalm 32:8)*
7. **I see past outward appearances.** I refuse to judge by what my eyes see or make critical decisions based on what my ears hear; I evaluate all things with righteous judgment. *(Based on Isaiah 11:3 / John 7:24)*
8. **My mind is renewed to know God's perfect will.** I refuse to conform to the patterns of this world. My mind is continually transformed by the Word, allowing me to discern and approve God's good, pleasing, and perfect will. *(Based on Romans 12:2)*

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9. **I speak with an instructed tongue.** The Sovereign Lord has given me a well-instructed tongue, allowing me to know exactly how to speak words of wisdom that sustain and encourage the weary. *(Based on Isaiah 50:4)*
10. **I walk safely because I listen to divine counsel.** I do not lean on my own understanding, but in all my ways I acknowledge Him, and He makes my paths straight and smooth. *(Based on Proverbs 3:5-6)*
11. **I walk in wisdom toward those on the outside.** My speech is always full of grace and seasoned with salt, so that I know exactly how to respond to everyone I encounter. *(Based on Colossians 4:5-6)*
12. **God's Word is a flawless light for my decisions.** Your word is a lamp to guide my feet and a bright light to illuminate my path, removing confusion from my journey. *(Based on Psalm 119:105)*
13. **I receive the Spirit of wisdom and revelation.** I am continuously filled with the Spirit of wisdom and revelation in the deep, personal knowledge of God, having the eyes of my heart thoroughly flooded with light. *(Based on Ephesians 1:17-18)*
14. **I am filled with the knowledge of His will.** I am filled with the knowledge of God's will through all spiritual wisdom and understanding, enabling me to live a life worthy of the Lord and please Him in

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every way. *(Based on Colossians 1:9-10)*

15. **My decisions are established through good counsel.** By wisdom a house is built, and through understanding it is established. I prize godly wisdom above riches, and it brings honor, clarity, and success to my life. *(Based on Proverbs 24:3 / Proverbs 4:7-8)*

Making Important Decisions

Here are 15 scriptural declarations focused on making important decisions, to bring clarity, peace, and divine direction to your choices:

1. **I do not rely on my own understanding.** I trust in the Lord with all my heart for this decision, and I deliberately refuse to lean on my own limited insights or human logic. *(Based on Proverbs 3:5)*
2. **The Lord makes my paths straight.** In all my ways, choices, and plans, I acknowledge Him, and I rest in the promise that He is directing my steps and smoothing the road ahead. *(Based on Proverbs 3:6)*
3. **I possess an abundant supply of divine wisdom.** Because I need clarity for this decision, I ask God, who gives generously to all without finding fault, and His wisdom is poured out on me. *(Based on James 1:5)*
4. **I hear the directing voice of God behind me.**

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Whether I need to turn to the right or to the left, my spiritual ears are open, and I hear His voice saying, "This is the exact way; walk in it." *(Based on Isaiah 30:21)*

5. **My steps are ordered and established by the Lord.** The Lord directs my steps through this decision; He secures my path, and He takes great delight in every detail of my life. *(Based on Psalm 37:23)*
6. **God's Word is a flawless light for my choices.** Your word is a lamp to guide my feet in this situation and a bright light to illuminate my path, removing all confusion from my journey. *(Based on Psalm 119:105)*
7. **The Holy Spirit guides me into all truth.** The Spirit of Truth lives within me; He guides my understanding, reveals deep insights, and shows me the right path to take. *(Based on John 16:13)*
8. **My mind is renewed to know God's perfect will.** I refuse to make decisions based on the patterns of this world. My mind is transformed by the Word, allowing me to clearly discern and approve God's good, pleasing, and perfect will. *(Based on Romans 12:2)*
9. **I have the mind of Christ for this situation.** I am not limited to mere human perspective; I have been

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given the mind of Christ, giving me access to His thoughts, wisdom, and purposes. *(Based on 1 Corinthians 2:16)*

10. The Lord instructs and counsels me face to face.

The Lord instructs me and teaches me the way I should go; He counsels me with His loving eye steadily upon me as I choose my path. *(Based on Psalm 32:8)*

11. I let the peace of God umpire my choices. I let the peace of Christ rule, act as an umpire, and settle with finality all questions and options in my mind, letting His peace confirm the right direction. *(Based on Colossians 3:15)*

12. My thoughts are organized and established.

Because I commit my daily work, my decisions, and my ultimate plans to the Lord, my thoughts are settled into divine order and my choices will succeed. *(Based on Proverbs 16:3)*

13. I make decisions with a calm and sound mind.

God has not given me a spirit of fear, pressure, or confusion concerning this choice, but of power, love, and a highly disciplined, sound mind. *(Based on 2 Timothy 1:7)*

14. God's counsel stands firm over my life. Many are the plans and ideas in a person's heart, but it is the Lord's counsel, purpose, and ultimate decree that

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stands firm in my decisions. *(Based on Proverbs 19:21)*

Praying for a New Home

Here are 15 scriptural declarations focused on praying for a new home, to establish God's peace, provision, and presence over your housing search and dwelling place:

1. **God is leading me to a peaceful and secure home.** I declare that my family will dwell in a peaceful habitation, in safe dwellings, and in quiet, undisturbed resting places provided by the Lord. *(Based on Isaiah 32:18)*
2. **The Lord is choosing the perfect place for my inheritance.** I rest in the truth that the Lord chooses our inheritance for us; He knows the exact boundaries of my dwelling place and is establishing them in favor. *(Based on Psalm 47:4 / Acts 17:26)*
3. **My new home will be a sanctuary built on wisdom.** By wisdom a house is built, and through understanding it is established; through knowledge its rooms are filled with rare and beautiful treasures. *(Based on Proverbs 24:3-4)*
4. **The Lord commands a blessing on my housing search.** The Lord commands His blessing upon my storehouses, my resources, and the transaction for my new home, ensuring everything I set my hand to

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prosper. *(Based on Deuteronomy 28:8)*

5. **I trust God's timing to open the right door.** I serve the One who holds the key—what He opens no one can shut. I trust Him to open the door to the exact home He has prepared for me. *(Based on Revelation 3:8)*
6. **My home is built on the firm foundation of the Word.** Because we hear God's word and put it into practice, our home is built firmly on the rock. No matter what storms of life hit, it stands secure and cannot be shaken. *(Based on Matthew 7:24-25)*
7. **Angelic protection surrounds my dwelling place.** No evil will conquer my household, and no plague or calamity is permitted near our home, for God orders His angels to guard and protect us wherever we go. *(Based on Psalm 91:10-11)*
8. **God goes before me to clear the path to my new home.** The Lord goes before me to level every mountain of difficulty or delay, breaking down barriers and cutting through obstacles to bring me into my place of provision. *(Based on Isaiah 45:2)*
9. **Peace and prosperity enter through the gates of my home.** Peace be within the walls of my home and prosperity within its rooms. I declare that my household is a place of rest, unity, and safety. *(Based on Psalm 122:7)*

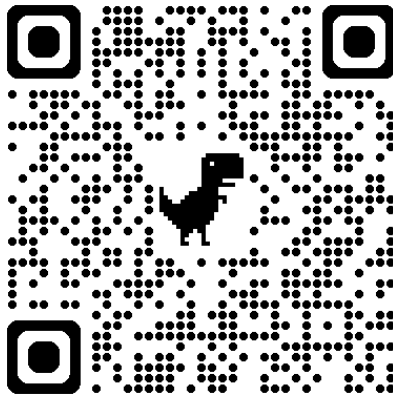
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10. **I am free from anxiety during this transition.** I refuse to worry about where I will live or how the details will come together; I present my requests to God with thanksgiving, and His peace guards my heart and mind. *(Based on Philippians 4:6-7)*
11. **The Lord preserves my going out and my coming in.** The Lord watches over my life and my family; He preserves our going out and our coming in as we transition into this new home, both now and forevermore. *(Based on Psalm 121:8)*
12. **My household is dedicated to serving the Lord.** I declare over my current and future home that as for me and my house, we will fear, honor, and joyfully serve the Lord in all things. *(Based on Joshua 24:15)*
13. **God provides for every financial need of this home.** My God supplies every single need—including the mortgage, the rent, the moving costs, and the upkeep—according to His riches in glory by Christ Jesus. *(Based on Philippians 4:19)*
14. **Joy and thanksgiving overflow in our dwelling.** The voice of rejoicing, salvation, and praise is heard constantly in our home; the right hand of the Lord does valiantly for our family. *(Based on Psalm 118:15)*
15. **God will perfect this transition from start to**

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finish. I am entirely confident that He who began this transition and put the desire for a new home in my heart will continue to guide, protect, and bring it to full, successful completion. *(Based on Philippians 1:6)*

Here is an episode from Kenneth Copeland's Believer's Voice of Victory . It is God's desire that you have a peaceable habitation. Join Gloria Copeland and her guest, Pastor George Pearsons, as they take you through scriptures that lead you to your dream home.



HEALTH AND SAFETY

Health and Healing

Here are 15 scriptural declarations focused on health and healing:

1. **I am healed by the wounds of Jesus.** He took up my pain and bore my suffering, and by His stripes, I am healed and made whole. *(Based on Isaiah 53:4-5)*
2. **The Lord is my healer.** I listen to the voice of the Lord my God, and He keeps me free from disease, for He is Jehovah-Rapha, the Lord who heals me. *(Based on Exodus 15:26)*
3. **God's word brings life and health to my body.** I pay close attention to His words and keep them in my heart; they are life to me and health to my whole body. *(Based on Proverbs 4:20-22)*
4. **God forgives my sins and heals my diseases.** I praise the Lord and refuse to forget His benefits, for He redeems my life from the pit and crowns me with love and compassion. *(Based on Psalm 103:2-4)*
5. **God restores my health and heals my wounds.** Though circumstances may look bleak, the Lord declares my complete restoration and healing. *(Based on Jeremiah 30:17)*

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6. **Jesus brings healing power to my life today.** Just as Jesus went around doing good and healing all who were oppressed, He brings that same delivering power to my physical body. *(Based on Acts 10:38)*
7. **I am promised a rich and healthy life.** The thief comes only to steal, kill, and destroy, but Jesus came so that I may have life, and have it in complete abundance. *(Based on John 10:10)*
8. **God's sent word rescues me.** The Lord sends out His word and heals me; He delivers me from destruction and rescues me from the grave. *(Based on Psalm 107:20)*
9. **A joyful heart is my daily medicine.** I choose to cultivate joy and laughter, knowing that a cheerful heart is good medicine, while a crushed spirit dries up the bones. *(Based on Proverbs 17:22)*
10. **God gives strength to my weary body.** He gives power to the weak, and when I have no might, He multiplies my strength. *(Based on Isaiah 40:29)*
11. **Jesus took my specific infirmities.** He Himself took my illnesses and bore my diseases, removing the burden of sickness from my shoulders. *(Based on Matthew 8:17)*
12. **The Sun of Righteousness rises with healing for me.** Because I revere His name, God's healing

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power shines upon me, bringing energy, vitality, and freedom. *(Based on Malachi 4:2)*

13. **The prayer of faith restores me.** As I pray in faith, the Lord raises me up, and His healing virtue flows through my life to bring restoration. *(Based on James 5:15)*
14. **I declare strength over my physical body.** Even in moments when I feel weak, I boldly declare that I am strong through the power and might of the Lord. *(Based on Joel 3:10)*
15. **I prosper in my physical health.** It is God's will that all may go well with me and that I may be in good, robust health, even as my soul prospers. *(Based on 3 John 1:2)*

Mental Clarity, Rest, and Freedom from Insomnia

Here are 15 scriptural declarations focused on mental clarity, rest, and freedom from insomnia, to quiet your mind and establish sweet, restorative sleep:

1. **I lie down and sleep in absolute peace.** I can close my eyes and rest in perfect tranquility, for You alone, Lord, make me dwell in safety, security, and quietness. *(Based on Psalm 4:8)*
2. **My sleep is sweet, pleasant, and undisturbed.**

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When I lie down, I will not be afraid; yes, I will lie down, and my sleep will be sweet, refreshing, and deep. *(Based on Proverbs 3:24)*

3. **I possess a sound, well-balanced mind.** God has not given me a spirit of fear, panic, or confusion, but of power, love, and a calm, clear, and sound mind. *(Based on 2 Timothy 1:7)*
4. **I cast all my evening cares upon the Lord.** I unpack every anxious thought, worry, and project of the day and roll them onto the Lord, knowing that He cares for me affectionately, watchfully, and around the clock. *(Based on 1 Peter 5:7)*
5. **My mind is kept in a state of perfect peace.** I deliberately fix my thoughts and anchor my attention on the Lord, and He keeps my mind in flawless, steadfast peace because I trust in Him. *(Based on Isaiah 26:3)*
6. **I receive the gift of rest that God provides.** I refuse to wear myself out with anxious striving or sleepless nights, for the Lord gives rest, sleep, and peace to those He loves. *(Based on Psalm 127:2)*
7. **The Lord is my ultimate resting place.** My soul finds rest in God alone; He is my rock, my salvation, and my fortress. Because He is close beside me, I will never be shaken or kept awake by turmoil. *(Based on Psalm 62:1-2)*

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8. **I trade a racing mind for supernatural peace.** I am anxious for nothing; in the evening I bring my requests to God with thanksgiving, and His peace, which surpasses all human understanding, stands guard over my heart and my thoughts. *(Based on Philippians 4:6-7)*
9. **I bring every stray thought into captivity.** I pull down every imagination and high thing that tries to exalt itself against the knowledge of God, bringing every restless thought into captivity to the obedience of Christ. *(Based on 2 Corinthians 10:5)*
10. **The Holy Spirit calms my mind.** I choose to be spiritually minded, which is life, vitality, and deep, tranquil peace, refusing to let earthly concerns dominate my thinking. *(Based on Romans 8:6)*
11. **Jesus gives rest to my soul.** As I come to Jesus, leaning into His grace, He removes the heavy burdens of the day and provides true, deep, restorative rest for my soul. *(Based on Matthew 11:28)*
12. **I sleep under the shadow of the Almighty.** I live and rest in the secret place of the Most High, finding shelter under the shadow of the Almighty. Sickness, terror, and sleeplessness have no right to cross the threshold of my home. *(Based on Psalm 91:1, 10)*

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13. **My thoughts are organized and established by God.** Because I commit my daily work, my projects, and my thoughts to the Lord, my plans are established, and my mind settles into divine order. *(Based on Proverbs 16:3)*
14. **The Lord preserves my mind from exhaustion.** The Lord is my keeper and my shade; He watches over my life and preserves my mind from the exhausting wear and tear of day and night. *(Based on Psalm 121:5, 7)*
15. **I awake refreshed by God's presence.** I rest in the assurance of His goodness; when I awake, I am still with Him, refreshed, clear-headed, and ready for the day ahead. *(Based on Psalm 139:18)*

Mental Acuity, Intelligence, and Memory

Here are 15 scriptural declarations focused on mental acuity, intelligence, and memory to establish your cognitive strength, clarity, and sharp focus in Christ:

1. **I have been given the mind of Christ.** I do not rely on mere human intellect or limited perspective; I have access to the thoughts, purposes, insights, and wisdom of Christ Himself. *(Based on 1 Corinthians 2:16)*
2. **My memory is sharp and brings all truth to remembrance.** The Holy Spirit, who lives within me, teaches me all things and dynamically brings to

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my remembrance everything I have studied, learned, and heard when I need it. *(Based on John 14:26)*

3. **I possess an excellent spirit, knowledge, and understanding.** Just as God gifted Daniel, I am filled with an excellent spirit, light, understanding, and sharpness of mind to solve complex problems and interpret difficult matters. *(Based on Daniel 5:12)*
4. **God has given me an exceptionally sound, disciplined mind.** I refuse to accept mental fatigue, brain fog, or cognitive decline. God has given me a spirit of power, love, and a calm, well-balanced, and highly disciplined mind. *(Based on 2 Timothy 1:7)*
5. **I am filled with all spiritual wisdom and understanding.** I am continuously filled with the precise knowledge of God's will through all spiritual wisdom, deep intelligence, and mental comprehension. *(Based on Colossians 1:9)*
6. **My mind is renewed and rewired by the Word.** I am not conformed to the patterns or limitations of this world; my mind is continually transformed, refreshed, and rewired by the Word of God, keeping my thinking sharp and accurate. *(Based on Romans 12:2)*
7. **I walk in an abundant supply of divine insight**

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- and prudence.** The Lord has caused wisdom and prudent counsel to overflow in my life, giving me practical intelligence, foresight, and sound judgment for every task. *(Based on Ephesians 1:8)*
8. **My cognitive senses are trained to discern quickly.** Because I consistently engage with and apply truth, my mental faculties are highly trained and agile, enabling me to discern and evaluate information with precision. *(Based on Hebrews 5:14)*
9. **God's Word gives immediate light and understanding to my mind.** The entrance of Your words unfolds light; it imparts quick intelligence, clarity, and deep understanding to my mind, removing all confusion. *(Based on Psalm 119:130)*
10. **I understand more than the critics because I meditate on truth.** I have more insight than all my teachers because Your testimonies are my constant meditation. I understand more than the aged because I keep Your precepts. *(Based on Psalm 119:99-100)*
11. **My speech and thoughts are seasoned with seasoned intelligence.** The Sovereign Lord has given me a well-instructed tongue and mind, allowing me to know exactly how to speak words of wisdom and handle responsibilities skillfully.

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(Based on Isaiah 50:4)

12. My focus is laser-sharp and established by God.

Because I commit my work, my projects, and my studies to the Lord, my thoughts are organized, my focus is locked, and my plans are successfully established. *(Based on Proverbs 16:3)*

13. Wisdom has entered my heart, and knowledge is pleasant to my soul.

Discretion watches over my mind, and understanding guards my thoughts, protecting me from errors in judgment and keeping my focus clear. *(Based on Proverbs 2:10-11)*

14. I increase in learning and acquire wise counsel

daily. As a wise man, I will hear and increase in learning; as a man of understanding, I will acquire the skill and mental acuity to navigate complex data and draw right conclusions. *(Based on Proverbs 1:5)*

15. God will perfect, sustain, and protect my mental

faculties. I rest in absolute confidence that He who began a good work in my mind, my creativity, and my intellect will continue to sustain, sharpen, and preserve it to full maturity. *(Based on Philippians 1:6)*

Health and Vitality When Growing Older

Here are 15 scriptural declarations focused on maintaining health, strength, and vitality as you age, to anchor your faith

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in God's renewing power:

1. **My physical strength is renewed like the eagle's.** The Lord satisfies my life with good things, so that my youth, my energy, and my physical vitality are continually renewed like the eagle's. *(Based on Psalm 103:5)*
2. **I still bear abundant fruit in my later years.** I am planted in the house of the Lord, and I will flourish in the courts of my God. I will still bear fruit in old age; I will remain vibrant, fresh, and green. *(Based on Psalm 92:13-14)*
3. **My inner man and physical frame are renewed daily.** I do not lose heart or grow discouraged. Though my outward body ages, my inner spirit is being dynamically renewed day by day, radiating life and strength. *(Based on 2 Corinthians 4:16)*
4. **As my days are, so shall my strength be.** I stand on the promise that my physical capacity, mental sharpness, and spiritual stamina will perfectly match the needs of every single day of my life. *(Based on Deuteronomy 33:25)*
5. **The Lord sustains and carries me throughout my life.** Even to my old age and gray hairs, the Lord is the One who sustains, carries, and delivers me. He made me, and He will faithfully take care of me. *(Based on Isaiah 46:4)*

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6. **I run my race with unwearied stamina.** Because I trust and wait upon the Lord, my strength is continually exchanged for His. I will run and not grow weary; I will walk and never faint. *(Based on Isaiah 40:31)*
7. **My mind remains sharp, sound, and disciplined.** God has not given me a spirit of confusion, memory loss, or frailty, but of power, love, and a calm, well-balanced, and fiercely sound mind. *(Based on 2 Timothy 1:7)*
8. **A cheerful heart infuses excellent medicine into my body.** I choose to maintain a glad, joyful, and thankful heart, knowing it acts as the highest quality medicine, keeping my bones strong and my body healthy. *(Based on Proverbs 17:22)*
9. **The Lord satisfies me with long, vibrant life.** Because I set my love upon the Lord, He protects my path, answers me when I call, and satisfies me with a long, fulfilling life, showing me His salvation. *(Based on Psalm 91:14-16)*
10. **I walk in the supernatural strength of the pioneers of faith.** Like Moses, whose eyes were not dim and whose natural vigor was not diminished even in his advanced years, I declare that my clarity and vitality remain strong. *(Based on Deuteronomy 34:7)*

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11. **My body is a temple filled with the life-giving Spirit.** The same Spirit who raised Jesus from the dead lives inside of me, and He is continually injecting supernatural life, healing, and vitality into my mortal body. *(Based on Romans 8:11)*
12. **God's words bring health to my entire body.** I attend to God's words and keep them in the center of my heart, for they are life to my soul and absolute health, healing, and medicine to all my flesh. *(Based on Proverbs 4:20-22)*
13. **I possess the courage and strength to claim my inheritance.** Like Caleb, who declared at eighty-five that he was just as strong for battle as he was in his youth, I possess the physical and mental strength to fulfill my assignments. *(Based on Joshua 14:11)*
14. **I walk in the honor and wisdom of a life well-lived.** Gray hair is a glorious crown of splendor when it is found in the path of righteousness. I walk in honor, carrying the wisdom of God into every interaction. *(Based on Proverbs 16:31)*
15. **God will perfect and complete my life's journey.** I rest in absolute, unshakeable confidence that He who began a good work in me will continue to develop, protect, and sustain it until my very last breath. *(Based on Philippians 1:6)*

Pregnancy, Smooth Childbirth, Healthy Baby

Here are 15 scriptural declarations focused on a healthy pregnancy, smooth childbirth, and the health of the child, to build your faith and peace:

1. **My pregnancy is a blessed and fruitful season.** I declare that the fruit of my womb is blessed, and my body functions perfectly to nurture the precious life growing within me. *(Based on Deuteronomy 28:4)*
2. **God is perfectly forming this child.** Father, I thank You that You are intricately weaving this baby together in the secret place, and that this child is fearfully, wonderfully, and flawlessly made. *(Based on Psalm 139:13-14)*
3. **I am completely free from fear and anxiety.** God has not given me a spirit of fear or panic concerning this pregnancy or delivery, but of power, love, and a calm, perfectly sound mind. *(Based on 2 Timothy 1:7)*
4. **My baby is safely carried to full term.** I stand on the promise that there will be no miscarriage or barrenness in my life. The Lord ensures that the number of my days is fully and safely fulfilled. *(Based on Exodus 23:26)*
5. **I am sustained by supernatural strength during**

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labor. I am infused with inner strength for everything, including delivery, through Christ who empowers me; I am ready for anything through His might. *(Based on Philippians 4:13)*

6. **The Lord brings forth life smoothly and on time.** I serve the God who says, "Shall I bring to the time of birth, and not cause to delivery?" I declare a smooth, divine, and perfectly timed birth process. *(Based on Isaiah 66:9)*
7. **My mind and body rest in perfect peace.** I keep my thoughts fixed and anchored on the Lord, and He keeps me, my delivery room, and my baby in flawless, steadfast peace. *(Based on Isaiah 26:3)*
8. **Angelic protection surrounds my pregnancy and delivery.** No evil will conquer me or my child, and no calamity is permitted near our dwelling, for God orders His angels to protect us wherever we go. *(Based on Psalm 91:10-11)*
9. **My child is born into a rich legacy of health and life.** Jesus came so that my family and my newborn child may have life, and have it in complete, overflowing abundance. *(Based on John 10:10)*
10. **I look forward to delivery with joy, not sorrow.** I declare that any temporary pain of labor is quickly swallowed up by the immense, overflowing joy of bringing a brand-new child into the world. *(Based*

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on John 16:21)

11. **My baby is healthy, strong, and whole.** I speak life, vitality, and perfect health over every organ, bone, cell, and system of my child's body, from the top of their head to the soles of their feet. *(Based on Proverbs 4:22)*
12. **My child is a beautiful gift from the Lord.** I celebrate the truth that children are a heritage from the Lord, and the fruit of the womb is a wonderful, divine reward. *(Based on Psalm 127:3)*
13. **God's goodness and mercy pursue my child from day one.** From the very moment of birth, God's overwhelming goodness and unfailing love aggressively pursue my child all the days of their life. *(Based on Psalm 23:6)*
14. **My child will grow in wisdom, stature, and favor.** I declare that from infancy onward, this child will continuously increase in wisdom, physical health, and deep favor with God and man. *(Based on Luke 2:52)*
15. **God will perfect the good work He has started.** I rest in absolute confidence that He who began this good work of life within the womb will continue to develop, protect, and bring it to full, triumphant completion. *(Based on Philippians 1:6)*

Protection, Safety, and Divine Deliverance

Here are 15 scriptural declarations focused on protection, safety, and divine deliverance, to anchor your faith in God's guarding power:

1. **I dwell securely in the secret place of the Most High.** Because I live under the shadow of the Almighty, I say of the Lord, "He is my refuge and my fortress, my God, in whom I trust." *(Based on Psalm 91:1-2)*
2. **The Lord delivers me from hidden traps and dangers.** He safely rescues me from the snare of the fowler and shields me from deadly perils and pestilence. *(Based on Psalm 91:3)*
3. **God's faithfulness is my physical armor.** He covers me with His feathers, and under His wings I take refuge; His truth and faithfulness are my shield and buckler. *(Based on Psalm 91:4)*
4. **I live completely free from the fear of harm.** I will not fear the terror of the night, nor the arrow that flies by day, nor any destruction that walks in darkness, because God is my protector. *(Based on Psalm 91:5-6)*
5. **I am preserved even when disaster falls nearby.** A thousand may fall at my side, and ten thousand at my right hand, but danger will not come near me.

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(Based on Psalm 91:7)

6. **No evil or calamity is permitted to conquer my life.** Because I have made the Lord my refuge and the Most High my dwelling place, no evil will conquer me, and no plague or harm will come near my home. *(Based on Psalm 91:9-10)*
7. **Angels are specifically assigned to guard me.** God orders His angels to protect me wherever I go, holding me up in their hands so that I will not even stumble. *(Based on Psalm 91:11-12)*
8. **The Lord is the strong fortress of my life.** The Lord is my light and my salvation—whom shall I fear? The Lord is the stronghold of my life—of whom shall I be afraid? *(Based on Psalm 27:1)*
9. **I am shielded from the schemes of men.** God hides me in the secret place of His presence from the plots of men; He keeps me safely in His pavilion from the strife of tongues. *(Based on Psalm 31:20)*
10. **The Lord is my hiding place in times of trouble.** You are my hiding place, Lord; You preserve me from trouble and surround me with songs of deliverance. *(Based on Psalm 32:7)*
11. **The angel of the Lord camps around me.** Because I revere and honor the Lord, the angel of His presence camps all around me, delivering me from

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danger. *(Based on Psalm 34:7)*

12. The Lord rescues me out of every affliction. I may face many troubles as a righteous man, but the Lord delivers me out of every single one of them; He protects all my bones. *(Based on Psalm 34:19-20)*

13. God preserves my going out and my coming in. The Lord watches over me and keeps me from all harm; He watches over my life, preserving my going out and my coming in both now and forevermore. *(Based on Psalm 121:7-8)*

14. No weapon formed against me will succeed. No weapon forged against me will prevail, and I will silence every tongue that accuses me or rises against me in judgment. This is my heritage as a servant of the Lord. *(Based on Isaiah 54:17)*

15. I lie down and sleep in absolute safety. I can lie down and sleep in perfect peace, for You alone, Lord, make me dwell in safety, security, and quietness. *(Based on Psalm 4:8)*

FINANCES

Provision and Finance

Here are 15 scriptural declarations focused on provision and finances:

1. **God supplies all my needs.** My God meets all my financial, physical, and personal needs according to the glorious riches found in Christ Jesus. *(Based on Philippians 4:19)*
2. **I walk in financial abundance.** Jesus came so that I may have life, and have it to the full—overflowing with His goodness, provision, and favor. *(Based on John 10:10)*
3. **The Lord takes pleasure in my prosperity.** I serve a God who delights in the well-being and prosperity of His servant, and I praise Him for His constant care. *(Based on Psalm 35:27)*
4. **I have a mind for wealth creation.** I remember the Lord my God always, for it is He who gives me the ability, the ideas, and the strength to produce wealth. *(Based on Deuteronomy 8:18)*
5. **My obedience unlocks heavenly blessings.** Because I honor God with my tithes and offerings, the windows of heaven are opened over my life, pouring out blessings so great I don't have room enough to store them. *(Based on Malachi 3:10)*

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6. **I am blessed to be a blessing.** God is able to make all grace abound to me, so that in all things, at all times, having all that I need, I will abound in every good work and generous act. *(Based on 2 Corinthians 9:8)*
7. **Because the Lord is my Shepherd, I lack nothing.** I do not live in scarcity or want; my paths are guided toward green pastures and quiet waters of provision. *(Based on Psalm 23:1)*
8. **My seed multiplies and yields a harvest.** I give freely and cheerfully, knowing that the God who supplies seed to the sower and bread for food will increase my store of seed and enlarge the harvest of my righteousness. *(Based on 2 Corinthians 9:10)*
9. **I prosper in every area of life.** It is God's perfect desire that I prosper, walk in financial health, and experience well-being, even as my soul prospers. *(Based on 3 John 1:2)*
10. **Wealth and riches are in my house.** Because I fear the Lord and find great delight in His commands, His righteousness endures forever, and His blessing rests upon my household. *(Based on Psalm 112:1-3)*
11. **My work is blessed and productive.** The Lord commands His blessing on my storehouses and on everything I put my hand to do; He prospers the work of my hands. *(Based on Deuteronomy 28:8)*

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12. **I am the lender, not the borrower.** God's blessing places me in a position of strength, leadership, and generosity. I am the head and not the tail, moving forward and upward in His favor. *(Based on Deuteronomy 28:12-13)*
13. **I receive a full, running-over measure.** Because I practice radical generosity, provision is given back to me in good measure—pressed down, shaken together, and running over into my lap. *(Based on Luke 6:38)*
14. **I do not worry about my daily needs.** I seek first the kingdom of God and His righteousness, and I rest in the promise that all things—food, clothing, shelter, and resources—are added unto me. *(Based on Matthew 6:33)*
15. **My trust is firmly anchored in the living God.** I do not trust in uncertain riches, but in the living God, who richly provides me with everything I need for my enjoyment and His purposes. *(Based on 1 Timothy 6:17)*

Getting Out Of Debt and Financial Freedom

Here are 15 scriptural declarations focused on getting out of debt and walking in financial freedom, to build your faith, guide your financial stewardship, and invite God's provision into your life:

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1. **I am breaking free from the trap of debt.** The rich rule over the poor, and the borrower is a servant to the lender. I declare that through God's wisdom and provision, I am breaking the chains of debt and walking into the freedom of a lender, not a borrower. *(Based on Proverbs 22:7)*
2. **The Lord is opening His rich storehouse over my life.** The Lord is opening the heavens, His rich storehouse, to pour out a blessing on the work of my hands. I will lend to many and will not need to borrow. *(Based on Deuteronomy 28:12)*
3. **God supplies all my needs, including my debt-freedom.** My God supplies every single need of mine—including every resource required to clear my debts—according to His riches in glory by Christ Jesus. *(Based on Philippians 4:19)*
4. **I roll my financial plans onto the Lord, and they succeed.** I commit my budget, my debt-repayment strategies, and my income entirely to the Lord, trusting Him completely; therefore, my thoughts are organized and my financial plans will succeed. *(Based on Proverbs 16:3)*
5. **I am blessed coming in and blessed going out.** The blessing of the Lord is on my bank accounts, my investments, and my income. I am blessed in the city, blessed in the field, blessed when I come in,

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and blessed when I go out. *(Based on Deuteronomy 28:3-6)*

6. God provides the specific ability to create wealth.

I remember the Lord my God always, for it is He who gives me the power, the creative ideas, the skills, and the strategy to produce wealth and eliminate financial lack. *(Based on Deuteronomy 8:18)*

7. I walk in the financial overflow that leaves no room for lack.

I bring my tithes and offerings joyfully into the Lord's house, and I stand on His promise that He is opening the windows of heaven, pouring out a blessing so great that I will not have room enough to take it in. *(Based on Malachi 3:10)*

8. I manage my resources with divine wisdom and discipline.

By wisdom a house is built, and through understanding its finances are established; through knowledge its rooms are filled with rare, beautiful, and lasting treasures. *(Based on Proverbs 24:3-4)*

9. I owe no man anything except the debt of love.

I live a life of financial liberty, paying off what I owe diligently, so that I can walk in the fulfillment of the Word to owe no man anything except to love one another. *(Based on Romans 13:8)*

10. The favor of God establishes the work of my hands.

May the favor, beauty, and grace of the Lord

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our God rest upon me; yes, establish and prosper the work of my hands, maximizing my income and making my efforts highly productive. *(Based on Psalm 90:17)*

11. **I am a faithful and trustworthy manager of money.** Because I am faithful and disciplined with the small resources, God is qualifying me and trusting me to manage much greater wealth and true Kingdom riches. *(Based on Matthew 25:21 / Luke 16:11)*

12. **I have all sufficiency to be radically generous.** God is making all grace, favor, and earthly blessing abound toward me, so that in all things, at all times, I have all sufficiency and am fully equipped to live debt-free and give generously to every good work. *(Based on 2 Corinthians 9:8)*

13. **I am content, secure, and free from financial anxiety.** I keep my life free from the love of money and am content with what I have, resting in God's absolute promise: "I will never leave you; I will never, ever forsake you." *(Based on Hebrews 13:5)*

14. **The Lord is my Shepherd; I will not experience lack.** Because Jehovah is my Shepherd, I have everything I need. He leads me beside quiet waters of peace and restores my soul, taking care of my financial well-being. *(Based on Psalm 23:1-3)*

- 15. God will perfect and complete my journey to financial freedom.** I rest in absolute confidence that He who put the desire for financial freedom in my heart and began this good work will continue to provide for, protect, and carry it through to full completion. *(Based on Philippians 1:6)*