



🌿 FEARLESS AND FREE 🌿

THE I DECLARES

- ~ I declare that I am a beloved daughter of the King.
- ~ I declare that being a beloved daughter of the King gives me authority over the enemy.
- ~ I declare that God has a plan for my life.
- ~ I declare that His plan is for my good.
- ~ I declare that God will not abandon me in this moment.

🌿 FEAR OF THE FUTURE

Counter your what-ifs with the truth.

- ~ I declare that God has not given me a spirit of fear, but a spirit of power, love, and a sound mind (2 Timothy 1:7).
- ~ I declare that you are my peace, not perfect circumstances (Ephesians 2:14).
- ~ I declare if I present my requests to you with a spirit of gratitude, your peace will guard my heart and mind (Philippians 4:6–7).
- ~ I declare that if I seek first your kingdom and righteousness, then all the things I need will be given to me as well (Luke 12:31).
- ~ I declare that if I trust in you with all my heart and don't lean on my own understanding, you will make my path straight (Proverbs 3:5–6).
- ~ I declare that God's plans for me are to prosper me and not harm me, to give me a hope and a future (Jeremiah 29:11).

🌿 PAIN FROM THE PAST 🌿

Counter your if-onlys with the truth.

- ~ I declare God has thrown my sin as far as the east is from the west (Psalm 103:12).
- ~ I declare God will restore the years the locusts have eaten (Joel 2:25).
- ~ I declare that if I confess my sin, God is faithful and just and will forgive it (1 John 1:9).
- ~ I declare that when you forgive, my sins that were like scarlet become as white as snow (Isaiah 1:18).
- ~ I declare that you are doing a new thing in my life: You are making a way in the wilderness and streams in the wasteland (Isaiah 43:19).
- ~ I declare that I am a new creation in Christ. The old is gone. The new is come (2 Corinthians 5:17).

🌿 CURRENT SUFFERING

Counter the discouragement and hopelessness with the truth.

- ~ I declare that when I am weak, you are strong within me (2 Corinthians 12:10).
 - ~ I declare that no temptation has seized me except that which is common to man. And you will always provide a way out so that I can stand up under it (1 Corinthians 10:13).
 - ~ I declare that God will restore, support, strengthen, and establish me (1 Peter 5:10).
 - ~ I declare that no amount of suffering can separate me from the love of God (Romans 8:35).
 - ~ I declare that I am uniquely equipped to provide comfort to others because I truly understand. The comfort you've given me can be poured out to others who are suffering in the same way I am (2 Corinthians 1:3–4).
 - ~ I declare that my light and momentary troubles are achieving for me an eternal glory that far outweighs them all (2 Corinthians 4:17).
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STRUGGLE IN MARRIAGE

Counter the heaviness with the truth.

- ~ I declare God's arm is not too short to save us. He can reach into my heart and into my husband's heart and draw the two of us together (Isaiah 59:1).
- ~ I declare that if you are for us, who can be against us (Romans 8:31).
- ~ I declare that I can hold firmly to hope, because you, the One who promised, are faithful (Hebrews 10:23).
- ~ I declare that when we lack love, you can give us divine love for each other (Romans 5:5).
- ~ I declare that what God has joined together, no one should separate (Mark 10:9).
- ~ I declare that you are our lamp, and you can turn our darkness into light (2 Samuel 22:29).

WORRY ABOUT YOUR CHILDREN

Counter the feelings of powerlessness with the truth.

- ~ I declare that you who began a good work in my child will bring it to completion (Philippians 1:6).
- ~ I declare that you can reach down from on high and take hold of my child, drawing him out of deep waters (2 Samuel 22:17).
- ~ I declare that my work as a mother will be rewarded and that my child will come back from the land of the enemy (Jeremiah 31:16).
- ~ I declare that there is hope in my future and in my child's future, and that my child will come back to her own border (Jeremiah 31:17).
- ~ I declare that all your promises are yes in Jesus, and that not one word of your promises has ever failed (2 Corinthians 1:20; 1 Kings 8:56).
- ~ I declare that you are able to accomplish abundantly more than all I could ask or imagine (Ephesians 3:20).

DOUBTING THE GOODNESS OF GOD

Counter the loss of trust with the truth.

- ~ I declare that just because I don't understand what you are allowing does not mean you are not good. I declare that your thoughts are not my thoughts, and your ways are not my ways. For as the heavens are higher than the earth, so are your ways higher than my ways, and your thoughts than my thoughts (Isaiah 55:8-9).
- ~ I declare that your grace and goodness sometimes visit in uncomfortable forms. "You wound and you heal" (Deuteronomy 32:39). But you allow the wound so that we heal more deeply.
- ~ I declare that you are gracious, slow to anger, and abounding in steadfast love and faithfulness, keeping steadfast love for the thousandth generation, forgiving iniquity, transgression, and sin (Exodus 34:6-7).
- ~ I declare that you are a sun and shield, that you give grace and glory. I declare that you don't withhold any good thing from those who walk uprightly (Psalm 84:11).
- ~ I declare that your steadfast love never ceases; your mercies never come to an end. They are new every morning. I declare that great is your faithfulness (Lamentations 3:22-23).
- ~ I declare that you are good—a stronghold in the day of trouble. I declare that you know those who take refuge in you (Nahum 1:7).





STRUGGLE WITH BEING SINGLE

Counter the discontentment with the truth.

~ I declare that I do not need to be afraid, that I will not be put to shame. I do not need to fear disgrace because I will not be humiliated. (Isaiah 54:4)

~ I declare that my Maker is my husband- the Lord Almighty is His name. The Holy One of Israel is my Redeemer. (Isaiah 54:5)

~ I declare that you will have compassion on me with everlasting kindness.
(Isaiah 54:8)

~ I declare that there is a time for everything, and a season for every activity under the heavens. (Ecclesiastes 3:1)

~ I declare that if I seek first your kingdom and your righteousness, all these things will be given to me as well. (Matthew 6:33)

~ I declare that I do not need to worry about tomorrow. (Matthew 6:34)

~ I declare that if I trust in you with all my heart and don't lean on my own understanding, you will make my path straight. (Proverbs 3:5-6)

~ I declare that charm is deceptive and beauty is fleeting, but a woman who fears the Lord is to be praised. (Proverbs 31:30)

~ I declare that you heal the brokenhearted and bind up my wounds. (Psalm 147:3)

~ I declare that I can be strong and courageous because you go with me and will never leave me or forsake me. (Deuteronomy 31:6)

~ I declare that God sets the lonely in families. (Psalm 68:6)

~ I declare that if I take delight in you, Lord, if I experience joy in your presence, you will give me the desires of my heart. (Psalm 37:4)

~ I declare that you will never let me be tempted beyond what I can bear. When I am tempted, you will always provide a way out so that I can endure it. (1 Corinthians 10:13)

~ I declare that in Christ, I have been brought to fullness. I am complete in Christ.
(Colossians 2:10)

~ I declare that now is not a time for me to wallow in pity. I declare that I am God's handiwork, created in Christ Jesus to do good works, which you prepared in advance for me to do. (Ephesians 2:10)

~ I declare that when I'm unmarried, I can live a life of undivided devotion to you. But a married woman is also concerned about how she can please her husband.
(1 Corinthians 7:34-35)