

*First Person Application*

I declare that I am loved, valued and accepted by God. And nothing can ever separate me from the love of God for me in Christ Jesus. (Ephesians 1:6, Romans 8:38-39, Proverbs 31:10, 1 John 4:10, Jeremiah 31:3)

I declare that I am not concerned about what about people think about me. I am rooted and secure in my Father's love and approval of me. (Proverbs 29:25, Ephesians 3:17)

I declare that God has made me a masterpiece created in Christ Jesus for doing good works that He has prepared for me to do. It is God who works in me to will and do His good purpose in my life. (Ephesians 2:10, Philippians 2:13)

I declare that I hear no other voice, but the voice of my Shepherd singing over me and rejoicing over me. (John 10:3-5), Zephaniah 3:17)

I declare that God is excited about me like a bridegroom over His bride. God takes great pleasure in me. I am my Father's treasured possession. (Isaiah 62:5, Zephaniah 3:17, Exodus 19:5)

I declare that the joy of the Lord is my strength. I can fulfill all my roles as a wife, friend, sister, child, worker, disciple, and mother through Christ who gives me strength. (Nehemiah 8:10, Philippians 4:13)

I declare that I go to Jesus when my heart is burdened and He gives me rest. I do not worry about anything, but pray about everything. I thank God in advance for His answer to my prayers and I experience His peace guarding my heart against destructive emotions like anger, frustration, anxiety, worry and fear. (Matthew 11:28-30, Philippians 4:6-7)

I declare that I focus my thoughts on what is true, what is noble, what is right, what is pure, what is lovely, what is admirable. If there is anything that is excellent or praiseworthy in a person or situation I focus my thoughts on those things. (Philippians 4:8)

I declare that I have the fruit of the Spirit. I am a walking demonstration of Christ's love. I am joyful. I am peaceful. I am patient. I am kind. I am good. I am faithful. I am gentle. I have self-control. (Galatians 5:22-23)

I declare that I am filled with the Spirit and am in full control of my emotions. My emotions and feelings do not direct my life or decisions. I live by every Word that proceeds out of the mouth of God, not my emotions. (Ephesians 5:18, Proverbs 16:32, Matthew 4:4)

I declare that I am confident in the choices that I am making. I trust the Lord and acknowledge Him in all my ways and He directs my life and gives me wisdom. (Proverbs 3:5-8, James 1:5-8)

I declare that my children are gifts from God and will follow in the path of the Lord. I smile at my future knowing that all will be well with my children. I cast any concern I have about my children unto the Lord because He cares for me and answers my prayers. (Psalm 127:3, Proverbs 31:25, 1 Peter 5:7, 1 John 5:14-15)

I declare that God does not look at the outward appearance but at my heart. I declare that I am truly beautiful because of my Christ-like character. My beauty is not defined by my clothes, jewelry, make-up or hairstyle, but by my heart. (1 Samuel 16:7, 1 Peter 3:3-6, Proverbs 31:30)

I declare that Christ calls me beautiful. I am His beloved and He is mine. He sees no flaw in my appearance. He made me different and He loves every part of my body from head to toe. (Song of Songs 4:7, Song of Songs 7:1—9, Psalm 139:14)

I declare that I am fulfilling the great commandment by loving God and loving others. I do nothing out of selfishness or pride, but in humility I look not just to my own interests but also to the interests of others. (Matthew 22:37-40, Philippians 2:3-4):

I declare that I am in good health and prosper as my soul prospers. I am making decisions every day to be healthy and take care of the temple of God that I dwell in. (3 John 1:2, 1 Corinthians 6:19)

I declare that I do not worry about financial issues. I am confident in God's promises to take care of me as I seek to bring honor to Him with my life. (Matthew 6:31-33)