

HEAVINESS & DEPRESSION

I prophecy to myself –
dry bones, hear the word of the Lord:
I will live and not die!
I will declare His mighty works!
God is my refuge.
He is my deliverer.
His mercies are new every day.
His joy is my strength.
His wings are my shelter.
He heals my broken heart.
He restores my soul.
What I have sown in tears, I'll reap in joy.
What the devil meant for evil, God turns for good.
Jesus, I run to You.
I trade this heavy yoke for joy unspeakable.
I trade every burden for peace like a river.
I have the mind of Christ.
I am complete, and lacking nothing.
I am rooted and established in God's love.
How wide,
How long,
How high,
How deep is His love for me!
I wear a crown of beauty, instead of ashes;
the oil of gladness, instead of mourning;
the garment of praise, instead of despair.
I'm alive!
I take off the grave clothes and come forth!
Amen!

SCRIPTURE REFERENCES

Ezekiel 37:3-10
Psalms 118:17
Psalms 91:2
2 Samuel 22:2
Lamentations 3:21-24
Nehemiah 8:10
Psalms 91:1
Psalms 147:3
Psalms 23:3
Psalms 126:5
Genesis 50:20
Matthew 11:28-30
1 Peter 1:8-9
Isaiah 66:12-13
1 Corinthians 2:16
James 1:2-3
Ephesians 3:17-18
Isaiah 61:3
John 11:40-44

LORDSHIP

I declare and proclaim
this is MY DAY to lay down my life.
It's no longer I that live,
but Christ lives in me.
I have done nothing –
absolutely nothing –
to earn my salvation.
Jesus, you paid the price for me to
live and be free.
God, burn away my pride and consume my sin.
You are my Master.
Not my will, but yours be done!
God resists the proud, so I resist pride.
I embrace humility and put it on like a garment.
I choose to GO LOW.
God's power is made perfect in my weakness.
I boast in my weakness, and God's power
rests on me!
I humble myself under God's mighty hand.
He will exalt me whenever and however
He chooses.
I empty myself now.
I am a slave to God and a servant to people.
Father, in the name of Jesus, take my life!
Amen!

SCRIPTURE REFERENCES

1 John 3:16
Galatians 2:20
Ephesians 2:8-9
Colossians 2:13-15
Deuteronomy 4:24
2 Timothy 2:21
Luke 22:42
James 4:10
1 Peter 5:5-7
2 Corinthians 12:9
1 Peter 5:6
Philippians 2:5-7
Matthew 20:28

LIVING IN FREEDOM EVERY DAY

MAMMON

I am of God, and the devil has nothing in me.
I will not serve two masters.
I will not serve both God and Mammon.
I will worship the Lord and serve Him only.
If my Heavenly Father feeds the birds,
He'll take care of me.
If He clothes the lilies, He'll provide for me.
If I seek His kingdom and His righteousness,
All these things will be added to me.
Everything in the heavens and the earth
is the Lord's.
He is the Lord of all and supplies ALL my needs.
I produce wealth because God gives me ability.
He richly provides everything for my enjoyment.
By God's command and my obedience.
I am blessed.
I am blessed in the city.
I am blessed in the country.
My children are blessed. My business is blessed.
I am blessed when I come in.
I am blessed when I go out.
I am the head and not the tail.
I am above and not beneath.
Everything I put my hand to is blessed.
I renounce all greed, selfishness and selfish
ambition, all boasting and envy.
Lord, purify my motives and my heart.
I commit today to keep myself free from the
love of money.
I am content with what I have and
in all circumstances.
My stuff will perish, but My God remains.
He is my all in all!
Amen!

SCRIPTURE REFERENCES

John 14:30
Matthew 6:24
Luke 4:5-8
Luke 12:22-33
1 Chronicles 29:11
Philippians 4:9
Deuteronomy 8:17-18
1 Timothy 6:17
Deuteronomy 28:1-14
Luke 12:15
Philippians 2:3
James 3:16
1 Timothy 6:10
Hebrews 13:5
Philippians 4:11-13
Psalms 102:25-27
Genesis 22:14
1 Corinthians 15:28

LIVING IN FREEDOM EVERY DAY

FEAR

I am a member of the body of Christ and Satan has
no power over me, for I have overcome evil with good.
I am of God and have overcome Satan, for greater is
He who's in me than he who's in the world.
I will fear no evil for God is with me.
His word and His Spirit, they comfort me.
I am far from oppression, and fear does not
come near me.
No weapon formed against me will prosper.
I will not be afraid of the terrors of the night nor
fear the dangers of the day.
The LORD is on my side. I will not fear.
What can man do to me?
My righteousness is of the Lord, and whatever I
do will prosper.
For I am like a tree planted by the rivers of water.
I am delivered from the evil of this present world.
For this is God's will for me.
No evil will befall me! Neither will any plague
come near me.
For the Lord has given His angels charge over me.
They keep me in all my ways.
I take the shield of faith and quench every fiery
dart that the wicked one brings against me.
Christ has redeemed me from the curse of the law.
In the name of Jesus, I am an overcomer!
And I overcome by the blood of the Lamb and the
word of my testimony.
I am submitted to God and the devil flees from me.
The Word of God is forever settled in heaven
therefore I will establish His word on earth.
Fear, you must go now!
I am made perfect in love.
I am a person of faith! Amen!

SCRIPTURE REFERENCES

1 Corinthians 12:27
Romans 12:21
1 John 4:4
Psalms 23:4
Isaiah 54:17
Psalms 91:5
Psalms 118:6
Psalms 1:3
Galatians 1:4
Psalms 91:10-11
Ephesians 6:16
Galatians 3:13
Romans 8:37
Revelation 12:11
James 4:7
Psalms 119:89
1 John 4:18

SHAME

God chose me before the creation of the world
to be holy and blameless in His sight.
Jesus Christ, the Righteous One, has redeemed me.
The blood of Jesus washes away my sin.
The blood of Jesus purifies my heart.
The blood of Jesus cleanses my conscience.
The blood of Jesus gives me a fresh start.
God lifted me out of a slimy pit, out of the mud
and mire, and placed me on a ROCK!
I am forgiven –
He remembers my sin no more.
I am forgiven –
He blots out my transgression.
As far as the east is from the west –
Are my sins from me.
As high as the heavens are above the earth –
so GREAT is His love for me.
I no longer condemn myself,
neither does God condemn me.
I silence the accuser now!
Satan is the father of lies.
By the power of the blood –
I tear down the veil of shame.
Lord, take these worthless fig leaves –
And clothe me in Your righteousness.
I run from darkness to light.
My face is radiant and unashamed.
Instead of shame, I will receive DOUBLE HONOR!
I will NEVER
Be put to shame again!
Whom the Son sets free – is free indeed!
Amen!

SCRIPTURE REFERENCES

Ephesians 1:4-7
Ephesians 5:25-26
1 John 1:9
Hebrews 10:22
Psalms 32:1-6
Psalms 40:1-2
Hebrews 8:12
Isaiah 43:25
Psalms 103:12
Psalms 103:11
John 8:10-11
Revelation 12:10
John 8:44
Genesis 3:7
Isaiah 61:10
Colossians 1:13-14
Psalms 34:5
Isaiah 61:7
Psalms 71:1
John 8:36

REJECTION

I am blessed with all spiritual blessings in
heavenly places.
If God is for me, who can be against me?
I am chosen by God.
He has not rejected me!
God loves me so much, that He gave His
only Son for me.
He chose me and appointed me to bear good fruit.
God contends with those who contend with me.
Spirits of rejection come at me in one direction,
but flee in seven!
I am holy and blameless.
I am redeemed through the blood of Jesus.
I have the spirit of wisdom and revelation.
I am an heir of heaven.
I am seated in heavenly places.
I am God's workmanship.
I am fearfully and wonderfully made.
I am a new creation.
I am a citizen of heaven.
I am rooted and grounded in love.
I am more than a conqueror.
I am an overcomer.
I am healed.
I am free!
Lord, EVERYTHING You say about me is true!
Amen!

SCRIPTURE REFERENCES

Ephesians 1:3
Romans 8:31
Isaiah 41:9
John 3:16
John 15:16
Isaiah 49:25
Deuteronomy 28:7
Ephesians 1:4
Ephesians 1:7
Ephesians 1:17
Ephesians 1:11
Ephesians 2:6
Ephesians 2:10
Psalms 139:14
2 Corinthians 5:17
Ephesians 3:17
Romans 8:37
Revelation 12:11
1 Peter 2:21
John 8:38

PURITY

I have been crucified with Christ.

I no longer gratify the cravings of my old sinful nature.

My body is the temple of the Holy Spirit

My body may be weak, but my spirit is willing.

I am never tempted beyond what I can bear

God ALWAYS provides the way out.

I flee youthful lusts.

I resist the devil, and he MUST flee from me.

I have the mind of Christ.

I will set before my eyes no vile thing.

I take captive every thought.

My thoughts are true, noble, right, and pure.

I am sober and alert, ready for any attack.

My God arms me with strength and makes my way perfect.

He who is in me is greater than he who is in the world.

When evil comes, I will stand my ground.

I am a new creation,

No more condemnation.

Christ has set me free!

And by His blood

my hands are clean,

my conscience is clear,

my heart is pure.

And the pure in heart, will see His face.

Lord, I want to see your face!

I have only one desire – Your presence in my life.

Show me Your glory!

Amen!

SCRIPTURE REFERENCES

Galatians 2:20

Ephesians 2:2-6

1 Corinthians 6:19-

20 Matthew 26:41

1 Corinthians 10:13

2 Timothy 2:22

James 4:7

1 Corinthians 2:16

Psalms 101:3

2 Corinthians 10:5

Philippians 4:8

1 Peter 5:8

2 Samuel 22:33

1 John 4:4

Ephesians 6:13

2 Corinthians 5:17

Romans 8:1

Galatians 5:1

Hebrews 9:14

Psalms 24:3-4

Matthew 5:8

Psalms 73:25

Exodus 33:18

HEALING THE BROKENHEARTED

God knows me and loves me.

His Spirit is near to me.

He hems me in and protects me, and heals my broken heart.

Today I receive my healing.

What the devil meant for evil, God will turn for good.

I have authority to overcome all the power of satan.

People may have hurt me, But I am not a victim.

I release all who have hurt me in any way.

I command a blessing on all my enemies.

I entrust them now to the righteous Judge.

I choose to forget the past and leave it behind.

I pull up all bitter roots and throw them in the fire!

Christ has redeemed me from the curse of abuse.

I renounce all anger, resentment and hatred.

I break any generational curse of abuse off my life.

Lord, cleanse my hands of all abuse.

Make my hands reach out in blessing to lift others up.

Lord, cleanse my mouth of all hurtful words.

Let these lips speak words of healing, encouragement and blessing.

Lord, cleanse my eyes of all looks of hatefulness and intimidation.

Let my eyes show forth love, kindness, and tenderness.

God has a plan for me, a hope and a future to prosper me and bless me.

He will restore to me all of the years the devil has stolen.

I cast my burden Him.

The old is gone, the new has come!

Amen!

SCRIPTURE REFERENCES

Psalms 139:1

Psalms 139:5

Psalms 91:1

Psalms 147:3

Exodus 15:26

Genesis 50:20

Luke 10:19

Matthew 5:44

1 Peter 2:21-24

Philippians 3:13-14

Hebrews 12:15

Galatians 3:13

Jeremiah 29:11

Joel 2:25

Psalms 55:22

2 Corinthians 5:17