

RHYTHM OF DECLARATION

The enemy loves to prevent intimacy with God in our lives. Without it, we miss out on the fullness of relationship with Him here on earth and become ineffective to minister to others. One of the most potent tools the enemy utilizes is lies: in particular, lies against the character of God and our value/identity in Christ. Though we may acknowledge the finished work of the cross, far too often we are not experiencing its reality in our lives because of the lies we are believing about ourselves and God.

Proverbs 18:21 teaches us that “life is in the power of the tongue.” Through declarations, intentionally speaking God’s truth aloud over ourselves, God has given us a powerful, practical tool to renew our minds and align ourselves with Truth. Remember this: Faith is the evidence of things not seen (Hebrews 11:1). Our “evidence” for things being true is not our circumstances or experiences, but God’s promises. We don’t deny negative facts in our lives, but we choose to focus on a higher reality: God’s truth.

Although there are many ways to begin practicing declaration, we suggest starting by focusing on two main areas: who I am in Christ and the true Father God.

RHYTHM OF DECLARATION: WHO I AM IN CHRIST

This list is not exhaustive, however, it is intended to help you start learning about who you are as a son or daughter of God. We suggest writing some of these down on a notecard and placing it on your bathroom mirror or the dashboard in your car - someplace you will see them every day where you can declare them out loud.

I AM ACCEPTED

- I am God’s child. (John 1:12)
- I am Christ’s friend. (John 15:15)
- I have been justified. (Romans 5:1)
- I am united with the Lord, and I am one spirit with Him. (1 Corinthians 6:17)

- I have been bought with a price. I belong to God. (1 Corinthians 6:19–20)
- I am a member of Christ’s Body. (1 Corinthians 12:27)
- I have been adopted as God’s child. (Ephesians 1:5)
- I have direct access to God through the Holy Spirit. (Ephesians 2:18)
- I have been redeemed and forgiven of all my sins. (Colossians 1:14)
- I am complete in Christ. (Colossians 2:10)

I AM SECURE

- I am free forever from condemnation. (Romans 8:1–2)
- I am assured that all things work together for good. (Romans 8:28)
- I am free from any condemning charges against me. (Romans 8:3)
- I cannot be separated from the love of God. (Romans 8:35)
- I have been established, anointed, and sealed by God. (2 Corinthians 1:21–22)
- I am hidden with Christ in God. (Colossians 3:3)
- I am a citizen of heaven. (Philippians 3:20)
- I have not been given a spirit of fear. (2 Timothy 1:7)
- I can find grace and mercy in time of need. (Hebrews 4:16)
- I am born of God, and the evil one cannot touch me. (1 John 5:18)

I AM SIGNIFICANT

- I am the salt and light of the earth. (Matthew 5:13–14)
- I am a branch of the true vine, a channel of His life. (John 15:1–5)
- I have been chosen and appointed to bear fruit. (John 15:16)
- I am a personal witness of Christ. (Acts 1:8)
- I am God’s temple. (1 Corinthians 3:16)
- I am seated with Christ in the heavenly realm. (Ephesians 2:6)
- I am God’s workmanship. (Ephesians 2:10)
- I may approach God with freedom and confidence. (Ephesians 3:12)
- I can do all things through Christ who strengthens. (Philippians 4:13)

RHYTHM OF DECLARATION: THE TRUE FATHER GOD

Declaring God’s character aloud often brings new life and faith to our hearts during difficult periods in our lives. Use the table on the following page to discover and renounce the lies we commonly believe about Father God and declare the truth about who He is based on what we see in Scripture.

I RENOUNCE THE LIE THAT MY FATHER GOD IS...	I ACCEPT THE TRUTH THAT MY FATHER GOD IS...
Distant and disinterested.	Intimate and involved. (Psalm 139:18)
Insensitive and uncaring.	Kind and compassionate. (Psalm 103:8-14)
Stern and demanding.	Accepting and filled with joy and love. (Romans 15:7; Zephaniah 3:17)
Passive and cold.	Warm and affectionate. (Isaiah 40:11; Hosea 11:3-4)
Absent or too busy for me.	Always with me and eager to be with me. (Hebrews 13:5; Jeremiah 31:20)
Never satisfied with what I do, impatient, or angry.	Patient and slow to anger. (Exodus 34:6; 2 Peter 3:9)
Mean, cruel, or abusive.	Loving, gentle, and protective of me. (Jeremiah 31:3; Isaiah 42:3; Psalm 18:2)
Trying to take all the fun out of life.	Good and wants to give me a full life. (Lamentations 3:22-23; John 10:10)
Controlling or manipulative.	Full of grace and mercy. (Hebrews 4:15-16; Luke 15:11-16)
Condemning or unforgiving.	Tenderhearted and forgiving. (Psalm 130:1-4; Luke 15:17-24)
Nitpicking, exacting, or perfectionistic.	Committed to me and proud of me. (Romans 8:28-29; Hebrews 12:5-11)