

40 Daily Declarations

According to Proverbs 18:21 – Life is in the power of the tongue. Job 22:28 says: “You will also declare a thing, And it will be established for you.” Following are 40 Daily Declarations that will empower, strengthen and uplift you on your healing journey. I encourage you choose one to declare each day, all throughout the day. Print them, memorize them and record them on your phone. As a resource of hope based on scripture from the Holy Bible, these Daily Declarations will fortify you and help to sustain you as you stand on God’s Word for your healing!

1. Today, I choose to walk by faith and not by sight. I will not focus on the symptoms I see or feel in my body. I will keep my eyes focused upon the Word of God that says I have been healed by the stripes of Jesus Christ. (2 Cor. 5:7, 1 Peter 2:24, 2 Corinthians 4:18)
2. According to Mark 11:23 – I will have whatever I say. I say that I am healthy, strong and whole from the crown of my head to the soles of my feet! (Mark 11:23, 1 Peter 2:24, Joel 3:10)
3. I am fearfully and wonderfully made, created in His image – filled with abundant life, health and energy! (Psalm 139, Genesis 1:26, John 10:10)
4. God’s Word is medicine to my body. As I take God’s Word in faith, it is working from the inside out - healing me and making me whole. (Proverbs 4:22)
5. According to the Word of God, I AM healed, whole, healthy and strong. I have abundant life and boundless energy all day long. Resurrection power flows through me continually infusing me with health, wholeness and strength. (Joel 3:10, John 10:10, Romans 8:11)
6. Today I choose to walk in the light of God’s Word. 1 John 5:14,15 assures me that he has heard my prayer for healing and that I have the petitions I have asked for. Therefore, I declare that I am strong, healthy and whole. (Psalm 119:130, Joel 3:10, 1 John 5:14,15)

7. I am fearfully and wonderfully made, created in His image – filled with abundant life, health and energy. I have boundless energy all day long! (Psalm 139, Genesis 1:26, John 10:10)
8. Jesus took my infirmities and bore my sicknesses. Therefore, I give no place to pain, sickness or disease in my body. I resist sickness and disease in the Name of Jesus Christ. For God sent His Word and healed me. ((Matthew 8:17, James 4:7, Psalm 107:20)
9. According to James 3:3, I can set the course of my whole body with my declarations. Therefore, today I declare that I am strong, healthy and filled with abundant life and energy. (James 3:3, Joel 3:10, John 10:10)
10. The forces that are for me are greater than those against me. No weapon formed against me will prosper. I have the victory! (1 John 4:4, Isaiah 54:17, 1 Corinthians 15:57)
11. No matter what symptoms are arrayed against my body today, I can be assured that no Word from God will ever fail. Therefore, I stand strong on God's faithful Word. (Luke 1:37, Ephesians 6:13)
12. God has heard my prayer; He has seen my tears and I can be assured that He is healing me now. (2 Kings 20:5)
13. Today, I may not look healed and I may not feel healed, but I choose to believe the Word of God that says that I AM HEALED. Despite evidence to the contrary, I can be confident that He is healing me now from the inside out. (1 Peter 2:24, Psalm 89:34)
14. I believe in my heart that Jesus took my infirmities and bore my sicknesses. (Matthew 8:17) Therefore by faith I speak perfect, radiant health over my whole body from the crown of my head to the soles of my feet; and it is coming to pass in Jesus' Name. (Matthew 8:17, Mark 11:23)
15. Every day, my youth is being renewed like the eagles. Like Moses, my eyes are not dim, nor is my natural vigor diminished. I am strong and vigorous. (Psalm 103:5, Deuteronomy 34:7, Joel 3:10)
16. The same Spirit that raised Jesus from the dead flows to every cell of my body, restoring life, health and vitality. Every organ, tissue and nerve in my body functions in the perfection that God created it to function. I forbid any malfunction in my body in Jesus' Name! (Romans 8:11, James 4:7)

17. I am strong in the Lord and the power of His might. I believe God's Word and stand in the truth of His Word. As I believe in my heart and stand on the Word, His Word will never be defeated. God's Word always works. His remedy is to believe the Word and stand on it until I see the manifestation of it! (Ephesians 6:10, 1 Peter 1:25, Proverbs 4:20-22)
18. The Word of God is working mightily in me, no matter what I feel or what I see, because I walk by faith and not by sight. God's Word is medicine to my body. He sent His Word and healed me. (2 Corinthians 5:7, Proverbs 4:22, Psalm 107:20)
19. I am redeemed from the dominion of Satan. He no longer has dominion over me or my body. Sickness and disease WILL NOT have dominion over me. I am an overcomer. I overcome by the Blood of the Lamb and the Word of my testimony. (Romans 6:14, Colossians 1:13, Revelations 12:11)
20. I am a born-again believer, a precious child of the Most High God. Therefore, the healing power of Jesus Christ is at work within my body right now – restoring, renewing, rejuvenating and revitalizing every cell in my body. (Romans 8:11)
21. I am a beloved daughter of the Most High God, created in His likeness and image, perfect in His sight, exactly who He intended for me to be, a vessel of love and light – and only good dwells within me. (Genesis 1:26)
22. According to God's Word – I AM HEALED. I'm not going to be healed. I am healed NOW! Jesus took my infirmities and bore my sicknesses as my substitute. I refuse to allow sickness or disease to dominate my body. I resist all sickness and disease in my body. (1 Peter 2:24, Matthew 8:17, Romans 6:14, James 4:7)
23. Today, I declare that I have been redeemed from the curse. The abundant life of Jesus Christ flows through every cell of my body bringing health and healing to every fiber of my being, through His Spirit who dwells in me. (Galatians 3:13, John 10:10, Romans 8:11)
24. Thank You, Father, that You forgive all my sins and heal all my diseases. Thank You that every cell in my body responds to Your Word. My strength and my health are restored through Your Spirit who dwells within me. (Psalm 103:3, Romans 8:11)

25. God's Word is medicine to my body. As I mix God's Word with faith, it is working from the inside-out, healing me and making me whole. (Proverbs 4:22, Hebrews 4:2)
26. The forces that are for me are greater than those arrayed against me. No weapon formed against me will prosper. I am more than a conqueror through Christ Jesus. No matter what it looks like or feels like – I have the victory. (1 John 4:4, Isaiah 54:17, Romans 8:37, 2 Corinthians 2:14)
27. Today, I declare that every cell, tissue, organ, gland and nerve in my body functions in the perfection that God created it to function. I resist, rebuke and renounce all dysfunction in my body, in Jesus's Name. I refuse to allow any sickness or disease to have dominion over my body. (Genesis 1:28,31, Colossians 1:13, James 4:7, Romans 6:9)
28. God satisfies my mouth with good things so that my youth is being renewed like the eagles. As I stand in faith on God's Word, my body restores, rejuvenates and revitalizes itself. God has spoken it and He has done it. (Psalm 103:5, Ezekiel 17:24, Hebrews 4:2)
29. I am fearfully and wonderfully made; infinitely valuable to my Heavenly Father. Every day my body replaces unhealthy cells with strong, healthy vibrant cells. Every cell in my body supports life, health and vitality. (Psalm 139:14, Psalm 103:5, Genesis 1:31, Matthew 10:31)
30. I am a one-of-a-kind masterpiece. I was created for victory. I have a spirit of power, love and a sound mind. I refuse to be defeated or discouraged. I am more than a conqueror through Christ Jesus. (Psalm 139:14,15, 1 Corinthians 15:57, 2 Timothy 1:7, Romans 8:37)
31. No matter what I see or feel today, having done all, I choose to STAND on the immovable, unshakable Word of God that says I have been healed by the stripes of Jesus Christ. I declare that I walk by faith, not by sight. (Ephesians 6:13, 1 Peter 2:24, 2 Corinthians 5:7)
32. The very same Spirit that raised Jesus Christ from the dead dwells in me, healing my body and making me whole; bringing energy, balance, abundant life and radiant health to every fiber of my being. (Romans 8:11, John 10:10)

33. I resist all fear in the Name of Jesus Christ. I refuse to be afraid, for God is with me. I will not die, but live and declare the works of the Lord. He is my Healer and heals all of my diseases. (James 4:7, Isaiah 41:10, Psalm 118:17, Exodus 15:26, Psalm 103:3)
34. God's Word will never fail me. His Word is life, health, healing and medicine to all my flesh. Despite what I may see or feel, I am healed because God's Word says I am; and He watches over His Word to perform it. (Luke 1:37, Proverbs 4:20-22, 1 Peter 2:24, Jeremiah 1:12)
35. It is the Spirit who gives life. The Word of God is Spirit and it is life. I know the truth and the truth has set me free. Jesus was my substitute and by His stripes, I am healed and made whole. (John 6:63, John 8:32, 1 Peter 2:24)
36. I celebrate who God created me to be. He rejoices over me continually. He quiets me with His love. He keeps me in perfect peace because I keep my mind focused on Him and I trust in Him. (Genesis 1:26, Zephaniah 3:17, Isaiah 26:3)
37. The kingdom of God is within me. My healing is a reality in the spiritual realm. I bring it into the physical realm by believing in my heart and confessing with my mouth that I am healed by the stripes of Jesus Christ. (Luke 17:21, Romans 10:10, Isaiah 53:4,5)
38. With childlike faith, I believe all of God's Promises are for me. I am transforming my life by renewing my mind. As I believe in my heart and confess the healing promises of God – my body is responding with health, strength and vitality. (Matthew 18:3, 2 Corinthians 1:20, Romans 10:10)
39. According to Romans 4:17, God called things that did not exist in the natural as though they did and they became. I am made in His image; therefore, I have the same ability within me. I call my body healed, whole, healthy and strong; filled with abundant life and energy. (Romans 4:17, Genesis 1:28, Joel 3:10, John 10:10)
40. I am fearfully and wonderfully made; created in the image of God. I declare that I have a strong, healthy immune system, well able to defeat any pathogen, virus or bacteria coming against my body. My immune system protects my body and does it no harm. (Psalm 139:14, Genesis 1:28, Job 22:28))