

2022 DAILY HEALTH CONFESSION

- *I am a believer! I believe the Word of God above anything and anyone else. I believe His word above my thoughts and feelings. His Word is truth! (Proverbs 4:20-22)*
- *Today, I speak life, strength, health, energy and vitality to my body. No matter how I'm feeling right now, I am strong in the Lord and in the power of His might. I do not receive sickness. I do not receive disease. I do not receive malfunction in my body of any kind. I do not receive fatigue or any other attack on my body. I receive the life, strength and energy of God! (Ephesians 6:10, James 4:7)*
- *I am strong and healthy. I enjoy exercise, and I take time to strengthen my body. I do this so I can be a blessing to those around me and have the energy to serve the Lord in every way He asks. I am increasing in endurance, and I purpose to make exercise a regular part of my daily life. (1 Timothy 4:8)*
- *I have supernatural knowledge about how to take care of my body. I am led by the spirit of God about how to approach whole-life health. I do not let the world dictate how I care for my body, but I seek the Lord in making decisions. (Romans 8:14)*
- *God has said to me that with long life He will satisfy me, so I declare now in the name of Jesus that I will live long and strong on the earth. Like Moses, my eyesight will not grow dim. Like the Israelites, I will not be feeble; I will increase in strength and memory - not decrease. I do not receive the world's views about aging. I am getting stronger and healthier every day! (Psalm 91:16, Deuteronomy 34:7)*
- *Jesus is the Name above all names. His name is above every sickness and disease, and every sickness and disease must bow to His name. So, I speak the Name of Jesus over every part of my body today. I declare that His Name is driving out anything that is under the curse, because He has redeemed me from the curse! (Phillipians 2:9, Galatians 3:13)*
- *I speak supernatural energy and health to my body. I am not moved by lying symptoms. I call myself strong in Jesus' Name. I call myself healed in Jesus' Name. Weakness, pain, tiredness - I speak to you in the Name of Jesus and command you to leave my body. You may not stay - you must go! My strength and youth are being renewed as the eagle's. I can do all things through Christ who strengthens me. (Psalm 103:5, Phillipians 4:13)*