

Living Free Ministries

“The Power and Victory of “Speaking” Declarations into Your Life”

(Much of this information is taken from book, “Declarations” by Steve Backlund)

Why declare?

- **The worlds were created with a declaration.** God spoke the universe into being and created all life with His spoken word. (Gen.1:2-3)
- **The Spirit’s anointing causes us to make declarations that set people free!** “The Spirit of the Lord God is upon Me, because the Lord has anointed Me to proclaim liberty to the captives, and the opening of the prison to those who are bound.” (Is. 61:1)
- **Declaring truth to others causes a chain reaction of breakthrough!** (Is.35:4-6)
- **Favor with God and man is established by making declarations!** (Prov.3:3-4)

Biblical reasons for making Declarations:

- ❖ “Life” is in the power of the tongue...
 - **Proverbs 18:21** – “Death and life are in the power of the tongue, and those who love it will eat its fruit.”
 - **Is. 55:11** – “So shall My word be that goes forth from my mouth (we are His mouthpiece now); it shall not return to Me void, but it shall accomplish what I please, and it shall prosper in the thing for which I sent it.”
- ❖ Declarations give the Holy Spirit something to work with to accomplish God’s will. (Gen. 1:2-3)
- ❖ Declarations bring those things that are invisible (healing) to become visible and reality. (Heb.11:3)
- ❖ Declarations propel us to experience all that Jesus won for us. (Matt.12:37)
- ❖ Grace is imparted when we hear life-giving declarations. (Eph.4:29)
- ❖ Declarations are a way to overcome anxiety and become glad. (Prov.12:25)
- ❖ Declarations increase our faith by regularly hearing the truth. “Faith comes by hearing, and hearing by the Word of Christ.” (Rom.10:17)
- ❖ Declarations seal the realities of salvation (sozo) in our lives – forgiveness, healing, deliverance, prosperity, protection. (Rom.10:9-10)
- ❖ If you control your words, you can control your whole life. (James 3:2)
- ❖ Mountains (including all sickness, disease, oppression, etc) move for those who believe they can have what they declare...

- **Mark 11:23-24** – “For assuredly, I say to you, whoever says to this mountain, ‘Be removed and be cast into the sea,’ and does not doubt in his heart, but believes that those things he says will be done, he will have whatever he says. (24) Therefore, I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them.”
 - ❖ You must “speak” your way out of a wilderness. (Matt. 4:3-4)
 - ❖ Declarations keep us from reverting back to performance-based Christianity. (Gal.3:1-5)
 - ❖ Declarations unlock destinies. (Judges 6:12)
 - ❖ Declarations establish what we desire to have in our lives. “You will also declare a thing, and it will be established for you; so light will shine on your ways.” (Job. 22:28)
 - ❖ Jesus began His supernatural ministry with declarations, so why wouldn’t we? (Luke 4:18-21)
 - ❖ He who would love life and see good days will make declarations. (1 Pet.3:10)
 - ❖ The weak are to declare they are strong... “Let the weak say, I am strong.” (Joel 3:10)
 - ❖ Declarations help us to call those things that are not as though they were. (Rom.4:17)
 - ❖ Declarations help us stay grounded in the truth. (John 8:31-32)
 - ❖ Declarations are a “key” to demolishing strongholds. (2 Cor. 10:4-5)
 - ❖ Declarations renew our minds and build our faith. (Rom. 12:2)

Living Free Ministries

"Declarations to Speak for Victorious Living"

Speaking Declarations, is speaking God's Word of truth "intentionally" into our lives and circumstances. As we do this, our minds are being renewed and transformed, and we release the Holy Spirit to produce the answer into our lives! This is "key" for victorious living and maintaining a prosperous life of joy, health and abundance. God "spoke" creation into being such as....."Let there be light", and the Spirit of God brought those words to reality... "then there was light" (Gen. 1:1-3). Jesus spoke words of life into people, and the Spirit of God answered, and they were healed, delivered, set free (Luke 4:18-21). We will have what we say (Mk. 11:23). Life is in the power of the tongue (Prov. 18:21). As we speak God's words of life, the Holy Spirit in us, brings those words to life (Heb. 11:3). The God of the universe is waiting to partner with His children on the earth, when they intentionally speak His Word over their lives and circumstances, so that He can bring forth abundant life to you as it is in heaven.... healing, joy, peace, freedom.(Romans 4:17) – "Calling those things that do not exist, as though they did."

Declarations

❖ Healing (Speak daily - spirit, soul and body)

Trust Christ as Your Healer and receive from Him. His work is finished and there is nothing more to be done for your healing. Choose to live every day in the truth of His finished work for you. You don't have to strive to earn it and work for it. It's a gift of His grace that has been freely purchased and given to you. Make these declarations to maintain divine health or during your healing and recovery process. His spoken Word will not return void to Him but accomplish what it is sent out to do (Is. 55:11).

Scriptures...

- ***Psalm 103:2-3*** - "Forget not all His benefits...Who heals all your diseases."
- ***Isaiah 53:5*** – "He was pierced for our transgressions, He was crushed for our iniquities; the punishment that brought us peace was on Him, and by His wounds (stripes) we are healed."
- ***1 Thess. 5:23*** – "Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ."

Declaration... "Thank You Father, that You have healed me over 2000 years ago through the blood and stripes of Jesus. You are the same yesterday, today, and forever. Jesus has made me whole, - perfectly sound in my spirit, soul and body...lacking nothing. He has purchased for me, abundant life to live here on earth as it is in heaven. I am worthy to walk in divine health through the blood of Jesus. I am immune to sickness and disease because I am a new creation with God's DNA. By Your grace Jesus, I am healed, Thank You, Lord, in Jesus' name."

❖ **Joy and Laughter** (*Freedom from depression and despair*)

Just as we choose to love and forgive, we can choose to be joyful. It is like a spiritual muscle we can develop in our lives.

Scripture...

- *Neh. 8:10 – “The joy of the Lord is My strength.”*
- *Prov. 17:22 – “A merry heart does good like a medicine.”*
- *Psalm 16:11 – “In Your presence is the fullness of Joy.”*

Declaration... *“Thank You Lord, that I am an outrageously joyful person! My joy level is increasing daily, even before I see the breakthroughs I am believing for. I am a carrier of infectious joy, and I release joy to others. Thank You, Lord, for filling me with Your joy! In Jesus’ name!”*

❖ **Peace** (*Freedom from fear, worry and anxiety*)

Take time to think and meditate on the meanings of scriptures such as Phil. 4:6-7, Matt. 11:28-30, John 14:27, 2 Thess. 3:16. Take 5 minutes in the morning to ask the Lord to fill you with His peace. Schedule 2 minute “peace breaks” throughout your day. Pause during those times and thank God for His peace.

Scriptures...

- *John 14:27 – “Peace I leave with you, My peace I give to you...”*
- *Is. 26:3 - “You will keep in perfect peace all who trust in you.”*

Declaration...

“I speak to any fear, worry, stress, or anxiety, and I say you cannot stay, in Jesus’ name. Peace reigns in this temple. Because I trust in God, I am kept in perfect peace. I am known as a peace carrier at home, in the work place, and in all areas of my life. Thank You God, that I do not have to strive for peace, You have already given it to me. My heart and mind are guarded and protected by God’s peace. Thank You, Jesus, You are my Prince of Peace who lives in me. In Your name, Jesus, I declare!”

❖ **Receiving God’s Love for You – (How Great is His love for us!)**

You are God’s BELOVED child. There is nothing He wants more than for you to know how loved you are. Out of His heart of love for you, is healing, forgiveness, joy, peace, and all the blessings and promises of God made available to you through Christ Jesus. It’s His greatest desire that you know how precious and dear you are to His heart.

Scriptures...

- **1 John 4:19** – “...He first loved you...”
- **Luke 3:22** – “You are My beloved son/daughter in whom I am well pleased.”
- **Jer. 31:3** – “...I have loved you with an everlasting love...”
- **Zeph. 3:17** – “The LORD your God is in your midst, a Warrior who gives victory; He will rejoice over you with gladness, He will renew you with His love; He will exult over you with loud singing.”

Declaration...

“Thank You Lord, for Your wonderful and amazing love. I declare that I am Your BELOVED child, and You delight in me and are well pleased with me. You love me with an everlasting love. You rejoice over me...You sing over me...You honor me.... You renew me everyday with Your extravagant love. You have poured your love into my heart. You loved ME so much that You gave up everything you loved, to show Your love for me. Thank You for such love Father! In Jesus’ name.”

❖ Loving Others

Become continually aware of God’s love for you. It’s knowing His love for you that empowers you to love others (1 John 4:19). The more we experience His love, the easier we love others. Learn to love yourself (Mk. 12:31). Ask God to help you see yourself the way He does. Loving yourself is a vital key that helps you love others. As you choose to walk in love, His love flowing through you will NEVER fail. Even the most difficult person to love, is longing to be loved. The very act of you loving them will help them put down their defenses and step into their God-given identity.

Scriptures...

- **1 John 5:12** – “If we love one another, God abides in us, and His love has been perfected in us.”
- **1 Cor. 13:8** – “Love never fails”.

Declaration....

“Thank You Lord, that my life overflows with Your love, making it impossible for me not to love others. You are making my heart to love like Yours’. People’s responses to me do not determine how I love them. Instead of allowing issues in the lives of others to be a barrier, I choose to love people into wholeness. My ability to love is not dependent upon how I feel or circumstances in my life. I am known in heaven and on earth as one who loves well. Thank You, Lord, in Jesus’ name.”

❖ **Rest and Sleep**

Believe, through Jesus' work on the cross, you have entered into a New Covenant of rest. Jesus has delivered you into the New Covenant Promised Land of God's Rest. God doesn't say that you have to wait until every problem is taken care of before you can rest. He says rest first. God wants you to rest, and not to strive. Cast any burdens to Him. Give Him your concerns. He says to each of us, "I will perfect that which concerns you." (Psalm 138:8)

Scriptures...

- **Psalm 4:8** –“I will lie down in peace and sleep.”
- **Prov. 3:24** –“When you lie down, you will not be afraid. Yes, you will lie down and your sleep will be sweet.”

Declaration...

“Thank You, Lord, that I have sweet sleep. As soon as my head hits the pillow, I fall asleep. I sleep deeply and soundly right through the night. I have encounters with God as I sleep. Each morning I wake up refreshed, full of energy, and overflowing with excitement for the day. Even in the most difficult circumstances, I have an ability to enter into His rest. I am protected in my sleep from bad dreams. Thank You Lord, that I am working from a place of resting in You. Thank You, in Jesus’ name.”

❖ **Freedom... (From addictive behaviors)**

Speak to the craving as though it has “ears” and tell it to go in Jesus’ name. Take things that are tempting you out of your house, car, office, and routine. Decrease or stop your association with people who increase temptation in your life. Seek out those who have breakthrough in the same area of temptation, and have them pray for you and help you keep accountable. Feed on testimonies and stories of those who have overcome what you are battling.

Scriptures...

- **2 Cor. 5:17** – “Therefore if anyone is in Christ, he is a new creation; old things have passed away; behold all things have become new.”
- **Gal. 5:1** –“Stand fast therefore in the liberty by which Christ has made us free, and do not be entangled again with a yoke of bondage.”
- **Rom. 6:14** – “For sin shall not have dominion over you: for you are not under the law, but under (His) grace.”
- **Rom. 8:1** – “There is therefore now no condemnation to those who are in Christ...”

Declaration...

"Thank You Lord, that Christ has set me free! I declare I am a new creation in Christ, and the old man and sinful ways no longer have dominion over me. I am not who my past says I am; I am who God says I am. I declare that I am liberated and no longer condemned or bound by any addiction, but have been given an abundance of grace through Christ. During times of temptation, I find God's strength working mightily in me. Today is the day of my breakthrough. – I am free! I am an overcomer by the blood of Jesus and the word of my testimony (Rev.12:11)! Today, and every day, I make the choice to walk in the freedom Jesus paid for me to have. Thank You, Lord, in Jesus' name!"

(Include this below, if the addiction runs in family blood line...)

"I declare that I am not destined to struggle with the same addictions my parents or grandparents were bound by. Every generational curse was broken at the cross; therefore I am victorious and free from addiction, in Jesus' name."

❖ Humility - (Letting go of pride)

The Lord dwells with those who are humble. As you humble yourself before God, He is the One who will raise you up, as you choose to let go of prideful thoughts, words, and deeds.

Scriptures...

- **1 Pet.5:5-6** - "Yes, submit yourselves to one another, and be clothed with humility, for God resists the proud, but gives grace to the humble. Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time."
- **James 4:10** – "Humble yourselves in the sight of the Lord, and He shall lift you up."

Declaration...

"Thank You Lord, that I choose today to submit myself to You first, and to others, that I may be clothed with humility. I choose today to walk in love, honor and respect of all people. I will guard my heart and my lips that I may live in a manner that is honoring to You and others. I declare that prideful thoughts, words, and deeds, have no place in me, in Jesus' name. Thank You Lord, that You are the One who will lift me up as I humble myself before you and others. Thank You, in Jesus' name."

❖ **Forgiveness** (*Choosing to forgive as you have been forgiven*)

Forgiveness is beautiful and brings great freedom. If you find yourself struggling to forgive, take a moment and remember the great forgiveness that you have received and continue to receive from our Lord. God has forgiven you of all sin – past, present, and future. He asks that we do the same. Unforgiveness places you in a prison of bondage... but forgiveness unlocks the chains of bondage and brings liberty to the captive – YOU! Forgive others, forgive yourself...and live free, for you have been freely forgiven!

Scriptures...

- **Col. 3:12-14** - “Therefore, as the elect of God, holy and beloved, put on tender mercies, kindness, humility, meekness, longsuffering; bearing with one another, and forgiving one another, if anyone has a complaint against another, even as Christ forgave you, so you must also do. Above all these things put on love, which is the bond of perfection”.
- **Eph.4:31-32** - “Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. And be kind to one another, tender-hearted, forgiving one another, even as God in Christ forgave you.”

Declaration... *”Thank You Lord, for Your forgiveness. I have Your heart of love and grace living in me. I choose to walk in forgiveness of those who have hurt me, and I bless them. I walk and live in your wonderful love, grace, and kindness to all people. And your love never fails. Thank you for the freedom I have in forgiving others and myself. Thank You, Lord, in Jesus’ name.”*

❖ **Perseverance** (*In times of struggle, tribulation, persecution*)

We can persevere more easily the negative circumstances that come our way if we know we are doing what God wants us to do. Noah persevered in building the ark because he heard from God. The Apostle Paul overcame great problems because he knew God’s assignment on his life. Strength comes when we conquer double-mindedness and recommit to what God has said. God has an assignment and calling upon your life. Press through the trials and tribulations with Him...the victory has already been won by Christ Himself for you!

Scriptures...

- **Rom. 5:3-5** - “And not only that, but we also glory in tribulations, knowing that tribulation produces perseverance; and perseverance, character; and character, hope. Now hope does not disappoint, because the love of God has been poured out into our hearts by the Holy Spirit who was given to us.”
- **Phil.4:13** – “I can do all things through Christ who strengthens me.”

Declaration...

"Thank You, Lord, that I am well able to overcome all challenges through Christ who strengthens me. Regardless of the storms that may surround me, I always have peace inside. I live with the expectation for the goodness of God to manifest, even in the most difficult times. Even when I feel like quitting, I press on towards the goal. I have incredible ability to inspire others to walk in perseverance. I live a life of excellence. I not only start well in what I do, but I also finish well. Even when it seems that others do not believe in me, I know God believes in me. Thank You, Lord, in Jesus' name."

❖ Wisdom/Decision Making

Look to the Word for help in decision making. Take time to seek the Lord for His wisdom about your decision, and wait until you have peace about what you are to do. If you feel led, include godly people that you trust in the process. List reasons for your decisions, make decisions in your heart and give God time to redirect. Give God time to speak to you. As you step out in peace with God in your decision, believe He is going to bless your decision and work the results out for your good. See how this increases your faith for making bigger decisions.

Scriptures...

- **James 1:5** –“If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him.”

Declaration...

"Thank You Lord, that the decisions I make today are producing blessings for my future and future generations. I make decisions about the future in confidence and trust in the goodness of You Father. I give no place to double-mindedness or regret as I make decisions. Every decision I make blesses the people around me and expands God's kingdom on the earth. You want me to make great decisions even more than I want to make them. I am protected from impulsive choices. Any bad decision from the past is now being supernaturally worked out for my good and for God's glory. Thank You, Lord, in Jesus' name."

❖ Family Relationships

Take time to connect with every member of your family – don't underestimate the power of consistent connection through email, letters, or short phone calls. You can be your family's greatest encourager. See them with eyes of hope, share with them what you

see. We don't have to wait until a crisis occurs to get serious about investing intentionally in their most important relationships.

Scriptures...

- *Jer. 32:27* – “Behold, I am the Lord, the God of all flesh. Is anything too difficult for Me?”
- *Eph. 3:20* – “Now to Him who is able to do for more abundantly than all we ask or think.”

Declaration...

“Thank You Lord, I have great hope for every member of my family. You are completely committed to all of my family relationships, and You are at work doing more than I see. Each person has a high calling to bring the Kingdom of God to the world around them. My family walks in ever increasing understanding of the goodness and love of God toward them. My family connections are going deeper and becoming more significant every day. The best seasons of my family life are ahead. I declare that it is going to be easy for me to have significant conversations and to share my heart with every person in my family. The prayers I pray for my family members are powerful, effective, and they are changing my family’s destiny. Thank You, Lord, for hearing and answering my declarations. In Jesus’ name.”

❖ Releasing the Presence of God

You carry the presence of the living God as a believer in Christ. Those believers who value forgiveness, declaring blessings, speaking truth, and praying with courage will truly bring heaven to earth. Remember when you pray that God is always at work even if nothing appears to be happening.

Scriptures...

- *2 Cor. 2:14* – “Thanks be to God who always leads us in triumph in Christ, and through us diffuses the fragrance of His knowledge in every place.”
- *1 Cor. 3:16* – “Do you not know that you are the temple of God and that the Spirit of God dwells in you?”

Declaration...

“I thank You Lord, that I am clothed with Christ, therefore, I release His Presence everywhere I go. My words impart grace to those who hear me. Thank You Lord, that angels get really excited when I show up because they get put to work! I have the mind of Christ and I use it. When I speak to people that don’t believe in You, they are overcome with a sudden urge to know You or be around You. It is impossible for me to pray and have nothing happen. My touch releases the healing grace of Jesus. Thank You, Jesus. In Your name I declare.”

*****Much of this information is taken from book, "Declarations" by Steve Backlund***