



God's Words are –

*... life to those who find them,
and health to their whole body.*

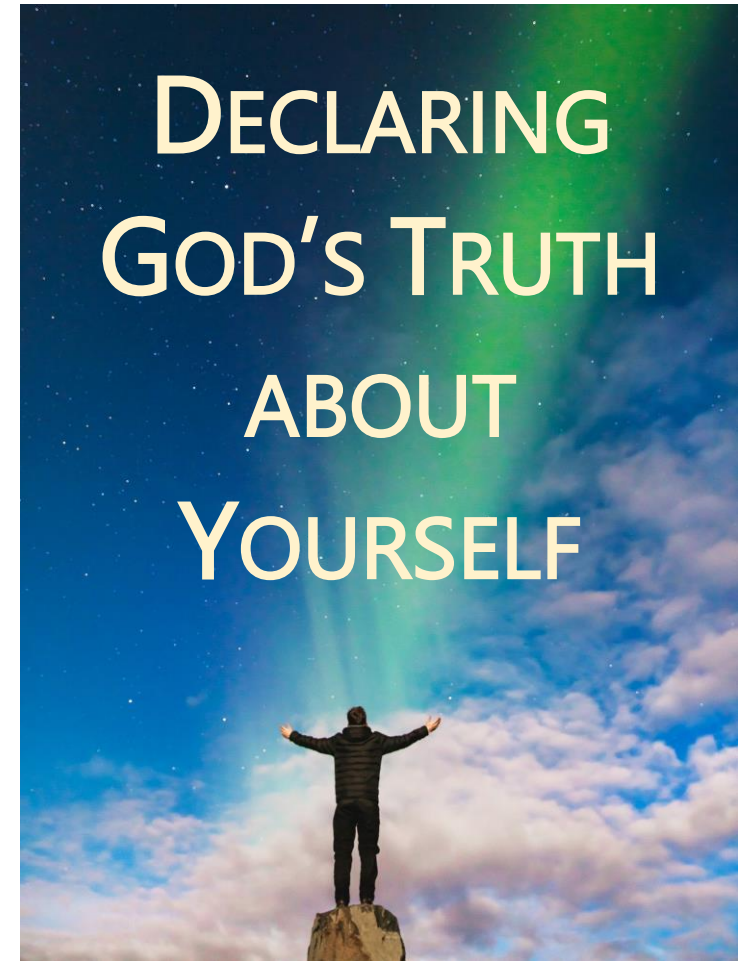
(Proverbs 4:22)



Katherine Hilditch has been teaching in local churches for many years. In 2013 she wrote her first booklet and since then has written many more. She created her website to make all the booklets freely available to everyone. They can be read online or printed out. Katherine's threefold purpose is to help people understand more about Jesus and all He has done and won for them, to encourage them to go deeper in their relationship with God and to provide material to help them share their faith with others. To read her story and find all the booklets go to –

Website: LifeinJesus.net

Email: contact@lifeinjesus.net



Katherine Hilditch

LifeinJesus.net

'Declaring God's Truth about Yourself'

by

Katherine Hilditch

~

Copyright ©2019 Katherine Hilditch. All rights reserved.

Unless otherwise indicated
all Scripture quotations are taken from
the World English Bible British Edition (WEBBE)

Cover photo by Joshua Earle on Unsplash

Preface

God's Word is so much more than just words.
It is powerful
and it will build you up in the truth of who He is,
all He has done and won for you through Jesus
and who you are in Him.

Use these declarations regularly
to be assured of His truth for you
and to be better equipped to deal with life.

Life in Jesus

To read more about Jesus
and all He has done and won for us
go to –

LifeinJesus.net

There are many more booklets on the website

You can read them online
or print them out
completely free of charge

There is no limit to the number of copies you can print out
for your own use or to give away

The booklets are all downloadable

Some Declaration Plans

The declarations are divided into 7 groups with a main declaration in blue and 7 others below it in each group. On the adjacent right-hand page are the actual Bible verses for each declaration with some notes in red. The numbers of the declarations and the verses with notes correspond.

Here are some suggestions of how you could plan using them.

1. Take a group each day
Speak out the main declaration and each of the other seven
Read the corresponding verse and note after each declaration
Repeat the declarations two or three times through the day
You will complete the whole booklet in one week
2. Take a group each week
Speak out the main declaration and each of the other seven
Read the corresponding verse and note after each declaration
Repeat all the declarations two or three times during the day
Do the same each day of the week
You will complete each group in one week
You will complete the whole booklet in seven weeks
3. Take a group each week
Speak out the main declaration and each of the other seven
Read the corresponding verse and note after each declaration
Focus on the first of the 7 declarations and repeat it through the day
The following day focus on the second and so on
You will complete each group in one week
You will complete the whole booklet in seven weeks

DECLARING GOD'S TRUTH ABOUT YOURSELF

Proverbs 4:22 says God's Words are – '*... life to those who find them, and health to their whole body.*' This is truth. Base your thoughts and actions on God's Word and you will find it is life-giving and even good for your health! Yes, you can control your thoughts and emotions – it isn't always easy but it is possible and it will make such a difference. You don't have to just automatically react to situations, you can decide how to think about them and what your attitude towards them is to be.

But it takes discipline and practice. The Bible says to write God's truth on your heart. You do that by speaking His Word out loud. Romans 10:17 says – '*Faith comes by hearing, and hearing by the word of God.*' This booklet is full of declarations of God's truth for you. Speak them out so you hear them and write them on your heart. Keep reinforcing them by declaring them regularly, and choose to believe them no matter what. They will give you a firm foundation to build your life on and be there for you to draw on when you face difficulties.

The Declarations

There are 7 pages of declarations. At the top of each of these pages there is a main declaration in blue and below it are 7 further declarations connected to the main one. On the following page are the Bible verses which the declarations are based on with some notes in red to help you understand more about what they mean. The Roman numerals on both pages correspond so you can easily find the relevant verse and note for each declaration. For some ideas on planning how you could use the declarations, see page 16 at the end of this booklet.

1. In the name of Jesus I declare that GOD LOVES ME

- i. God loves me with an everlasting love. He has drawn me with loving kindness. (Jeremiah 31:3)
- ii. God showed me what true love is by sending His Son to suffer the punishment for my sins instead of punishing me. (1 John 4:10)
- iii. This is how much the Father loves me – He calls me His child! (1 John 3:1)
- iv. God’s love has been poured into my heart through the Holy Spirit whom God has given to me. (Romans 5:5)
- v. The LORD is on my side. I will not be afraid. (Psalm 118:6)
- vi. God rejoices over me with joy. He calms me in His love. He rejoices over me with singing. (Zephaniah 3:17)
- vii. I know for certain that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor height, nor depth, nor any other created thing will be able to separate me from God’s love which is in Christ Jesus my Lord. (Romans 8:38-39)

7. BIBLE VERSES & NOTES

- i. 2 Timothy 1:7 – ‘For God didn’t give us a spirit of fear, but of power, love, and self-control.’ God never intended that we should be afraid. Instead He has given us His power in the Holy Spirit.
- ii. 2 Corinthians 10:4-5 – ‘The weapons of our warfare are not of the flesh, but mighty before God to the throwing down of strongholds, ⁵throwing down imaginations and every high thing that is exalted against the knowledge of God and bringing every thought into captivity to the obedience of Christ.’ God has given us weapons to defeat anything that the devil would try to throw at us. All he can do is deceive us and then trap us in his thoughts, but we can use God’s Word to take those thoughts captive and, instead, think of and focus on the truth of all Jesus has done and won for us.
- iii. Matthew 28:18-19 – “All authority has been given to me in heaven and on earth. ¹⁹Go and make disciples of all nations.” Jesus won back all authority on the Cross and then shared that authority with us so we can do His work.
- iv. Luke 10:19 – “I give you authority to tread on serpents and scorpions, and over all the power of the enemy. Nothing will in any way hurt you.” The devil can’t harm us in any way unless we let him. Jesus has given us the authority to defeat Him in every and any situation we find ourselves in.
- v. James 4:7 – ‘Be subject therefore to God. Resist the devil, and he will flee from you.’ Here is the condition. We have to surrender to God and then the devil will flee when we resist him in Jesus’ name.
- vi. Mark 16:17 – “These signs will accompany those who believe: in my name they will cast out demons; they will speak with new languages; ¹⁸they will take up serpents; and if they drink any deadly thing, it will in no way hurt them; they will lay hands on the sick, and they will recover.” This is what Jesus says those who believe in His name will be able to do. Hallelujah!
- vii. Ephesians 3:20 – ‘Now to him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us.’ God can do so much more than we can even imagine when we use His power which He has put within us.

7. In the name of Jesus I declare that I HAVE AUTHORITY & POWER

- i. God didn't give me a spirit of fear, but of power, love, and self-control. (2 Timothy 1:7)
- ii. I can destroy strongholds; I can throw down any imagination or thought which is contrary to God's Word, and line my thoughts and emotions up to His truth in Jesus. (2 Corinthians 10:4-5)
- iii. Jesus has given me authority to go and make disciples of all nations. (Matthew 28:18-19)
- iv. Jesus has given me authority to tread over all the power of the enemy and nothing will hurt me in any way. (Luke 10:19)
- v. I submit to God. I resist the devil and he will flee from me. (James 4:7)
- vi. I can cast out demons in Jesus' name; I can speak with new languages; I can take up serpents; if I drink any deadly thing, it will not hurt me in any way; I will lay hands on the sick, and they will recover. (Mark 16:17)
- vii. God can do through me far more than I can ask or imagine, because of the power He has put in me. (Ephesians 3:20)

1. BIBLE VERSES & NOTES

- i. Jeremiah 31:3 – "I have loved you with an everlasting love. Therefore I have drawn you with loving kindness." God has always loved you. He will never force you to come to Him, but He is always drawing you to Himself with His love and kindness.
- ii. 1 John 4:10 – 'In this is love, not that we loved God, but that he loved us, and sent his Son as the atoning sacrifice for our sins.' Jesus atoned for your sins – He suffered the punishment for them instead of you and you are forgiven and can walk free. This is ultimate sacrificial love.
- iii. 1 John 3:1 – 'See how great a love the Father has given to us, that we should be called children of God!' You are born-again as you accept Jesus as your Lord and Saviour. And it is as you are born-again that you become a child of God. Romans 10:9 says – 'If you will confess with your mouth that Jesus is Lord, and believe in your heart that God raised him from the dead, you will be saved.' Believe it and say it and you will be born-again. Acknowledge that you think, say and do things which are wrong and simply receive the forgiveness Jesus has won for you.
- iv. Romans 5:5 – 'God's love has been poured into our hearts through the Holy Spirit who was given to us.' God gives us His Holy Spirit when we are born-again. If you have accepted Jesus as your Lord and Saviour the Holy Spirit lives in you, and God has poured His love into your heart.
- v. Psalm 118:6 – 'The LORD is on my side. I will not be afraid.' We have to decide not to be afraid and the way to do it is to speak out the truth that God is on our side, until we believe it in our heads and have the revelation of it in our hearts.
- vi. Zephaniah 3:17 – 'He will rejoice over you with joy. He will calm you in his love. He will rejoice over you with singing.' Paint a picture of this truth in your imagination and refuse to be swayed from it.
- vii. Romans 8:38-39 – 'For I am persuaded that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, ³⁹nor height, nor depth, nor any other created thing will be able to separate us from God's love which is in Christ Jesus our Lord.' Decide to believe this and stand on it whatever happens.

2. In the name of Jesus I declare that

I AM FREE

- i. Christ Jesus gave me new life in Him and made me free from the law of sin and of death. (Romans 8:2)
- ii. I have been justified by the blood of Jesus and am saved from God's anger through Him. (Romans 5:9)
- iii. I have been made free from sin; I am a servant of God and have a brand-new perfect spirit and eternal life. (Romans 6:22)
- iv. I am free from fear because I have been adopted by my Father God. (Romans 8:15)
- v. There is no condemnation to me because I am a child of God through Jesus. (Romans 8:1)
- vi. I know God's truth and it makes me free. (John 8:32)
- vii. I am free indeed because Jesus has made me free. (John 8:36)

6. BIBLE VERSES & NOTES

- i. 1 Corinthians 15:57 – 'Thanks be to God, who gives us the victory through our Lord Jesus Christ.' As Jesus suffered and died on the Cross, He won the victory over the devil and all his schemes. And as born-again Christians, we stand in that victory with Jesus and can experience it in our lives.
- ii. 1 John 5:4 – 'For whatever is born of God overcomes the world. This is the victory that has overcome the world: your faith.' Because Jesus has overcome the world and all its negativity and evil, we can also overcome it through our faith in Him.
- iii. Philippians 4:13 – 'I can do all things through Christ, who strengthens me.' It is only because Jesus has won the victory that we can do the things God has planned for us, as Jesus gives us the strength.
- iv. Romans 8:37 – 'In all these things, we are more than conquerors through him who loved us.' Jesus won the victory on the Cross for us and as we stand with Him in faith we also are world conquerors. We need to believe it and walk in it.
- v. Romans 8:31 – 'If God is for us, who can be against us?' People and situations will try to come against us but God is on our side. When we truly know this and live by its truth we realise that no-one and nothing can permanently succeed against us.
- vi. Romans 8:28 – 'We know that all things work together for good for those who love God, for those who are called according to his purpose.' This is a promise for born-again Christians. When we believe and trust in all Jesus has done and won for us, God can bring good out of even the worst situations in our lives.
- vii. 2 Corinthians 2:14 – 'Now thanks be to God, who always leads us in triumph in Christ.' Because Jesus has won the victory on the Cross, we can walk through our lives in His victory even when things are going wrong. Nothing can change the truth that we have the victory in Jesus.

6. In the name of Jesus I declare that I HAVE THE VICTORY

- i. God has given me the victory through my Lord Jesus Christ.
(I Corinthians 15:57)
- ii. I am born-again; therefore I have the victory and can overcome the world through my faith. (I John 5:4)
- iii. I can do all things through Christ who strengthens me.
(Philippians 4:13)
- iv. In everything I am more than a conqueror through Jesus who loves me. (Romans 8:37)
- v. God is for me, so no-one can successfully come against me.
(Romans 8:31)
- vi. All things work together for good for me because I love God and He has called me to live for Him. (Romans 8:28)
- vii. God always leads me in triumph in Christ.
(2 Corinthians 2:14)

2. BIBLE VERSES & NOTES

- i. Romans 8:2 – ‘For the law of the Spirit of life in Christ Jesus made me free from the law of sin and of death.’ God is a just God and cannot say that sin doesn’t matter – it does matter and He has to punish it. But He put all sin on Jesus and punished Him for it instead of us. This sets us free when we believe that Jesus died for us personally, so our sin no longer leads to death. Instead we have the gift of eternal life with Jesus.
- ii. Romans 5:9 – ‘... being now justified by his blood, we will be saved from God’s wrath through him.’ God put all His anger at our sin on Jesus on the Cross and justified us – made us just as if we had never sinned. So we who believe on Him will never face God’s wrath.
- iii. Romans 6:22 – ‘But now, being made free from sin and having become servants of God, you have your fruit of sanctification and the result of eternal life.’ God has given us a brand-new perfect spirit and we can now say ‘No’ to sin. The end result of being set free from sin is eternal life – enjoying love, joy and peace with Jesus and God our Father forever.
- iv. Romans 8:15 – ‘For you didn’t receive the spirit of bondage again to fear, but you received the Spirit of adoption, by whom we cry, “Abba! Father!”’ When we were born-again we were adopted into God’s family so we would never have to fear again. If fear comes, speak out the truth of this verse and refuse to let the fear take hold in your mind or your imagination.
- v. Romans 8:1 – ‘There is therefore now no condemnation to those who are in Christ Jesus.’ Because you have believed that Jesus has paid the price for your sin, God does not condemn you. Refuse to entertain condemnation from your own thoughts or through others.
- vi. John 8:32 – “You will know the truth, and the truth will make you free.” It’s the truth that you know and believe that sets you free.
- vii. John 8:36 – “If therefore the Son makes you free, you will be free indeed.” Only Jesus can set you free so that it is totally transforming and lasting.

3. In the name of Jesus I declare that

I AM BLESSED

- i. My God will supply all my needs according to His riches in glory in Christ Jesus. (Philippians 4:19)
- ii. The Lord blesses me and surrounds me with favour. (Psalm 5:12)
- iii. The Lord forgives all my sins, heals all my diseases, redeems my life from destruction, crowns me with loving kindness and tender mercies, and satisfies my desire with good things, so that my youth is renewed like the eagle's. (Psalm 103:3-5)
- iv. God has blessed me with every spiritual blessing in the heavenly places in Christ. (Ephesians 1:3)
- v. God is able to make all grace abound to me so that I always have more than enough of everything and have money to help spread the gospel and help others. (2 Corinthians 9:8)
- vi. I delight in God's Word and everything I do prospers. (Psalm 1:1&3)
- vii. Goodness and loving kindness shall surely follow me all the days of my life, and I will dwell in the Lord's house forever. (Psalm 23:6)

5. BIBLE VERSES & NOTES

- i. Matthew 11:28-29 – “Come to me, all you who labour and are heavily burdened, and I will give you rest. ²⁹Take my yoke upon you and learn from me, for I am gentle and humble in heart; and you will find rest for your souls.” This is a beautiful invitation to everyone who is burdened by life in any way to come to Jesus and receive His rest for their soul – their mind, will and emotions. That's true peace.
- ii. John 14:27 – “Peace I leave with you. My peace I give to you; not as the world gives, I give to you. Don't let your heart be troubled, neither let it be fearful.” The world sees peace as the absence of problems, but Jesus gives peace that is possible even in the middle of difficulties. With His peace you can control your emotions and not be troubled or afraid.
- iii. Psalm 29:11 – ‘The LORD will bless his people with peace.’ God always wants to bless us with peace. We need to receive it and live in it.
- iv. Psalm 119:165 – ‘Those who love your law have great peace. Nothing causes them to stumble.’ When we really love God's Word and believe in all Jesus has done and won for us, we can have God's peace.
- v. Philippians 4:7 – ‘And the peace of God, which surpasses all understanding, will guard your hearts and your thoughts in Christ Jesus.’ This is conditional upon v.4-6 which say – ‘Rejoice in the Lord always! Again I will say, “Rejoice!” ⁵Let your gentleness be known to all men. The Lord is at hand. ⁶In nothing be anxious, but in everything, by prayer and petition with thanksgiving, let your requests be made known to God.’
- vi. John 16:33 – “I have told you these things, that in me you may have peace. In the world you have trouble; but cheer up! I have overcome the world.” Trouble will come but we can still be cheerful and at peace, because Jesus has won the victory over everything which would try to come against us.
- vii. Isaiah 26:3 – ‘You will keep whoever's mind is steadfast in perfect peace, because he trusts in you.’ Again, this stresses the fact that experiencing God's special peace is conditional. We need to keep our focus on Him and His truth in all Jesus has done and won for us.

5. In the name of Jesus I declare that I HAVE PEACE

- i. Jesus promises me rest for my thoughts and emotions when I come to Him. (Matthew 11:28-29)
- ii. Jesus has given me His peace so I do not have to be troubled or fearful. (John 14:27)
- iii. The LORD blesses me with peace. (Psalm 29:11)
- iv. I have great peace because I love God's Word. Nothing causes me to stumble. (Psalm 119:165)
- v. The peace of God guards my heart and my thoughts in Christ Jesus. (Philippians 4:7)
- vi. Trouble will come but I can still be cheerful and have peace because Jesus has overcome the world. (John 16:33)
- vii. God keeps my mind in perfect peace because I trust Him. (Isaiah 26:3)

3. BIBLE VERSES & NOTES

- i. Philippians 4:19 – 'My God will supply every need of yours according to his riches in glory in Christ Jesus.' This is the truth but you need to believe it to receive it.
- ii. Psalm 5:12 – 'For you will bless the righteous. LORD, you will surround him with favour as with a shield.' When you were born-again God gave you a new righteous spirit, and He blesses you and showers you with favour. Believe it and expect it so you can see it happen in your life.
- iii. Psalm 103:3-5 – '... who forgives all your sins, who heals all your diseases, ⁴who redeems your life from destruction, who crowns you with loving kindness and tender mercies, ⁵who satisfies your desire with good things, so that your youth is renewed like the eagle's.' With Jesus as your Lord, these wonderful truths are true for you – believe and receive.
- iv. Ephesians 1:3 – 'Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ.' As a born-again Christian God has already blessed you with every blessing. Decide to believe it and start to experience His wonderful blessings in your life.
- v. 2 Corinthians 9:8 – 'And God is able to make all grace abound to you, that you, always having all sufficiency in everything, may abound to every good work.' This verse comes in the middle of a long passage about money. God does not want you to be poor. He wants to give you more than you need so you don't lack anything, and so you have enough money over to be able to further His work and help others.
- vi. Psalm 1:1&3 – 'His delight is in the LORD's law. On his law he meditates day and night ... ³... Whatever he does shall prosper.' As we focus on God's Word and believe it, we have His promise that every good thing we put our hand to will prosper.
- vii. Psalm 23:6 – 'Surely goodness and loving kindness shall follow me all the days of my life, and I will dwell in the LORD's house forever.' Be born-again and this will be true of you. Believe it and enjoy.

4. In the name of Jesus I declare that I AM HEALED

- i. God anointed Jesus with the Holy Spirit and with power, and He went about doing good and healing all who were oppressed by the devil. (Acts 10:38)
- ii. The Lord heals me. (Exodus 15:26)
- iii. The Lord heals my broken heart, and binds up my wounds. (Psalm 147:3)
- iv. Christ redeemed me from the curse of the law, having become a curse for me as He died. (Galatians 3:13)
- v. Jesus took my infirmities and bore my diseases. (Matthew 8:17)
- vi. I have been healed by His wounds. (1 Peter 2:24)
- vii. Jesus came that I may have life, and have it abundantly. (John 10:10)

4. BIBLE VERSES & NOTES

- i. Acts 10:38 – ‘God anointed him (Jesus) with the Holy Spirit and with power, who went about doing good and healing all who were oppressed by the devil.’ **Jesus never said no to anyone who came to Him for healing. He never said the time wasn’t right or they needed to learn something first or that God was punishing them. Whenever someone had faith for healing, He healed them. And He said He only did what His Father was doing. Be assured – God wants you well.**
- ii. Exodus 15:26 – “I am the LORD who heals you.” **God has always been in the business of healing.**
- iii. Psalm 147:3 – ‘He heals the broken in heart, and binds up their wounds.’ **God also wants you to be emotionally well. He is the only one who can truly mend a broken heart.**
- iv. Galatians 3:13 – ‘Christ redeemed us from the curse of the law, having become a curse for us. For it is written, “Cursed is everyone who hangs on a tree.”’ **Before Jesus, God had to punish sin and part of that punishment was the curse of sickness. But on the Cross Jesus became the curse for us so we can walk free of it and receive God’s best for us including our healing.**
- v. Matthew 8:17 – “He took our infirmities and bore our diseases.” **This is talking about Jesus. As He was tortured and died on the Cross, He took every sickness and disease that has ever been suffered and ever will be suffered, on Himself, and won the victory over it all so we could be well.**
- vi. 1 Peter 2:24 – ‘You were healed by his wounds.’ **This is the result of Jesus carrying all sickness – we were healed. The verb is past tense – the job has been done. In the spiritual realm we are already healed and we have the authority to command that healing to manifest in our bodies and in the bodies of those we minister to who have the faith to receive it.**
 - vii. John 10:10 – “I came that they may have life, and may have it abundantly.” **This is what Jesus came to earth for – to make it possible for us to live an abundant life. And part of that is walking in health.**