



SHE IS SINGLE.
SHE IS STRONG.



Declarations of God's Word

Strengthening Single Women to Thrive,
Living Your Best Life NOW!

Hope, Joy, Wisdom & Peace in the Waiting

As women there will be trials we go through, but we have an anchor—our good Shepherd, who promises to lead us and to never leave or forsake us. He is right there with us. He's made a way for us to tap into His supernatural grace, joy and strength as we wait on Him. In our journey—single or married—it's important to remember these four vital keys as you lean into God's word for faith, hope and victory, regardless of your marital status, situation or circumstance. His word does not return to Him void. Isaiah 55:11 (NKJV) What has He promised you? May you find strength, joy and peace as you lean into Him in the wait, as well as in every season of your life! ❤️

01

Although it can be a blessing, sometimes being single can be exhausting. When you find yourself down and out, be honest with yourself and those you trust. **Acknowledge and identify** any loneliness, pain or even feelings of isolation that you may be going through. If you ever find yourself depressed or discouraged, it's not a time to ignore it. Identify it, call it out, and share with at least one safe person and tackle it together. Emotions are good but to sit in negative emotions for too long is not. Even in this first step, you will feel lighter!

02

Once you've identified and acknowledged how or what you may be feeling, **get God's perspective on it.** Find out what His word says. What can you do (realistically and emotionally) to line up with God's word? Pray? Declare? Worship? Meditate in His word? Whatever the answer, it needs to be something to build your faith, and strengthen you from the inside out. Faith comes by hearing His word, so this is imperative to victory and finding purpose and strength as you navigate this beautiful journey called life!

03

Commit to Him to doing that faith-building action on a regular basis. Whether it's worshipping Him daily, or if it's declaring God's word (meaning speaking His word out loud), commit to it, knowing that He will meet you where you're at. You may not know if it's going to be a week, 14 days, 21 days, 30 or longer, but just commit to what you believe you're to do. Proverbs 16:3 tells us, "Commit your works to the Lord, and your thoughts will be established." Now *that's* something we all need!

04

Do it with all your heart, soul and mind and give Him thanks. Remember the man who said to Jesus, "I believe...help my unbelief." God doesn't expect perfection. He just wants you to be honest with yourself and with Him. He is the God who formed you. He sees you and knows you. He wants you to trust Him. As you walk out what you've committed to Him, do it as best as you can with all of your heart, knowing He *will* come through. Call on His name. He will help, heal and deliver you. Thank Him instead of being anxious, fixated on or worrying about it. Praise Him and call out to Him. He promises to answer. Jeremiah 33:3 (NKJV); He tells us to be strong and of good courage, reminding us we are not alone. Joshua 1:6, 9 (NKJV)

Enjoy the following declarations and prayers. Remember—say them out loud...over and over (and over) again until you're fully convinced and believe it!

In Psalm 34:19 (ESV) Your word says, "Many are the afflictions of the righteous, but the Lord delivers him out of them all." Therefore, afflictions do not disqualify me from being the righteousness of God in Christ. And I declare that no matter what afflictions may come, You promise to deliver me out of them ALL! It doesn't matter how I feel or what the circumstances are, You promise to deliver me, so even now, I thank You for doing that very thing.

Father, in Psalm 103:2-3 (NKJV) Your word says, "Bless the Lord, O my soul, and forget not all His benefits: who forgives all your iniquities, who heals all your diseases." So, with my mouth and out loud, I bless You with all that I am. I bless You because You are worthy. I bless You because You are with me and because You have forgiven me of all my sin. I bless You today because Your word says You heal all of my diseases. Thank You for forgiving me and for healing my heart, my sadness, my anxiety today. I receive Your peace during the storm. Thank You for it.

Deuteronomy 8:18 says, "But you shall remember the Lord your God, for it is He who is giving you power to make wealth, that He may confirm His covenant which He swore to your fathers, as it is this day." Lord, I take this time to remember You--not just verbally, but with my whole heart and with my mind. I remember the good things You have done. I don't forget that You ... [Fill in three - five things the Lord did for you].

Because Your word says, "Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things..." (Phil. 4:8), I choose to meditate--think on--speak out loud, about the things that are true, about the things that are pure, about the things that are lovely and that are of a good report. Those things trying plague me and bring me down, are the things I cast down--even now--from my mind and my thoughts.

Lord, Your word tells me in 2 Corinthians 10:4, 5, that the weapons of my warfare of mighty through You for the "... pulling down of strongholds," and that because of that I can cast down imaginations, and every high thing that exalts itself against the knowledge of God...bringing into captivity every thought to the obedience of Christ...", and so I cast down every one of those thoughts of depression, doubt, discouragement and declare that my mind receives God's thoughts towards me, which are thoughts of peace and not of evil, to give me a future and a hope (Jeremiah 29:11).

As I get Your word out of my mouth, not only am I stirring up the gift that is in me through You (2 Timothy 1:6, NKJV), but I sense my faith rising as Your word tells us that faith comes by hearing and hearing by the word of God (Romans 10:17).

In The Passion Translation version of God's word, it says, "The one I love calls to me: Arise, my dearest. Hurry, my darling. Come away with me! I have come as you have asked to draw you to my heart and lead you out. For now is the time, my beautiful one. The season has changed, the bondage of your barren winter has ended, and the season of hiding is over and gone. The rains have soaked the earth and left it bright with blossoming flowers. The season for singing and pruning the vines has arrived. I hear the cooing of doves in our land, filling the air with songs to awaken you and guide you forth. Can you not discern this new day of destiny breaking forth around you? The early signs of my purposes and plans are bursting forth. The budding vines of new life are now blooming everywhere. The fragrance of their flowers whispers, "There is change in the air." Arise, my love, my beautiful companion, and run with me to the higher place. For now is the time to arise and come away with me.

For you are my dove, hidden in the split-open rock. It was I who took you and hid you up high in the secret stairway of the sky. Let me see your radiant face and hear your sweet voice. How beautiful your eyes of worship and lovely your voice in prayer. You must catch the troubling foxes, those sly little foxes that hinder our relationship. For they raid our budding vineyard of love to ruin what I've planted within you. Will you catch them and remove them for me? We will do it together." Song of Songs, 2:10-15 TPT

How You love me! Your love for me is great. There is no greater love that I'll ever need than Yours! Thank You for calling me, choosing me and loving me.

Lord, Your word tells me in 2 Corinthians 10:4, 5, that the weapons of my warfare of mighty through You for the "... pulling down of strongholds," and that because of that I can cast down imaginations, and every high thing that exalts itself against the knowledge of God...bringing into captivity every thought to the obedience of Christ...", and so I cast down every one of those thoughts of depression, doubt, discouragement and declare that my mind receives God's thoughts towards me, which are thoughts of peace and not of evil, to give me a future and a hope (Jeremiah 29:11).

As I get Your word out of my mouth, not only am I stirring up the gift that is in me through You (2 Timothy 1:6, NKJV), but I sense my faith rising as Your word tells us that faith comes by hearing and hearing by the word of God (Romans 10:17).

Thank You that no matter what I'm going through, You, _____ (fill in with His Holy name to/for you), are with me. You said that I am to, "... Be strong and of good courage; do not be afraid, nor be dismayed, for the Lord your God is with you wherever you go," (Joshua 1:5-9) so You are with me. Thank You for that. Thank You for Your faithfulness to me. Thank You for love, for choosing me and calling me Your own, according to Isaiah 43:1, 2, where you said, "But now, thus says the Lord, who created you...And He who formed you ... "Fear not, for I have redeemed you; I have called you by your name; You are Mine..."

Lord, I am Yours and You are mine. I declare these things in faith, I ask, and I say, "... let it be to me according to Your word, which I have spoken, in Jesus' Name, Amen."

Speak these declarations and prayers as often as needed until you have the victory, strength and His joy! And even then, continue to open your mouth wide with God's word. You have the victory 'cause He's got YOU!

Cyndi Galley

FOUNDER, SHE IS SINGLE, SHE IS STRONG™

Scripture to Remind You Who You Are



May the God of hope fill you
with all joy and peace in believing,
so that by the power of the
Holy Spirit you may abound in hope.

ROMANS 15:13

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He will rejoice over you
with gladness.
He will quiet you
by His love.

ZEPHANIAH 3:7



Who shall separate us from
the love of Christ?

ROMANS 8:35

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For God sent not
his Son into the
world to condemn
the world; but
that the world
through him
might be saved.
John 3:17

Scripture to Strengthen You



Scripture to Build Your Faith

*When the cares of my heart are many,
your consolations cheer my soul.*

PSALM 94:19

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*Be joyful always,
Pray continually,
Give thanks in all circumstances...*

1 THESSALONIANS 5:16-18

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*Giving thanks always
concerning all things
in the name of our Lord*

Jesus Christ,

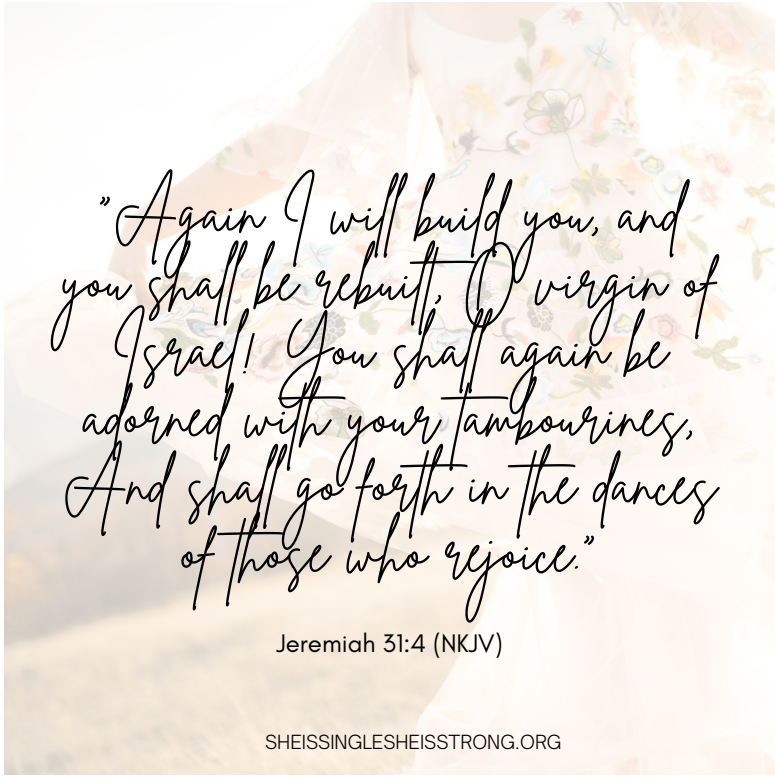
to God, even the Father;

Ephesians 5:20

*When the cares of my
heart are many, your
consolations cheer my
soul.*

PSALM 94:19

Scripture to Build Your Faith



"Again I will build you, and you shall be rebuilt; O virgin of Israel! You shall again be adorned with your tambourines, And shall go forth in the dances of those who rejoice."

Jeremiah 31:4 (NKJV)

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Prepare your outside work, Make it fit for yourself in the field; And afterward build your house."

Jeremiah 33:3 (NKJV)

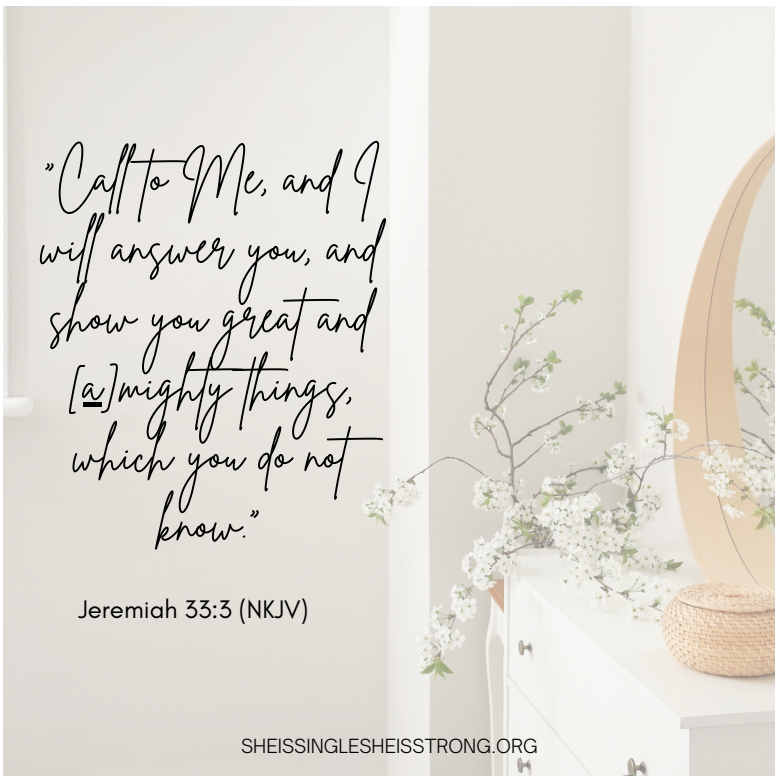
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"Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;"

Philippians 4:6 NKJV)

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"Call to Me, and I will answer you, and show you great and [a]mighty things, which you do not know."

Jeremiah 33:3 (NKJV)

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