

Marriage Conference

“The best is yet to come!” - Pieter & Melinda

Welcome to the Arise & Shine Marriage Conference 2026!

We believe with our whole hearts that your best years are in front of you, and regardless of how long you have been married, you're just getting started. No matter why you are here today, God is going to meet you right where you are and give you fresh vision and hope for the future. This mini workbook is designed to give you practical tools you can take home and use after the conference. The resources in this workbook are tools we have used when ministering to other couples, and we also use these prayers and resources in our own marriage. This miniworkbook will cover several key areas during the sessions such as:

1. Mind renewal, the power of our words, and affirmations (speaking life).
2. The supernatural power of forgiveness.
3. Deliverance, breaking generational cycles, and releasing generational blessings.
4. Dreaming together and hope for the future.

We believe these four keys will transform and unlock any marriage.

We are so glad you are here and we truly believe the best is yet to come!

With joy and expectation,

Pieter & Melinda

Session 1: Renew Your Mind, Transform Your Marriage

“And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.” - Romans 12:2

“Then Jesus said to those Jews who believed Him, “If you abide in My word, you are My disciples indeed. And you shall know the truth, and the truth shall make you free.” - John 8:31-32

“For though we walk in the flesh, we do not war according to the flesh. For the weapons of our warfare are not [a]carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ,” - 2 Corinthians 10:3-5

“Set your mind on things above, not on things on the earth.” - Colossians 3:2

The truth about our thoughts:

- Our thoughts are not always the truth.
- Our thoughts are not always from us.
- We can be transformed by intentionally choosing new thoughts.

Thoughts are primarily from:

- The Lord - the Father, Son, or Holy Spirit
- The enemy - flaming arrows or darts described in Ephesians 6:16
- Our soul - the mind, will, and emotions
- Our spirit - where the Holy Spirit dwells
- Others - sometimes we can pick up on the atmosphere around us

The primary purpose of the enemy's lies is to:

- Get us to believe a lie
- Get us to believe we are sinful or evil
- Get us to believe the thought originated with us (resulting in guilt, shame and condemnation)
- Get us to agree that “something is wrong with us”
- Get us to act on the idea or thought

How do I know if a thought is from God?

Thoughts that originate from God will always:

- Have hope attached to them
- Lead us to a solution
- Call us higher
- Come in the form of love
- Lead us into more truth
- Give us hope for the future
- Line up with the truth in the Bible
- Note: Even if the Lord asks us to repent, the repentance is always to lead us into greater freedom, solutions, and into greater truth.

The 7-Steps of Mind Renewal:

1. Identify areas that are lacking hope
2. Identify Lies the enemy has caused the person to believe
3. Identify Vows: (a vow is an inner agreement)
4. Forgive (use the forgiveness prayer if necessary)

5. Discover the truth
6. Declarations: Turn the prophetic revelation into several truth declarations.
7. Prophetic Vision for the Future

Step 1: Identify areas in your life lacking hope (lacking hope is an indicator we are believing a lie).

What are the areas in your life that are lacking hope? Are there areas right now I am having trouble seeing hope for? Is the Holy Spirit highlighting a certain area He wants to talk to you about? Ask the Holy Spirit to show you a picture, speak a word to you, speak a scripture, or show them an impression.

Step 2: Identify the Lies from the Enemy

What are the lies the enemy has caused me to believe? Where did the lie originate? (if the lie was caused by another person, forgiveness could be necessary - use the forgiveness prayer). What lies are the enemy telling you about this area?

Step 3: Identify the Vows

Vows are inner agreements we make in our hearts and sometimes words we have spoken out for the purpose of protecting ourselves from experiencing more pain.

Here are a few examples of lies and vows:

Lies:

- You deserved what happened because of your past sins.
- God won't protect you.
- You must take care of everyone else.
- Something is wrong with you.
- You're not a good Christian.
- You're not a good wife/husband.

Vows (inner agreements made for self-protection) sound like:

Because of the lie, therefore.....

- I will withhold my heart to protect myself from experiencing more pain.
- I will never fully trust myself again.
- I will never fully trust Pieter again.
- I can't really trust God, therefore, I will protect myself.
- I will never...
- I will always....

Did I make a vow as a result of the lies the enemy caused me to believe (a vow is an inner agreement)?

Renounce the vow: I renounce the lie and the vow I made when I said in my heart or out loud_____.

Step 4: Forgive

The forgiveness step is not always necessary, but if you feel like you need to forgive, you can use the forgiveness prayer.

Step 5: Discover the Truth

Ask the Holy Spirit, what is the truth? (He might show them a picture or speak a word or the person might sense something). Use the truth declarations or whatever you are hearing over the person if they feel stuck.

- Declare the truth out loud and write it down.
- The truth will always line up with scripture.

Step 6: Declarations

Turn the truth into several declarations. Try to write down several truth declarations.

Identity Truth Declarations

- I am God's workmanship - Ephesians 2:10
- I am filled with His Spirit - Romans 8:11
- I am worthy - Isaiah 43:4
- I am enough - 2 Corinthians 12:9
- I am loved - Romans 8:11
- I am known by God - Psalm 139:13-14
- I have the mind of Christ - 1 Corinthians 2:16
- I am a glory carrier - John 17:22
- I am strong when I am weak - 2 Corinthians 12:10
- I am confident God is for me - Romans 8:3
- I am abounding in hope by the power of the Holy Spirit - Romans 15:13
- I am alive in Christ - Romans 6:4, Ephesians 2:4-5
- I am His bride - Isaiah 54:4
- I am full of peace - John 14:27
- I am blessed - Deuteronomy 28:2-13
- I am as bold as a lion - Proverbs 28:1
- I was created for good works, and I will walk in them - Ephesians 2:10
- I am seated in heavenly places - Ephesians 2:6
- I am created in His image - Genesis 1:27
- I am God's child - John 1:12
- I am Jesus' friend - John 15:15
- I am adopted into God's family - Romans 8:15
- I am blessed - Ephesians 1:3
- I am completely forgiven - Colossians 2:13
- I am the head and not the tail - Deuteronomy 28:13
- I am healed by his wounds - 1 Peter 2:24
- I am a citizen of heaven - Ephesians 2:19
- I am dead to sin and alive to God - Romans 6:11
- I am able to do what Jesus did and even greater things - John 14:12
- I am righteous and holy - Ephesians 4:24
- I am beautiful - Ecclesiastes 3:11

- I am able to do all things through Christ - Philippians 4:13
- I am brought near - Ephesians 2:13
- I am delighted in - Isaiah 42:1
- I am more than a conqueror - Romans 8:37
- I am God's chosen and special possession - 1 Peter 2:9
- I am anointed - 1 John 2:20

Other truth examples:

- God loves me!
- God is protecting me.
- God was always with me.
- God is my provider.

Step 7: Prophetic Destiny & Vision for the Future

"Where there is no vision, the people perish..." Proverbs 29:18 (KJV)

One of the most important aspects of the 7-step process of deliverance is a person leaving with a prophetic vision for the future. Write down what the Lord shows you about the future of you and your spouse. What is the Lord showing you 5 years from now? 10 years from now? 15 years from now? 20?

Affirmations

One of the tools we were given as a part of a plan in our marriage to stir up love was to make affirmations. I would highly recommend not skipping this step, as affirmations were a huge key for us to help learn how to reconnect our hearts as we were rebuilding our marriage. Speaking life into each other can feel so vulnerable at first, but making affirmations is transformational.

The idea of affirmations is to speak life into areas where you and your spouse need to hear it the most. I realized from our inner healing sessions that I felt unprotected and rejected my entire life. Pieter's affairs only solidified the lie I believed. My heart needed to know that it was safe and protected by Pieter, so Pieter would say things to me like, "I will always be there for you, and I will always protect you." The key is to identify areas where our spouse has felt the most wounded and speak life directly into those areas. Pieter felt alone and abandoned, so I would say things like, "I will never leave you or abandon you."

We started speaking affirmations before intimacy in the bedroom ever started, and the result was increased pleasure, heart connection, and a deeper fulfillment from our time in the bedroom than we had ever known. Affirmations are not meant to be used for the purpose of "getting your spouse" into the bedroom, but they can be a great way to get your heart connected before you start your intimate time together. Speaking directly into the heart of our spouse is one of the most fulfilling things you can do to connect your hearts to each other.

The idea is that affirmations speak directly into the heart of your spouse, where they need to hear from you the most. Affirmations can feel uncomfortable at first, but over time, you will learn to love the intentional activity of speaking life into each other. Twice per day, we would sit with each other in a quiet space, and affirm each other for ten minutes (each person has ten minutes to speak). During the affirmations, the spouse who is speaking is the only one allowed to talk. It's incredibly powerful to hear affirmation, love, and blessings coming from your spouse.

The other thing I like to say is that good sex starts before the bedroom. Good sex is an overflow of two people who feel loved and heart connected before they ever go into the bedroom to be intimate. This is why affirmations are so important. We can't assume that the other spouse knows how we are feeling or can read our minds. We need to speak into our spouse so that they know that we love them. Assuming that our spouse knows what we think about them is a trap.

I remember when I started speaking life into Pieter. He would cry occasionally and get highly emotional as I spoke life into his heart. This was because he never heard me say those things about him. I thought he knew how I felt about him in those areas, but as we started affirming each other, I realized I had never spoken some of those things out loud.

I remember when Pieter started affirming me. I realized that my heart desperately needed to hear affirmations from Pieter. I longed to hear how Pieter felt about me and how much he loved me. It was also amazing to hear all the things he appreciated about me. He thought I already knew how I felt, but I did not know, because he had never said those things out loud to me. It's amazing what we can assume in a marriage.

I found affirmations to be so life-giving for both of us. Those life-giving words became an anchor for my heart and soul to hold onto. Today, we try to do affirmations now at least three times per week. We don't do them every day anymore, but I would say if you are just recovering from an affair, it's important to do affirmations at least twice per day, especially for the first year or two as your marriage is being restored.

You will be blown away by how powerful affirmations can be for your marriage. When you are first starting out, you might not have many words to say during your 10 minutes. It's OK if you can only get out a few sentences. You can use the list below to help get you started. You also might be tempted to laugh as you're looking each

other in the eyes and saying things that are very vulnerable. And that is also completely OK! Joy and fun in a marriage is important.

Sometimes Pieter and I would cry while doing affirmations and other times we would laugh. I would say the important thing is to have fun and take this time to connect and speak life into each other. The point is to get in the habit of speaking life into our spouse. It's important to extend grace to a spouse who is maybe not comfortable in this area. It can take some time to get into the habit of speaking life over each other.

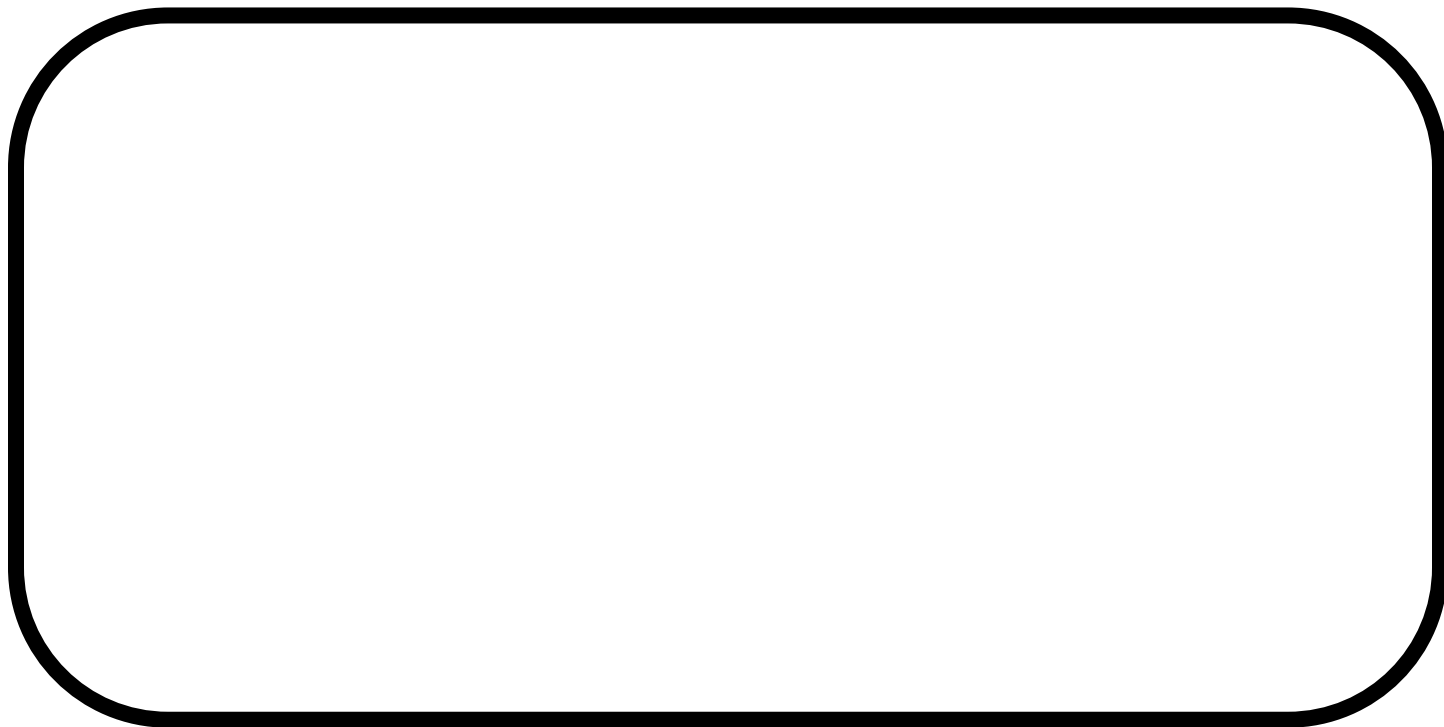
Use the list below to identify areas you need to hear affirmations. Circle the areas you need to hear the most from your spouse. You can also make your own affirmations by creating a list that is personal to you. Take time to make affirmations with your spouse for ten minutes (each way for 20 minutes total). The spouse who is receiving the affirmations must remain quiet and just receive. Write down what you experienced after making affirmations intentionally for at least 30 days.

We have included several affirmations below to help get you started:

- I am so thankful for who you are and the person God created you to be.
- You carry wisdom, strength, and kindness in everything you do.
- I see the goodness of God reflected in your life.
- You are a person of integrity and character.
- I trust you with my heart.
- You make our home stronger simply by being you.
- I admire the strength and perseverance I see in you.
- You inspire me to be a better person.
- I deeply appreciate you and the love you bring into my life.
- I am grateful that God chose you to walk through life with me.
- I will take care of you and protect you.
- I will never leave you.
- You are my best friend.
- I appreciate when you...
- I love you and appreciate you.
- I will always be faithful to you.
- I will never leave you.
- I will always take care of you.
- I appreciate that you did this today....
- I love this about you....
- I want you to know how much I love you for....
- Thank you for the way you...
- I love doing life with you.
- I appreciate _____ about you.
- You are one of the greatest blessings God has given me.
- I am proud of you and the way you live your life.
- You are the person I can't wait to see at the end of each day.
- I love being married to you.
- You bring joy and love into our family.
- Thank you for the way you....

- I cherish you and adore you.
- I believe in the dreams God has placed in your heart.
- You are courageous and brave.
- I am so proud of you.
- You are capable of accomplishing incredible things.
- I love how you continue to grow and pursue healing.
- Your perseverance inspires me.
- You are such a good father or mother.
- Our kids are so blessed to have you as their mother or father.
- You are becoming stronger and more confident every day.
- I am thankful we get to walk through life side by side.
- I never want to do life without you.
- Our marriage is getting better every day.
- You are beautiful (or handsome).
- You make our marriage better.
- I love and trust the way you care for our family.
- I am committed to building a beautiful life with you.
- I will always be here for you.
- You are safe with me.
- I am grateful every day that you are my spouse.
- I'm so thankful to have you as my best friend and spouse.
- You are the biggest blessing in my life.

Create your own personal affirmations below:

A large, empty rounded rectangular box with a thick black border, intended for writing personal affirmations.

Session 2: Forgiveness, The Weapon That Unlocks Destiny

The Pardon of Forgiveness

Forgiveness is one of the most powerful weapons available to believers in the kingdom of God, and the devil knows it. We have ministered to hundreds of people, and the one thing we repeatedly observe is the need for people to forgive. But I we have also seen time and time again, the supernatural power of forgiveness and its power to transform a person and a marriage.

Here is how forgiveness is defined in strong's concordance:

- Dismissal, release, pardon
- Releasing someone from an obligation and a debt
- The excusing of an offense without exacting a penalty
- A release from the legal penalties of an offense
- An official warrant of remission of penalty
- A **royal pardon**

Genuine forgiveness is issuing a **royal pardon** in the spirit realm by declaring, *"I no longer hold you responsible for what you did to me."* **Forgiveness does not mean we allow people to repeatedly hurt us.** However, as we work to restore our marriages, we must refuse to weaponize the wrongdoing, and use the offense as leverage against our spouse in the future. True forgiveness means we leave the offense at the cross. I forgave Pieter for the affairs in our inner healing and deliverance intensive, knowing that I was issuing a pardon.

When we are hurting it is *so tempting* to weaponize the pain we are feeling by constantly reminding our spouse of what they did. There were many times I wanted to remind Pieter of the affairs he had, but the Lord said to my heart, "Melinda, every time you remind Pieter of his past sin that he has already repented for, you are bringing garbage back into the marriage."

Of course, Pieter and I still needed to talk about the pain the affairs had caused, as well as how to create healthy boundaries within our relationship in order to move forward in a healthy way. Forgiveness does not mean we deny the past has happened, or that we ignore our feelings. However, there are healthy ways to talk about our feelings that do not involve using the past as a weapon against our spouse. The bottom line is that we cannot keep bringing the past into our marriages and expect them to thrive at the same time.

The Forgiveness Prayer

1. Release and let go
2. Identify the lies
3. Identify the vows
4. Discover the truth
5. Renounce the lie and vow

6. Declare the truth
7. Turn the truth into a declaration!

1. **Release and let go:** Jesus, I choose to forgive_____ for what they did to me. I release them to you. for when_____ (describe the event or what happened). When this happened, I was caused to feel_____ (use the emotional pain words below). Just as You took all the pain and consequences of my sin to the cross, I now choose to do the same. So I choose to take the pain and consequences that _____ (Name of person, myself, or God) caused me to feel to the cross without blame. I relinquish my right to hold onto that pain and nail it to the cross just as you did for me.
2. **Identify the Lies:** Jesus, what lies were I caused to believe about myself (identity/purpose/ability statements) from this circumstance? What do you see, sense, and/or hear? You might see a picture or hear a word or sense something.
3. **Identify the Vows:** Jesus, what were the vows I agreed to because of these lies? (Vows are inner agreements).
 - a. Examples of lies and vows:
 - i. I am never enough (lie), therefore I will stop trying (vow).
 - ii. I can't trust anyone (lie), therefore I will guard my heart (vow).
 - iii. I can never change (lie), therefore I will not even try (vow).
4. **Discover the Truth through an encounter:** Jesus, Your word is the truth and sanctifies me. What is the truth that you would speak into my heart over this situation? What is the truth about myself?
5. **Renounce (break agreement with) the Lies and Vows:** Jesus, in your name and by your blood, I renounce the enemy's accusations and lies I believed when I said in my heart_____ (state all the lies and vows).
6. **Declare the Truth:** I now choose to believe the truth of what you spoke when you said _____ (state all the truths - try to get several!). Turn the truth into several powerful declarations! Here are a few examples: The Father loves me! I am powerful! I am anointed! I carry the love and power of God! I am in God's perfect timing! My body is thriving! My mind is powerful and sound! I am worthy of love! The most important part of forgiveness is the truth revealed.
7. **Prayer for a deliverance:** In the name of Jesus, I command any demonic spirits that came in through my unforgiveness and bitterness to leave now and the name of Jesus.

Emotional Pain Words

Abandoned, Accused, Afraid, All my fault, Alone, Always wrong, Angry, Annihilated, Anxious, Apathetic, Ashamed, Awkward, Bad, Belittled, Betrayed, Bewildered, Bitter, Blamed, Can't measure up, Can't trust anyone, Cheap, Cheated, Condemned, Confused, Conspired against, Controlled, Crushed, Cut off, Deceived, Defeated, Defenseless, Defrauded, Degraded, Depressed, Deprived, Deserted, Desires rejected, Despair, Despised, Despondent, Detested, Devalued, Didn't belong, Dirty, Disappointed, Discarded, Discouraged, Disgraced, Dishonored, Disregarded, Disrespected, Dominated, Embarrassed, Empty, Excluded, Exhausted, Exploited, Exposed, Failure, Fearful, Foolish, Forsaken, Friendless, Frightened, Frustrated, Good for nothing, Guilty, Hated, Hate myself, Helpless, Hopeless, Humiliated, Hurt, Hysterical, Ignored, Inadequate, Incompetent, Inferior, Ignored, Inadequate, Incompetent, Inferior, Insecure, In the way, Insensitive to my needs, Insignificant, Invalidated, Invisible, Isolated, Knocked down, Judged, Left out, Lied to, Lonely, Lost, Made fun of, Manipulated, Mistreated, Misunderstood, Mocked, Neglected, No good, No way out, Not affirmed, Not cared for, Not cherished, Not chosen, Not heard, Not listen to, Not needed, Not valued, Opinions not valued, Overwhelmed, Paralyzed, Powerless, Pressured, Pressured to perform, Publicly shamed, Put down rejected,

Repulsed, Resentful, Revenge, Ridiculed, Ruined, Sad, Scared, Separated, Shamed, Silenced, Stepped on, Shattered, Smothered, Stressed, Stupid, Suicidal, Taken advantage of, Terrified, Threatened, Torn apart, Trapped, Trashed, Tripped, Ugly, Unable to speak, Unaccepted, Undesirable, Unfairly judged, Unfairly treated, Unimportant, Unloved, Unlovable, Unnecessary, Unnoticed, Unprotected, Unsafe, Unwanted, Useless, Violated, Vulnerable, Walked on, Wasted, Weak, Worthless, Wounded.



Session 3: Deliverance

Repenting for Sins & Generational Sin Cycles

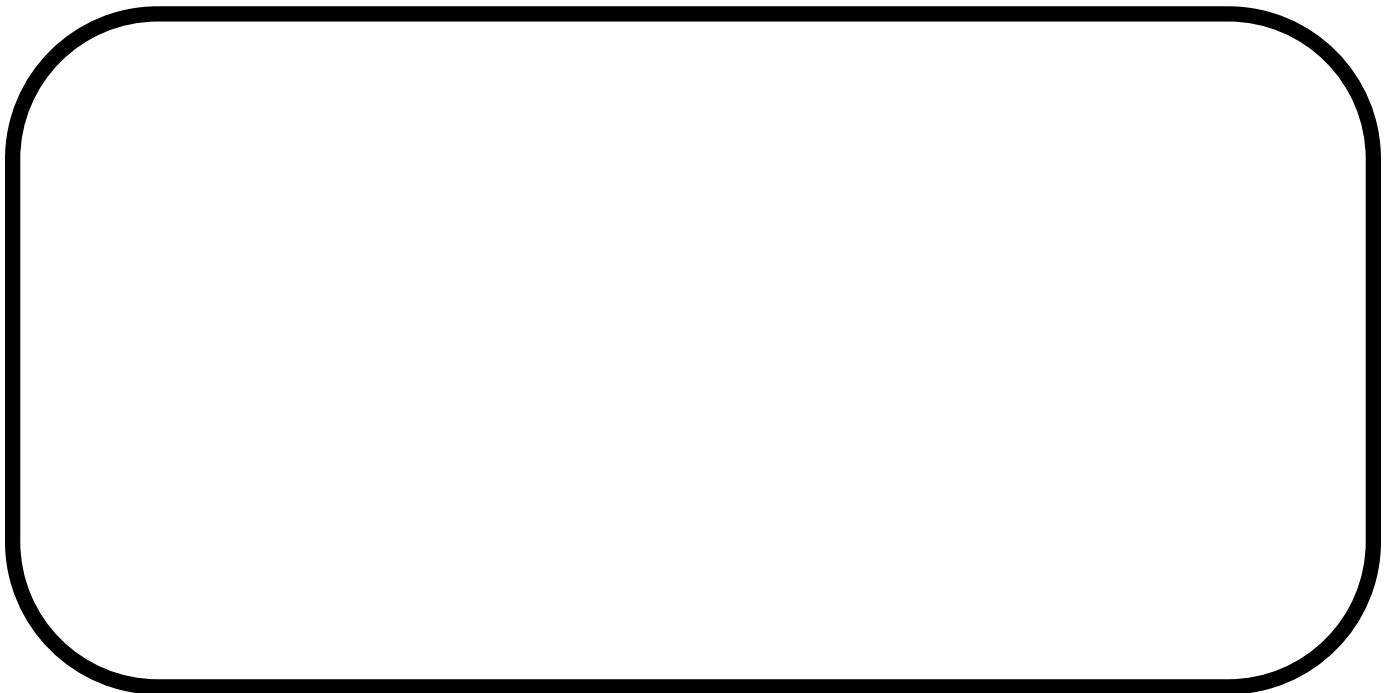
"If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." 1 John 1:9. Repentance (renouncing - breaking agreement) clears the way for deliverance. We should repent for sins from the past, generational sin patterns, as well as any current struggles.

Renounce and repent for (use the prayers below):

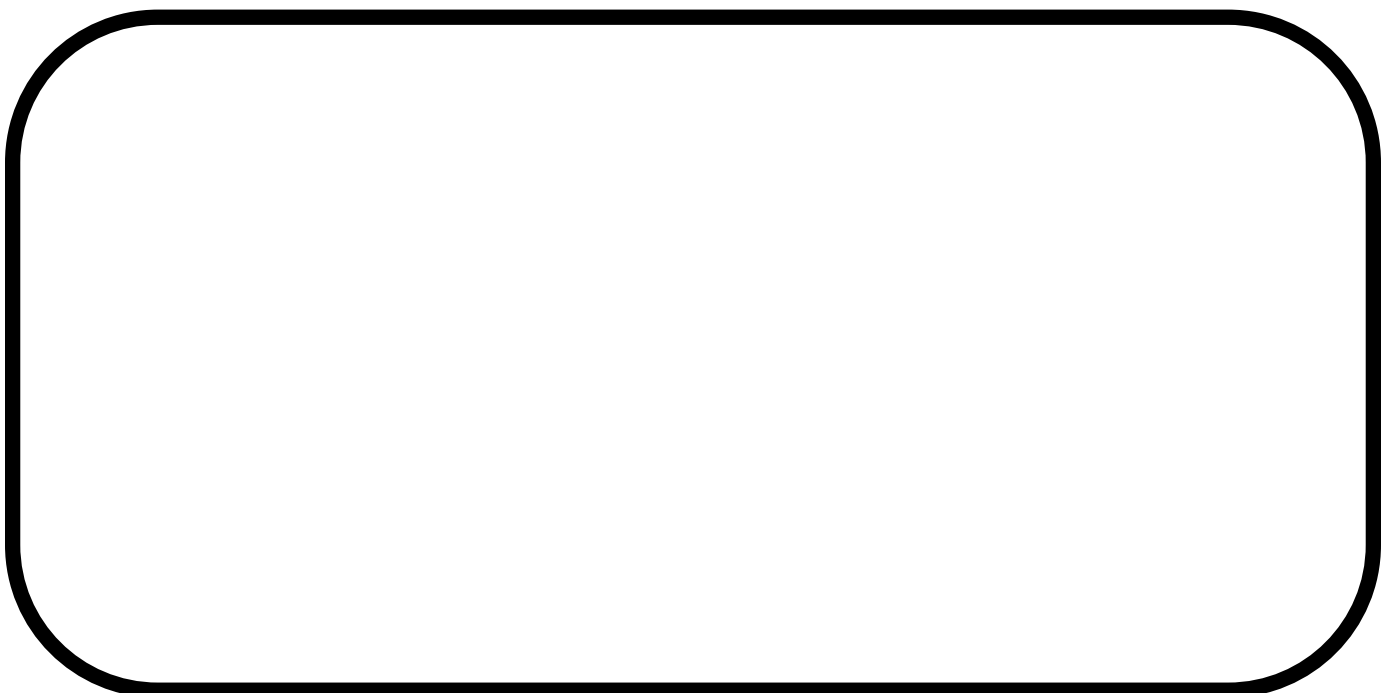
- Witchcraft (Occult/Freemasonry)
- Rebellion
- Idols
- Sexual Sin/Soul Ties
- Hypocrisy
- Pride
- Sins of all kinds
- Stealing
- Jealousy
- Unbelief

Prayer to Break Generational Curses and Release Generational Blessings: Father, thank you for the many blessings in my bloodline. I thank you for your goodness and mercy concerning me and my family line. In the name of Jesus I renounce (say the sin you committed or the generations before you) _____. I repent for this sin (change the way I think and break agreement with sin) and break agreement with it in Jesus' name. I come to you humbly and ask that you forgive me, and the generations before me, for the sins committed in my bloodline. I now cancel the curse over my family line and break its power with the blood of Jesus. I break every demonic soul-tie and agreement that was made concerning this sin and violation of Your spiritual laws. Thank you for your forgiveness and blessings. I now receive the generational blessings you have for my family line and look forward to seeing it manifest in the natural realm. Thank you, Father!

Looking for the gold in the generations: Take time to ask the Lord what are the generational blessings in my family line? What are the gifts, callings, and anointings in myself and my spouse?



Deliverance Prayer and Activation:



Session 4: Dare to Dream Together

“Without a prophetic vision, the people perish...” Proverbs 29:18

“For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.” Ephesians 2:10

1. Prophetic vision reminds us of what we are believing God for
2. Prophetic vision reminds us of specific promises God has spoken to us
3. Prophetic vision reminds us of the people we are going to help
4. Prophetic vision is a way to “war with our prophetic words” (1 Timothy 1:18)
5. Prophetic vision gives us hope for the future.

Create a **Marriage Dream Board**:

1. Take time to sit with the Lord and ask Him for prophetic vision.
2. Write down what you see, without any limitations or thinking about “how” the vision could be accomplished.
3. Write down 100 dreams you want to accomplish by the end of your life.
4. Write down any prophetic words you have received.
5. Write down who your dreams will impact (Melinda’s Example: My book will help restore millions of marriages.)
6. Use a cork board (that’s what we use!) or anything that will allow you to add dreams and pictures.
7. Fill your Marriage Dream Board with: Photos or print out pictures that align with your dreams or promises (I had a photo of myself preaching to thousands of people on my vision board along with a picture of our family with the word “saved” above them). Declarations that match the dream. Scriptures to declare over your dreams. Specific prayers (write what you are believing God for)

Dream Activation:

Marriage Declarations

1. We are committed to one another as Christ is committed to His Church. (Ephesians 5:25)
2. Our love for each other grows deeper every day. (1 Corinthians 13:4-7)
3. We choose to forgive each other daily as God forgave us. (Ephesians 4:32)
4. We choose to see the best in each other and focus on the good. (Philippians 4:8)
5. Together, we will face every challenge with God's strength. (Philippians 4:13)
6. Our marriage is built on a foundation of love and trust. (1 Corinthians 13:7)
7. We speak life, hope, and encouragement into each other's hearts. (Proverbs 18:21)
8. We honor and respect one another in all things. (1 Peter 2:17)
9. Our home is filled with peace and joy. (Philippians 4:7)
10. We support one another's dreams and aspirations. (Ecclesiastes 4:9-10)
11. Together, we seek God's guidance in every decision. (Proverbs 3:5-6)
12. We experience intimacy and connection in our relationship. (Song of Solomon 2:16)
13. Our love is patient and kind, refusing to keep a record of wrongs. (1 Corinthians 13:5)
14. We will laugh, play, and enjoy life together. (Proverbs 17:22)
15. We talk about our hopes and dreams together.
16. We will communicate openly and honestly, without fear. (James 1:19)
17. In trials, we stand together, united and strong. (Ecclesiastes 4:12)
18. We will nurture our marriage and prioritize time together. (Mark 10:9)
19. Our relationship is a testimony of God's grace and love. (2 Corinthians 12:9)
20. Every day, we choose to love each other sacrificially. (John 15:13)
21. We will bear with one another in love and humility. (Ephesians 4:2)
22. We trust that God is working in our marriage and guiding our paths. (Jeremiah 29:11)
23. We will cultivate gratitude and joy in our relationship. (1 Thessalonians 5:16-18)
24. We engage in spiritual growth together, learning and praying side by side. (Colossians 3:16)
25. Our marriage is a safe space where we can be ourselves. (Romans 15:7)
26. We celebrate each other's strengths and support each other's weaknesses. (Galatians 6:2)

27. We are a reflection of Christ's love to the world. (John 13:35)
28. Our marriage is rooted in faith, and we trust God's timing. (Hebrews 11:1)
29. We prioritize our emotional, spiritual, and physical intimacy. (1 Corinthians 7:3-5)
30. Together, we are stronger than when we stand alone. (Ecclesiastes 4:9-10)
31. We will always speak truthfully to one another. (Ephesians 4:15)
32. We choose joy and laughter. (Nehemiah 8:10)
33. Our prayers together are powerful and effective. (James 5:16)
34. We will not allow external pressures to disrupt our unity. (Philippians 2:2)
35. We express our love through acts of kindness and service. (Galatians 5:13)
36. We commit to being examples of Christ-like behavior. (1 Timothy 4:12)
37. In God's love, we find our peace and security. (Romans 15:13)
38. We always take time to celebrate each other's achievements. (Romans 12:10)
39. We choose to build each other up rather than tear each other down. (Ephesians 4:29)
40. Our commitment to each other is unwavering and steadfast. (1 Corinthians 15:58)
41. We choose to see the best in one another. (Philippians 4:8)
42. In moments of conflict, we will seek resolution and understanding. (Matthew 5:9)
43. Our marriage is blessed.
44. We are grateful for each other daily. (Psalm 119:105)
45. We will demonstrate unconditional love, just as God loves us. (1 John 4:19)
46. We will face challenges with courage, knowing we are not alone. (Isaiah 41:10)
47. We trust God's plan for our marriage and our family. (Proverbs 16:9)
48. Together, we will leave a legacy of love and faith for future generations. (Psalm 127:3-5)
49. We are filled with hope for the future!
50. We believe the best is yet to come!
51. We believe the future of our marriage will be better than the present and together, we have the power to help make it so.
52. There is always a solution for every challenge we face in marriage.
53. No matter what happens, my marriage will be ok.
54. I seek first to understand my spouse, before seeking to be understood.
55. My spouse is always thinking good thoughts about me, and I am doing the same.
56. My intentional forgiveness creates well being in our marriage.
57. I am intentional about having heart connection with my spouse.
58. I do not have to perform to earn my spouse's love.
59. Our future together will be better than the past, and I have the power to help make it so.
60. Our sex life is improving, and is getting more romantic and fun.
61. I am intentional about our sex life.
62. I don't withdraw my heart from my spouse, no matter the circumstance.
63. My spouse wants to be intimate with me and I with them.
64. My spouse is a great parent, and our unique parenting styles only make us stronger.
65. I am not responsible for my spouse's joy level, and they are not responsible for mine.
66. I am intentional in every area of my marriage.
67. I always assume the best in my spouse, and they assume the best in me.
68. I honor my spouse's walk with God, and they honor mine.
69. My spouse loves me and has good thoughts towards me.
70. My spouse is always looking out for my best interest.
71. I am a really amazing husband / wife!

72. My spouse and I are growing closer every day.
73. Our love is growing for each other every day.
74. The Holy Spirit is the ruling Spirit in our marriage.
75. I am really good at believing the best in my spouse.
76. I tenderly care for my spouse's heart each day.
77. I honor God and put Him first in our marriage.
78. I choose to believe the best in my spouse always.
79. I am thankful we are on the same team!
80. I am thankful for my spouse.

Victorious Future Declarations

1. My future is filled with hope because God has good plans for my life. (Jeremiah 29:11)
2. God is completing the good work He began in me. (Philippians 1:6)
3. I am God's masterpiece, created for good works that He prepared in advance for me. (Ephesians 2:10)
4. The path of my life grows brighter and brighter. (Proverbs 4:18)
5. God is leading me into a future greater than my past. (Isaiah 43:18–19)
6. God is working all things together for my good. (Romans 8:28)
7. What the enemy meant for evil, God is turning for good. (Genesis 50:20)
8. Every season of my life is producing eternal fruit. (John 15:5)
9. God is opening new doors that no one can shut. (Revelation 3:8)
10. The Lord is establishing the work of my hands. (Psalm 90:17)
11. My present challenges are producing future glory. (Romans 8:18)
12. God is restoring everything that has been lost. (Joel 2:25)
13. Weeping may endure for a night, but joy is coming in the morning. (Psalm 30:5)
14. The Lord is rebuilding what was broken in my life. (Isaiah 61:4)
15. God is making beauty from the ashes of my past. (Isaiah 61:3)
16. All of God's promises over my life are yes and amen in Christ. (2 Corinthians 1:20)
17. The Lord is faithful to fulfill everything He has spoken. (Numbers 23:19)
18. God's Word will accomplish everything He intends for my life. (Isaiah 55:11)
19. God is guiding my steps into His perfect future. (Proverbs 3:5–6)
20. The Lord is ordering my steps. (Psalm 37:23)
21. Hope in the Lord renews my strength. (Isaiah 40:31)
22. My hope in God will never disappoint me. (Romans 5:5)
23. God fills my heart with joy and peace as I trust Him. (Romans 15:13)
24. My hope is an anchor for my soul. (Hebrews 6:19)
25. The Lord is my refuge and my confident expectation. (Psalm 62:5)
26. The Lord has prepared an inheritance for me. (Ephesians 1:11)
27. God is leading me into my promised land. (Deuteronomy 1:8)
28. My latter days will be greater than my former days. (Job 8:7)
29. The glory of my future will surpass my past. (Haggai 2:9)
30. The Lord is expanding my territory. (1 Chronicles 4:10)
31. I will be strong and courageous because God is with me. (Joshua 1:9)
32. God is lighting the path before me. (Psalm 119:105)
33. The Lord is fighting battles on my behalf. (Exodus 14:14)
34. God is strengthening me for every assignment ahead. (Isaiah 41:10)

35. No weapon formed against my future will prosper. (Isaiah 54:17)
36. God is doing a new thing in my life. (Isaiah 43:19)
37. The Lord is opening rivers in the desert of my circumstances. (Isaiah 43:19)
38. My life is moving from glory to glory. (2 Corinthians 3:18)
39. God is enlarging my vision and my capacity to dream. (Habakkuk 2:2–3)
40. The plans of the Lord for my life will stand. (Proverbs 19:21)
41. The Lord always leads me in triumph in Christ. (2 Corinthians 2:14)
42. I am more than a conqueror through Christ. (Romans 8:37)
43. God is preparing good things ahead of me. (Psalm 31:19)
44. My future is secure in God's faithfulness. (Lamentations 3:22–23)
45. God is blessing my coming and my going. (Deuteronomy 28:6)
46. The Lord is restoring my dreams and vision. (Joel 2:28)
47. God is bringing His promises to life in my story. (Ezekiel 37:5)
48. My future is filled with God's goodness. (Psalm 23:6)
49. The Lord is writing a redemption story through my life. (Psalm 126:1–3)
50. My best days are ahead because God is with me. (Jeremiah 29:11)