

## DECLARATIONS TO RESET YOUR NEURAL PATHWAYS & LOVE YOUR BODY



### **1. “My body is not my enemy; my body is God’s beloved creation.”**

I declare that every part of me was formed intentionally, and I reject every lie that calls my body flawed or unworthy.

### **2. “I bless my body for surviving what tried to destroy me.”**

Every cell, every system, every organ—thank you for holding me when others did not. I speak honor over my physical being.

### **3. “My nervous system is coming under the shalom of God.”**

I prophesy divine regulation: calm where there was chaos, peace where there was panic, safety where there was threat.

### **4. “I choose compassion over criticism. I choose blessing over shame.”**

I break covenant with self-hatred and enter a new covenant with self-nourishment, stewardship, and love.

### **5. “My body is aligned with heaven’s assignment for my life.”**

I declare strength, energy, and vitality to fulfill the calling God placed on me.

### **6. “I receive the truth that my body deserves rest, nourishment, and kindness.”**

No more punishment. No more neglect. I choose care because God calls me worthy.

### **7. “Every neural pathway built by trauma is being rewired by the Holy Spirit.”**

I declare new pathways of joy, acceptance, safety, and embodiment are forming in me.

**8. “I am not behind. I am not broken. I am being rebuilt by God’s hands.”**

I reject the lie that I am too damaged to heal. The Potter is shaping me with tenderness and glory.

**9. “I bless my hormones, metabolism, and cells with divine balance and order.”**

My body is not malfunctioning—my body is healing. Restoration is at work in me.

**10. “I love my body because God calls it His dwelling place.”**

My body is sacred ground. I am not tolerated—I am treasured.

**Prophetic Seal:**

The Lord says, My child, as you speak these words, I will rebuild the places trauma tore down. I am rewiring your reactions, your identity, and your relationship with your physical self. The body you once rejected will become a vessel of joy, strength, and glory. You will live in the body you love.