

# REMIN MY SOUL

*DECLARATIONS DON'T REMIND GOD OF HIS  
PROMISES — THEY REMIND ME OF HIS GOODNESS,  
HIS POWER, AND HIS TRUTH.*

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For every soul that has grown weary in the waiting,  
For every heart that has felt the weight of doubt,  
For every voice that struggled to speak when hope  
felt far away —

This book is for ***you***.

May you be reminded daily:  
You are not forgotten.  
You are not abandoned.  
You are not without hope.

The promises of God are still true.  
His Word still stands.  
And your soul still has a song to sing.

Speak. Declare. Remember.  
And watch your soul rise again.

# INTRODUCTION

## Remind My Soul

There are moments in life when the distance between what we believe and what we feel seems impossibly wide. Moments when fear speaks louder than faith. When lack screams louder than provision. When sickness feels more real than healing. When compromise feels easier than holiness.

It's in these moments that we don't need new promises from God — we need to remind our soul of the promises He already gave.

Declarations are not about convincing God to act.

Declarations are about convincing our own hearts to believe.

They anchor us.

They realign our thoughts.

They refocus our faith.

They strengthen our inner person to stand firm on the unshakable Word of God — no matter what shakes around us.

When we open our mouths and declare His truth, something powerful happens:

Our mind catches up to our spirit.

Our emotions submit to His authority.

Our soul is reminded that His Word is final.

This book is designed to be a simple but powerful tool —

a daily rhythm where you can speak life over yourself,

fuel your faith, and remind your soul of who God is and what He has already done.

Inside, you'll find three areas of daily confession:

- Healing: Declaring God's power to restore and strengthen your body, mind, and spirit.
- Provision: Speaking God's promises of abundant supply and supernatural breakthrough.
- Holiness: Affirming your identity as one set apart — walking in purity, purpose, and power.

Each day, you are invited to do more than read.  
You are invited to speak.

To stand.

To declare — until your soul rises in faith, until your heart burns again with hope, until your life reflects the unstoppable goodness of God.  
This is not a ritual. It's not empty words.  
This is spiritual war.

And your weapon is truth, spoken boldly.

As you walk through this book, my prayer is simple:  
That your soul would be reminded again and again — of the God who heals, provides, sanctifies, and never forgets a single promise He made to you.

***Let's open our mouths.***

***Let's remind our souls.***

***Let's live by every Word that proceeds from the mouth of God.***



# Shift One: In Him

*Remind My Soul: I Am Who God Says I Am*

## Where Identity Begins

Before I can stand in healing, walk in provision, or live in holiness, I must first settle a deeper truth:

### I must know who I am.

Everything in the Christian life flows from identity. If we don't know who we are, we will never walk in the authority, confidence, or freedom Jesus purchased for us. Most believers are struggling—not because God has failed, but because they've forgotten what is true about them *in Him*.

When I say *in Him*, I'm referring to a truth that is repeated more than 130 times in the New Testament: *in Him, in Christ, through Him, or in Whom*. These small phrases contain massive power. They are mirrors that reflect who you are now that you've been born again. They show you a new name, a new position, and a new nature. But here's the issue: Most believers don't look in that mirror. They look in the mirror of opinion.

Of comparison.

Of shame.

Of failure.

Of what they've done or what's been done to them.

But that mirror lies. It reflects the *old you*, not the *real you*.

If the enemy can distort your identity, he can distort your destiny.

Because what you believe about yourself determines what you'll reach for, what you'll fight for, and what you'll settle for.

So today, we're going to declare war on that distorted mirror.

We're going to open the Word, look into the true mirror, and remind our soul:

**"This is who I am. In Him."**

## The Foundation: We Live From Identity, Not For It

Our world is identity-obsessed but spiritually confused.

We're told to "find ourselves" through self-expression, performance, and comparison.

But biblical identity is the opposite. In Christ, **we don't achieve identity — we receive it.**

Let me say that again.

**We don't achieve identity. We receive it.**

Identity doesn't begin with what you do. It begins with where you're positioned.  
And if you are a believer, you are positioned *in Christ*.  
You're not a visitor.  
You're not an outsider.  
You're not trying to climb a ladder to get to God.  
You are already *in Him* — spiritually joined, eternally sealed, and fully accepted in the Beloved.

## **2 Corinthians 5:17 (NKJV)**

*"Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new."*

We don't declare identity to make it happen.  
We declare it because it's already true.

## **Confession Activates Possession**

*"Faith's confessions create realities."*

That doesn't mean we make something true by saying it.  
It means we *experience* its reality by *believing* and *declaring* what's already true in God's Word.

The Bible says,

## **Romans 10:10 (NKJV)**

*"For with the heart one believes unto righteousness, and with the mouth confession is made unto salvation."*

The heart believes.  
The mouth confesses.  
And faith becomes active.  
This is a spiritual law.

Confession doesn't manipulate God — it *aligns you with God*.  
It puts your mind, emotions, and will in agreement with your new nature.  
Too many believers confess defeat while praying for victory.  
They beg for what they already possess.  
They ask God to do what He's already done.

But what would happen if, instead, you started every day by saying:

- "I am in Christ."
- "I am a new creation."
- "There is no condemnation over me."
- "I am the righteousness of God in Christ Jesus."
- "I live, move, and have my being in Him."

Your soul would stop believing the lies of the enemy... and start rising in the truth of your identity.

## Jesus Modeled Confession of Identity

If you study the life of Jesus, you'll see this pattern over and over again:

"I and the Father are one."

"I came from the Father."

"I am the Bread of Life."

"I am the Light of the world."

"I am the Good Shepherd."

"I am the Resurrection and the Life."

"I am the Way, the Truth, and the Life."

Before He healed the sick, raised the dead, or forgave sins, He *confessed who He was*. And He told us to follow in His steps.

When we declare our identity in Christ, we are not being arrogant.

We are being obedient.

## Why Identity Matters Before Healing, Provision, or Holiness

Think about it:

If you don't know who you are in Christ...

- You'll *beg* for healing, thinking God is withholding.
- You'll *struggle* with provision, thinking it's about performance.
- You'll *strive* for holiness, thinking it's about rule-keeping instead of relationship.

But when you know who you are...

- You'll declare healing as your covenant right.
- You'll receive provision as a child of the King.
- You'll walk in holiness because you've been set apart.

You'll stop striving and start standing.

## The Mirror of the Word

Let's take a look in the mirror.

Here are just a few truths the Word reveals about who you are *in Him*:

### Acts 17:28 (KJV)

*"In Him we live and move and have our being."*

### Ephesians 2:10 (NKJV)

*"For we are His workmanship, created in Christ Jesus for good works."*

### Romans 8:1 (NKJV)

*"There is therefore now no condemnation to those who are in Christ Jesus..."*

### 1 John 4:4 (NKJV)

*"Greater is He who is in you than he who is in the world."*

### 1 Corinthians 1:30 (NKJV)

*"But of Him you are in Christ Jesus, who became for us wisdom from God—and righteousness and sanctification and redemption."*



These are not metaphors.

These are declarations sealed by the blood of Jesus.

And if you believe them — and confess them — they will change everything.

## **Daily Declarations: I Am In Him**

Here are some declarations you can speak aloud every morning. Don't just read them — **declare them with faith:**

1. **"I am a new creation in Christ. The old is gone. I live new today."**
2. **"In Him I live, move, and have my being. I carry purpose everywhere I go."**
3. **"There is no condemnation over me. I am fully forgiven and totally free."**
4. **"I am God's workmanship, created with purpose and destiny."**
5. **"Greater is the Spirit of God in me than any spirit in this world."**
6. **"Jesus is my wisdom, righteousness, sanctification, and redemption."**
7. **"I have access, favor, authority, and inheritance — because I am in Him."**
8. **"I do not live from insecurity. I live from identity."**

## **Prayer: My Identity Prayer**

Father,

Thank You that I am no longer defined by my past, my pain, or my performance.

I am defined by Your Word.

You have placed me in Christ.

I am not an outsider. I am a son. I am a daughter.

I am not what I feel. I am not what others say.

I am who You say I am.

I receive my identity today — not with pride, but with bold humility. I am in Him. I am made new.

I am filled with purpose.

I am crowned with grace.

And I will walk in the authority of who I am — every step, every word, every decision.

**Remind my soul.**

**In Jesus' name, Amen.**

## **Closing Thought: Don't Forget Who You Are**

When life gets loud, remember this:

You're not lost.

You're not random.

You're not average.

You are *in Him*.

That means you're forgiven.

Healed.

Empowered.

Chosen.

Protected.

Anointed.

Loved.

Let the world say what it wants. Let fear rise if it must. Let your past shout if it tries.

But you, child of God — **Remind your soul.**

***You are in Him.***

# Shift Two: Healing

*Remind My Soul: God is my Healer.*

## **Healing Is Already Provided**

Healing is not something we have to beg for.

It is not a reward we earn or a prize for perfect living.

Healing is a finished work, already purchased through the blood and stripes of Jesus Christ.

Isaiah 53:5 declares that

*“by His stripes we are healed.”*

At the cross, Jesus did not just carry your sins — He carried your sickness, your pain, and your disease. Healing is part of the covenant you have with God through Christ. It is His will that you walk in wholeness: body, soul, and spirit.

There may be moments when symptoms scream louder than truth.

There may be days when the facts of your situation look bigger than your faith.

But truth is greater than facts. And God's Word is greater than your circumstances.

We don't declare healing to convince God to act.

We declare healing to remind our soul what God has already done.

**Healing is not something you chase.**

**It's something you receive by faith.**

Your body may need a miracle.

Your emotions may need restoration.

Your spirit may need strengthening.

Whatever it is — the Word of God is enough to heal it.

Today, we open our mouths.

We remind our souls.

And we align our hearts with the truth:

***God is my healer, and healing is mine in Jesus' name.***



## **Scriptures for Healing**

### **Isaiah 53:5 (NKJV)**

- *"By His stripes we are healed."*

### **Jeremiah 30:17 (NIV)**

- *"But I will restore you to health and heal your wounds," declares the Lord.*

### **Psalms 103:2-3 (NLT)**

- *"He forgives all my sins and heals all my diseases."*

### **Exodus 15:26 (NKJV)**

- *"I am the Lord who heals you."*

### **Matthew 8:17 (NKJV)**

- *"He Himself took our infirmities and bore our sicknesses."*

### **3 John 1:2 (NKJV)**

- *"Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers."*

### **Psalms 107:20 (NKJV)**

- *"He sent His word and healed them, and delivered them from their destructions."*

### **Romans 8:11 (NIV)**

- *"The Spirit of Him who raised Jesus from the dead is living in you... He will give life to your mortal bodies because of His Spirit who lives in you."*

### **Mark 16:17-18 (NKJV)**

- *"They will lay hands on the sick, and they will recover."*

## **Declarations for Healing**

**Speak these aloud daily:**

1. **"By the stripes of Jesus, I am healed. Healing belongs to me because of His sacrifice."**

2. **"The Lord is restoring my health and healing every wound — body, soul, and spirit."**

3. **"God forgives all my sins and heals all my diseases. His mercy surrounds me today."**

4. **"The Lord is my Healer. His healing power flows through every part of me right now."**

5. **"Jesus carried away my sickness, my pain, and my weakness. I refuse to carry what He already bore!"**

6. **"I prosper in my soul and I prosper in my health. I am whole in Jesus' name."**

7. **"God's Word is healing me now. His promises deliver me from every form of destruction."**

8. **"The Spirit of God lives in me and gives life to my mortal body. Resurrection power is at work in me!"**

9. **"When I pray in faith, healing is released. I recover quickly and completely by the power of Jesus Christ!"**

## Daily Prayer:

*"Father,*

*I thank You for the healing that is mine through the sacrifice of Jesus.*

*I receive Your Word as medicine to my body, my mind, and my spirit.*

*I declare that every system in my body functions the way You created it to function.*

*Every sickness must bow to the name of Jesus.*

*I live in health, I walk in strength, and I move forward in Your power.*

*Thank You for being my healer — yesterday, today, and forever.*

***In Jesus' mighty name, Amen."***

# Shift Three: Provision

***Remind My Soul: God is My Provider.***

## **Provision Is God's Promise**

Provision is not luck. It is not coincidence.

Provision is the result of covenant — the deep, unbreakable promise God made to His people.

From the beginning, God revealed Himself as *Jehovah-Jireh* — the Lord who provides. Not just enough to survive — but enough to thrive, to bless others, and to fulfill His purposes through us.

God is not moved by recessions, shortages, or headlines.  
He owns the cattle on a thousand hills.  
He is the Source that never runs dry.

When we declare God's promises of provision, we are not trying to manipulate Him into blessing us. We are reminding our souls that *our source is not this world* — our source is God Almighty.

Provision may not always come the way we expect.  
It may not always be on the timetable we prefer.  
But it *will come* — because He is faithful.  
As you declare God's Word over your life today,  
remind your soul:

**I am not dependent on the world. I am connected to Heaven.  
And my God shall supply all my needs according to His riches in glory.**

## **Scriptures for Provision**

### **Philippians 4:19 (NKJV)**

- *"And my God shall supply all your need according to His riches in glory by Christ Jesus."*

### **Psalms 23:1 (NKJV)**

- *"The Lord is my shepherd; I shall not want."*

### **2 Corinthians 9:8 (NIV)**

- *"God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work."*

**Deuteronomy 28:12 (NIV)**

- *"The Lord will open the heavens, the storehouse of his bounty... and bless all the work of your hands."*

**Matthew 6:33 (NKJV)**

- *"Seek first the kingdom of God and His righteousness, and all these things shall be added to you."*

**Proverbs 3:9-10 (NKJV)**

- *"Honor the Lord with your possessions, and with the firstfruits of all your increase; so your barns will be filled with plenty."*

**Psalms 34:10 (NIV)**

- *"Those who seek the Lord lack no good thing."*

**Luke 6:38 (NKJV)**

- *"Give, and it will be given to you: good measure, pressed down, shaken together, and running over."*

**Genesis 22:14 (NKJV)**

- *"And Abraham called the name of the place, The-Lord-Will-Provide."*

## **Declarations for Provision**

**Speak these aloud daily:**

1. **"My God supplies every need I have — according to His riches, not my circumstances!"**

2. **"The Lord is my Shepherd; I lack nothing today!"**

3. **"I live under the blessing of abundance. I have everything I need and more, to fulfill God's purpose for my life."**

4. **"The windows of Heaven are open over me. God blesses the work of my hands!"**

5. **"As I seek first the Kingdom of God, everything else is being added to me — health, favor, finances, opportunities!"**

6. **"I honor God with my giving, and my life is filled with His increase and provision."**

7. **"Because I seek the Lord, I lack no good thing. God's goodness surrounds me today."**

8. **"As I give, it is given back to me — pressed down, shaken together, and running over!"**

9. **"Jehovah-Jireh is my Provider. His provision is timely, complete, and unstoppable in my life."**

## Daily Prayer:

*"Father,*

*I thank You that You are my Provider.*

*You are not limited by this world or its systems.*

*I trust You to supply every need – financial, emotional, relational, and spiritual.*

*I receive Your provision today by faith.*

*I declare that abundance, favor, and opportunities are chasing me down,  
because I walk in covenant with You.*

*Let my life overflow so that I can be a blessing to others,  
all for Your glory.*

***In Jesus' name, Amen."***

# Shift Four: Holiness

***Remind My Soul: I Am Set Apart.***

## **Holiness Is My Identity**

Holiness is not about perfectionism. Holiness is not about performance. Holiness is about identity.

When you were born again, you were set apart — made holy by the blood of Jesus.  
You are not who you used to be.  
You don't belong to the world.  
You belong to God.

Holiness means living in a way that reflects that identity — living differently because you are different. Not driven by rules, but led by relationship. Not motivated by fear, but inspired by love.

The world tells us to blend in.  
Holiness calls us to stand out.

When you declare God's truth over your life, you are reminding your soul that you have been called higher — called to walk worthy of the One who called you.

Today, as you speak these words, remember:

**I am not fighting to become holy — I am living out the holiness that Jesus already purchased for me.**

**I am set apart.**

**I am His.**

**And I walk in the beauty of holiness every day.**

## **Scriptures for Holiness**

### **1 Peter 1:15-16 (NKJV)**

- *"Be holy, for I am holy."*

### **Hebrews 12:14 (NKJV)**

- *"Pursue peace with all people, and holiness, without which no one will see the Lord."*

### **Romans 12:1 (NIV)**

- *"Offer your bodies as a living sacrifice, holy and pleasing to God."*

### **2 Corinthians 7:1 (NKJV)**

- *"Let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God."*

### **1 Thessalonians 4:7 (NKJV)**

- *"For God did not call us to uncleanness, but in holiness."*

**Colossians 3:12 (NLT)**

- *"Clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience."*

**1 John 3:3 (NIV)**

- *"All who have this hope in Him purify themselves, just as He is pure."*

**Psalms 24:3-4 (NKJV)**

- *"He who has clean hands and a pure heart may stand in His holy place."*

**2 Timothy 1:9 (NKJV)**

- *"He has saved us and called us with a holy calling."*

## **Declarations for Holiness**

**Speak these aloud daily:**

1. **"I am called to be holy as my Heavenly Father is holy. I live set apart for His glory."**

2. **"I pursue holiness today, because without it, I cannot see the fullness of God in my life."**

3. **"I offer my body as a living sacrifice — pure, surrendered, and pleasing to God."**

4. **"I cleanse myself from anything that contaminates my spirit or my body. I live clean before the Lord."**

5. **"God has called me out of uncleanness and into holiness. I respond with obedience and joy!"**

6. **"I am clothed with mercy, kindness, humility, gentleness, and patience today."**

7. **"Because my hope is in Jesus, I purify myself daily to walk in His purity."**

8. **"I ascend into the presence of God with clean hands and a pure heart."**

9. **"I am saved, set apart, and called with a holy calling. I walk worthy of that calling every day!"**



## Daily Prayer:

*"Father, I thank You that You have called me to holiness.  
Not as a burden, but as a beautiful identity.  
I am set apart for You.*

*Strengthen me today to walk in purity, power, and purpose.  
Let my life reflect Your light in a dark world.  
I surrender again today — heart, mind, body, and soul — to Your holy work in me.  
**In Jesus' name, Amen."***

**Daily, Remind Your Soul.**  
**Daily, Declare His Truth.**  
**Daily, Walk in His Promises.**

# Now Walk It Out

## *Commissioning Prayer*

Father,

Thank You for every promise You have spoken over our lives.

Thank You that Your Word is alive, powerful, and unchanging.

Today, we do more than just listen — We respond.

Lord, give us the **faith to receive** Your Word — even when our feelings tell us otherwise, circumstances seem impossible, or even when doubt tries to creep in.

And give us the **courage to walk it out** — to live boldly,  
to speak Your truth without fear, to step forward even when the path is unclear,  
to trust that what You have declared will come to pass.

We choose to anchor our souls to Your promises.

We choose to open our mouths and speak life.

We choose to walk in healing, provision, and holiness — not just today, but every day.

When the world grows loud, remind our souls.

When the night gets long, remind our souls.

When fear knocks at the door, remind our souls.

When blessing overflows, remind our souls to give You all the glory.

We are not alone.

We are not forgotten.

We are held by the unbreakable Word of God.

Now, by Your Spirit, we go forth — strengthened, settled, and sent.

**In Jesus' mighty name, Amen.**

## **Final Charge:**

*"Declare it.*

*Believe it.*

*Live it.*

*Remind your soul every day — He is faithful."*

## Remind My Soul: A Daily Journey

This isn't the end.

This is the beginning of a daily rhythm — a daily reminder that God's Word is life, breath, and power.

Every day, you have a choice:

To listen to the noise, or to *remind your soul* of the truth.

Return to these promises often.

Speak them out loud.

Declare them when you feel strong — and when you feel weak.

Declare them when you understand — and when you don't.

Declare them until what you believe becomes how you live.

Faith grows by hearing.

Strength rises by speaking.

Hope is stirred by remembering.

So keep walking.

Keep declaring.

Keep reminding your soul:

**You are healed.**

**You are provided for.**

**You are set apart.**

**You are deeply loved by God.**

The Word still stands.

The promises still speak. And your soul still has a song to sing.

## Until Every Promise Becomes Reality

Keep Reminding Your Soul.



# Remind My Soul

You don't remind God of His promises — you remind your soul.

In a world that constantly challenges your identity, distracts you from truth, and overwhelms your spirit, Remind My Soul is your daily weapon to anchor yourself in the Word of God. This devotional isn't just something to read — it's something to declare.

With powerful, scripture-based confessions for:

- Healing — because Jesus already paid the price.
- Provision — because your Father owns it all.
- Holiness — because you're called to live set apart.
- Identity in Christ — because knowing who you are changes everything.

Each chapter includes a biblical teaching, curated scriptures, spoken declarations, and a prayer to realign your heart with heaven.

Whether you're walking through difficulty or standing in victory, these declarations will awaken your spirit, realign your thoughts, and restore your boldness.

This is more than a devotional — it's a daily reset for your soul.

Speak life. Declare truth. Walk in what's already yours.

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