

Speak Blessings over your life

Why “speak” blessings over your life and over your family?

Our words and thoughts are extremely powerful

“Death and life are in the power of the tongue, and those who love it will eat its fruit.”
Proverbs 18:21 NKJV

“For as he thinks in his heart, so is he.” Proverbs 23:7 NKJV

God’s Words are even more powerful

(Genesis 1) God said...

“The Son is the radiance of God’s glory and the exact representation of his being, *sustaining all things by his powerful word*. After he had provided purification for sins, he sat down at the right hand of the Majesty in heaven.” Hebrews 1:3 NIV (*Italics mine*)

God’s Word brings life and healing to my body

“My son, pay attention to what I say; turn your ear to my words. Do not let them out of your sight, keep them within your heart; for they are life to those who find them and *health* to one’s whole body.”
Proverbs 4:20-22 NIV (*Italics mine*)

Speaking God’s Word

I am surrounded with God’s Favor

“Surely, Lord, you bless the righteous; ***you surround them with your favor as with a shield.***”
Psalms 5:12 NIV

I Believe God wants to give me the Desires of my heart.

“He who did not spare [even] His own Son, but gave Him up for us all, ***how will He not also, along with Him, graciously give us all things?***”
Romans 8:32 AMP

“Delight yourself in the Lord, And He will give you the desires and petitions of your heart.”
Psalms 37:4 AMP

God wants me to have and enjoy an abundant life

“The thief comes only in order to steal and kill and destroy. I came that they may have and enjoy life and have it in abundance (to the full, until it overflows)” (John 10:10 AMP).

- The Greek word for abundant life means “superabundant in quantity, superior in quality, exceedingly abundant above, beyond measure, more, more eminent, more remarkable, more excellent, more than necessary, super-added.” It means more than is necessary.

“My purpose is to give life in all its fullness”
(John 10:10 TLB).

I am Complete in Jesus, I lack nothing

Colossians 2:10, You are complete in Him, who is the head of all principality and power. Simply state, “I am complete in Jesus. I lack nothing.”

God is and was pleased and excited to think of me and plan my existence before the foundation of the world

“Even before he made the world, God loved us and chose us in Christ to be holy and without fault in his eyes. God decided in advance to adopt us into his own family by bringing us to himself through Jesus Christ. This is what he wanted to do, and it gave him great pleasure.”
Ephesians 1:4-5 NLT

“For the Lord your God is living among you. He is a mighty savior. He will take delight in you with gladness. With his love, he will calm all your fears. He will rejoice over you with joyful songs.”
Zephaniah 3:17 NLT

I am marvelous and wonderfully made

“Thank you for making me so wonderfully complex! Your workmanship is marvelous—how well I know it.”
Psalms 139:14 NLT

“I praise you because I am fearfully and wonderfully made. Your works are wonderful and I know that full well.” Psalms 139:14 NIV

I am loved by God. I am important, precious, valued before God

“For God so [greatly] loved and dearly prized the world, that He [even] gave His [One and] only begotten Son, so that whoever believes and trusts in Him [as Savior] shall not perish, but have eternal life.”
John 3:16 AMP

“He who did not spare His own Son, but delivered Him up for us all, how shall He not with Him also freely give us all things?”
Romans 8:32 NKJV

I'm Accepted into the Beloved

“to the praise of the glory of His grace, by which He made us accepted in the Beloved.”
Ephesians 1:6 NKJV

Accepted means “to make graceful, charming, lovely, agreeable, to surround with favor and to honor with blessings.

I am Highly Favored

“The angel went to her and said, “Greetings, you who are highly favored! The Lord is with you.”
Luke 1:28 NIV

I have the Favor of the Lord upon my life

“Surely, Lord, you bless the righteous; you surround them with your favor as with a shield.”
Psalms 5:12 NIV

God is always rejoicing, singing and dancing with gladness over me

“The LORD your God in your midst, The Mighty One, will save; He will rejoice over you with gladness, He will quiet you with His love, He will rejoice over you with singing.”
Zephaniah 3:17 NKJV

I have abundant life in Jesus Christ

“The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.”
John 10:10 NKJV

God promises to always be with me.

“I WILL NEVER [under any circumstances] DESERT YOU [nor give you up nor leave you without support, nor will I in any degree leave you helpless], NOR WILL I FORSAKE or LET YOU DOWN or RELAX M Y HOLD ON YOU [assuredly not]!”
Hebrews 13:5 AMP

“I will never leave you nor forsake you.”
Hebrews 13:5 NKJV

God promises to never leave me until He has fulfilled all He has promised

“Behold, I am with you and will keep [careful watch over you and guard] you wherever you may go, and I will bring you back to this [promised] land; **for I will not leave you until I have done what I have promised you.**”
Genesis 28:15 AMP

God is always strengthening me and upholding me. God always has my back. I never have to be afraid.

“So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.”

Isaiah 41:10 NIV

“For I am the Lord your God who takes hold of your right hand and says to you, Do not fear; I will help you.” Isaiah 41:13 NIV

God has forgiven all my sins (past, present, future)

“Bless the LORD, O my soul, And forget not all His benefits: Who forgives all your iniquities, Who heals all your diseases, Who redeems your life from destruction, Who crowns you with lovingkindness and tender mercies, Who satisfies your mouth with good things, So that your youth is renewed like the eagle’s.”
Psalms 103:2-5 NKJV

I have no condemnation before God (Stop feeling guilty)

“There is therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit.”
Romans 8:1 NKJV

God has healed all of my diseases

“Bless the LORD, O my soul, And forget not all His benefits: Who forgives all your iniquities, Who heals all your diseases, Who redeems your life from destruction, Who crowns you with lovingkindness and tender mercies, Who satisfies your mouth with good things, So that your youth is renewed like the eagle’s.”
Psalms 103:2-5 NKJV

By His stripes I am healed

“who Himself bore our sins in His own body on the tree, that we, having died to sins, might live for righteousness— by whose stripes you were healed.”
I Peter 2:24 NKJV

It is God’s will for me to be healed

“Then Jesus put out His hand and touched him, saying, “I am willing; be cleansed.” Immediately his leprosy was cleansed.” Matthew 8:3 NKJV

“how God anointed Jesus of Nazareth with the Holy Spirit and with power, who went about doing good and healing all who were oppressed by the devil, for God was with Him.” Acts 10:38 NKJV

“That is why I wait expectantly, trusting God to help, for he has promised” (Ps. 130: 5 TLB).

God is Jehovah Rapha (The God who Heals)

“and said, “If you diligently heed the voice of the LORD your God and do what is right in His sight, give ear to His commandments and keep all His statutes, I will put none of the diseases on you which I have brought on the Egyptians. For I am the LORD who heals you.”
Exodus 15:26 NKJV

No plague (sickness, pain, disease, headache, stomachache, arthritis, germ, allergy, fungus, bacteria or virus) will come near me

“No evil shall befall you, Nor shall any plague come near your dwelling;”
Psalms 91:10 NKJV

God’s Love drives out all my fear

“There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love.” 1 John 4:18 NKJV

I have absolute protection from deadly plagues

“He who dwells in the secret place of the Most High Shall abide under the shadow of the Almighty. I will say of the LORD, “He is my refuge and my fortress; My God, in Him I will trust.” Surely, He shall deliver you from the snare of the fowler and from the perilous pestilence. He shall cover you with His feathers, and under His wings you shall take refuge; His truth shall be your shield and buckler. You shall not be afraid of the terror by night, nor of the arrow that flies by day, nor of the pestilence that walks in darkness, nor of the destruction that lays waste at noonday. A thousand may fall at your side, and ten thousand at your right hand; But it shall not come near you. Psalm 91:1-7 NKJV

God will surely protect me from the devil’s traps

“He who dwells in the secret place of the Most High Shall abide under the shadow of the Almighty. I will say of the LORD, “He is my refuge and my fortress; My God, in Him I will trust.” Surely, He shall deliver you from the snare of the fowler and from the perilous pestilence. He shall cover you with His feathers, and under His wings you shall take refuge; His truth shall be your shield and buckler. You shall not be afraid of the terror by night, nor of the arrow that flies by day, nor of the pestilence that walks in darkness, nor of the destruction that lays waste at noonday. A thousand may fall at your side, and ten thousand at your right hand; But it shall not come near you. Psalm 91:1-7 NKJV

I expect God’s goodness and abundance

“You crown the year with Your goodness, And Your paths drip with abundance.”
Psalms 65:11 NKJV

“Surely goodness and mercy and unfailing love shall follow me all the days of my life, And I shall dwell forever [throughout all my days] in the house and in the presence of the LORD.”
Psalms 23:6 AMP

God’s blessings will run me down and overtake me

“And all these blessings shall come upon you and overtake you, because you obey the voice of the LORD your God:”
Deuteronomy 28:2 NKJV

Goodness and Mercy are always with me

“Surely goodness and mercy shall follow me All the days of my life; And I will dwell in the house of the LORD Forever.” Psalm 23:6 NKJV

I have the Mind of Christ

“For “who has known the mind of the LORD that he may instruct Him?” But we have the mind of Christ.”
I Corinthians 2:16 NKJV

I choose life today

"I call heaven and earth as witnesses today against you, that I have set before you life and death, blessing and cursing; therefore, choose life, that both you and your descendants may live;"
Deuteronomy 30:19 NKJV

I prosper in all things and I prosper in health just like my soul prospers

"Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers."
III John 1:2 NKJV

All of God's promises are Yes and Amen.

"For all the promises of God in Him are Yes, and in Him Amen, to the glory of God through us."
II Corinthians 1:20 NKJV

Jesus is the same yesterday today and forever.

"Jesus Christ is the same yesterday, today, and forever."
Hebrews 13:8 NKJV

I have God's unlimited, unmeasurable, greatness, resurrection power within me

"and what is the exceeding greatness of His power toward us who believe, according to the working of His mighty power"
Ephesians 1:19 NKJV

"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,"
Ephesians 3:20 NKJV

Sin and sickness (depression, sadness, pain,) no longer have dominion over me.

"For sin shall not have dominion over you, for you are not under law but under grace."
Romans 6:14 NKJV

God is always with me

"Let your conduct be without covetousness; be content with such things as you have. For He Himself has said, "I will never leave you nor forsake you.""
Hebrews 13:5 NKJV

"Be strong and of good courage, do not fear nor be afraid of them; for the LORD your God, He is the One who goes with you. He will not leave you nor forsake you.""
Deuteronomy 31:6 NKJV

I always have victory in Jesus. God causes me to always triumph, have success and be victorious. It is God who makes me always triumph (successful). I will triumph over any and all situations and circumstances in life.

"But thanks be to God, who gives me the victory through my Lord Jesus Christ."

I Corinthians 15:57 NKJV

“Now thanks be to God who always leads me in triumph in Christ, and through us diffuses the fragrance of His knowledge in every place.”

II Corinthians 2:14 NKJV

I'm an overcomer

“For whatever is born of God overcomes the world. And this is the victory that has overcome the world—our faith.”

I John 5:4 NKJV

“And they overcame him by the blood of the Lamb and by the word of their testimony, and they did not love their lives to the death.”

Revelation 12:11 NKJV

“You are of God, little children, and have overcome them, because He who is in you is greater than he who is in the world.”

I John 4:4 NKJV

I am a conqueror and yet I'm even more than a conqueror.

“Yet in all these things we are more than conquerors through Him who loved us.”

Romans 8:37 NKJV

I have a spirit of power, love and of sound mind

“For God has not given us a spirit of fear, but of power and of love and of a sound mind.”

II Timothy 1:7 NKJV

Any years or time stolen from me will be restored

“So, I will restore to you the years that the swarming locust has eaten, the crawling locust, The consuming locust, And the chewing locust, My great army which I sent among you.” Joel 2:25 NKJV

I am a child of God

“But as many as received Him, to them He gave the right to become children of God, to those who believe in His name:”

John 1:12 NKJV

I am fearfully and wonderfully made

“I praise you because I am fearfully and wonderfully made; your works are wonderful and I know that full well.” Psalm 139:14 NIV

I was set apart by God and I have a specific purpose for my life.

“But when God, who set me apart from my mother's womb and called me by his grace, was pleased”

Galatians 1:15 NIV

“Now when David had served God's purpose in his own generation, he fell asleep; he was buried with his ancestors and his body decayed.” Acts 13:36 NIV

My life is fruitful

“But blessed is the one who trusts in the Lord, whose confidence is in him. They will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit.” Jeremiah 17:7-8 NIV

“Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, but whose delight is in the law of the Lord, and who meditates on his law day and night. That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither— whatever they do prospers.” Psalm 1:1-3 NIV

I have and I walk and I live in God's Peace

“The LORD bless you and keep you; The LORD make His face shine upon you, and be gracious to you; The LORD lift up His countenance upon you, And give you peace.” Numbers 6:24-26 NKJV

“Peace, I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.” John 14:27 NKJV

“You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You.” Isaiah 26:3 NKJV

I am Blessed with everything that comes from my body

“Blessed shall be the fruit of your body, the produce of your ground and the increase of your herds, the increase of your cattle and the offspring of your flocks.” Deuteronomy 28:4 NKJV

I have The Faith of Jesus on the inside of me

“For by grace you have been saved through faith, and that not of yourselves; it is the gift of God,” Ephesians 2:8 NKJV

I am delivered and rescued from the power of darkness

“He has delivered us from the power of darkness and conveyed us into the kingdom of the Son of His love,” Colossians 1:13 NKJV

My position is that I am seated right now with Jesus Christ

“and raised us up together, and made us sit together in the heavenly places in Christ Jesus,” Ephesians 2:6 NKJV

I can do all things through Jesus

"I can do all things through Christ who strengthens me."
Philippians 4:13 NKJV

I am protected by God. Surrounded by His wings. God is my refuge and my fortress.

"I will say of the LORD, "He is my refuge and my fortress; My God, in Him I will trust." Surely, He shall deliver you from the snare of the fowler and from the perilous pestilence. He shall cover you with His feathers, and under His wings you shall take refuge; His truth shall be your shield and buckler."
Psalms 91:2-4 NKJV

I live with no condemnation

"There is therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit."
Romans 8:1 NKJV

I am joint heirs with Jesus

"and if children, then heirs—heirs of God and joint heirs with Christ, if indeed we suffer with Him, that we may also be glorified together."
Romans 8:17 NKJV

God is always for me

"What then shall we say to these things? If God is for us, who can be against us?"
Romans 8:31 NKJV

God is my provider (Jehovah Jireh)

"And Abraham called the name of the place, The- LORD -Will-Provide; as it is said to this day, "In the Mount of the LORD it shall be provided."
Genesis 22:14 NKJV

God will provide my needs above what I can possibly ask or imagine.

"And my God shall supply all your need according to His riches in glory by Christ Jesus."
Philippians 4:19 NKJV

"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,"
Ephesians 3:20 NKJV

God is always faithful towards me

"God is faithful, by whom you were called into the fellowship of His Son, Jesus Christ our Lord."
I Corinthians 1:9 NKJV

God's ways are always abundance towards me

“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,”
Ephesians 3:20 NKJV

I will fall asleep and sleep soundly through the night

“When you lie down, you will not be afraid; Yes, you will lie down and your sleep will be sweet.”
Proverbs 3:24 NKJV

“I lay down and slept; I awoke, for the LORD sustained me.” Psalms 3:5 NKJV

I will always lie down and sleep through the night.

“For so He gives His beloved sleep.” Psalms 127:2 NKJV

“I will both lie down in peace, and sleep; For You alone, O LORD, make me dwell in safety.”
Psalms 4:8 NKJV

I will live and not fear

“Have I not commanded you? 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 1:9 NKJV

The Lord is my strength

“But those who wait on the LORD Shall renew their strength; They shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.” Isaiah 40:31 NKJV

The Lord is always upholding me.

“Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand.’

For I, the LORD your God, will hold your right hand, saying to you, ‘Fear not, I will help you.’”
Isaiah 41:10, 13 NKJV

The Lord gives me direction for my life

“Your ears shall hear a word behind you, saying, “This is the way, walk in it,” Whenever you turn to the right hand or whenever you turn to the left.” Isaiah 30:21 NKJV

My bones are strong and will function properly in the production of blood cells

“Pleasant words are like a honeycomb, Sweetness to the soul and health to the bones.”
Proverbs 16:24 NKJV

God always hears my prayers when I pray His will

“Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us. And if we know that He hears us, whatever we ask, we know that we have the petitions that we have asked of Him.” I John 5:14-15 NKJV

I have the same dominion over everything that Jesus exercised because Christ lives in me.

“Then God said, “Let Us make man in Our image, according to Our likeness; let them have dominion over the fish of the sea, over the birds of the air, and over the cattle, over all the earth and over every creeping thing that creeps on the earth.” Genesis 1:26 NKJV

“To them God willed to make known what are the riches of the glory of this mystery among the Gentiles: *which is Christ in you*, the hope of glory.” Colossians 1:27 NKJV

I am blessed wherever I live and wherever I go.

“Blessed shall you be in the city, and blessed shall you be in the country.” Deuteronomy 28:3 NKJV

My possessions are blessed.

“Blessed shall be the fruit of your body, the produce of your ground and the increase of your herds, the increase of your cattle and the offspring of your flocks.” Deuteronomy 28:4 NKJV

I am blessed with The Excellent and The Plenty

“Blessed shall be the fruit of your body, the produce of your ground and the increase of your herds, the increase of your cattle and the offspring of your flocks.” Deuteronomy 28:4 NKJV

“And the LORD will grant you plenty of goods, in the fruit of your body, in the increase of your livestock, and in the produce of your ground, in the land of which the LORD swore to your fathers to give you.” Deuteronomy 28:11 NKJV

My wallets and savings are blessed.

“Blessed shall be your basket and your kneading bowl.” Deuteronomy 28:5 NKJV

We are blessed in whatever we do and wherever we go today.

“Blessed shall you be when you come in, and blessed shall you be when you go out.” Deuteronomy 28:6 NKJV

I will have victory in every confrontation today

“The LORD will cause your enemies who rise against you to be defeated before your face; they shall come out against you one way and flee before you seven ways.” Deuteronomy 28:7 NKJV

All I put my hands to will be blessed

“The LORD will command the blessing on you in your storehouses and in all to which you set your hand, and He will bless you in the land which the LORD your God is giving you.” Deuteronomy 28:8 NKJV

Prosperity is God’s will for me

“And the LORD will grant you plenty of goods, in the fruit of your body, in the increase of your livestock, and in the produce of your ground, in the land of which the LORD swore to your fathers to give you.” Deuteronomy 28:11 NKJV

I will see an abundant of increase and always be able to lend and never borrow

“The LORD will open to you His good treasure, the heavens, to give the rain to your land in its season, and to bless all the work of your hand. You shall lend to many nations, but you shall not borrow.”
Deuteronomy 28:12 NKJV

I am always above my circumstances

“And the LORD will make you the head and not the tail; you shall be above only, and not be beneath, if you heed the commandments of the LORD your God, which I command you today, and are careful to observe them.” Deuteronomy 28:13 NKJV