

SPEAK TRUTH DAILY

Declarations *rooted in Scripture*

Short, true sentences to say over your day. Twenty-five areas of life, each one anchored in God's Word, so your feelings never get the last word.

Why speak truth to yourself?

David did not wait for his feelings to fix themselves. He spoke to his own soul and pointed it back to God.

These are not spells or wishes. Saying a sentence does not make anything happen. Each line simply reminds you of what God has already said is true, and of the kind of person you have decided to be.

Why art thou cast down, O my soul? and why art thou disquieted in me? hope thou in God: for I shall yet praise him for the help of his countenance.

PSALM 42:5 KJV

IF YOU ONLY HAVE A MINUTE

Daily Core

It is of the LORD's mercies that we are not consumed, because his compassions fail not. They are new every morning: great is thy faithfulness. LAMENTATIONS 3:22-23 KJV

- 01 God is with me, and I trust Him with today.
- 02 My identity is not determined by people's opinions.
- 03 My past does not control my future.
- 04 I control my response even when I cannot control the situation.
- 05 I choose truth over fear and wisdom over impulse.
- 06 I will protect my peace without becoming cold toward people.
- 07 I will love others without losing myself.
- 08 I will take care of my mind, body, and spirit.
- 09 I will be disciplined even when I am not motivated.
- 10 I will manage my time and money wisely.
- 11 I will learn from mistakes instead of being defined by them.
- 12 I will not compare my timeline to someone else's.
- 13 I am not too old, too late, or too far behind to move forward.
- 14 I will do what I can today and trust God with what I cannot control.
- 15 I will be grateful for what I have while working toward what I want.
- 16 I will speak with wisdom and act with integrity.
- 17 I will forgive, but I will also use discernment.
- 18 I will not allow rejection, failure, or disappointment to determine my worth.
- 19 I will keep growing even when growth feels slow.
- 20 Whatever today brings, I will face it with faith, wisdom, courage, and self-control.

Faith & God

Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths. PROVERBS 3:5-6 KJV

- ◆ God is with me wherever I go.
 - I can face today because God is with me.
 - I am held by God, who is greater than all.
- ◆ God hears my prayers.
- ◆ God knows what I need.
- ◆ I trust that what God has for me will not pass me by.
 - I release worry and trust that God is working all things together for my good.
- ◆ I am loved by God exactly as I am, and I live from that love, not for it.
- ◆ I trust God even when I cannot see what He is doing.
 - I am guided, even when I cannot see the whole path.
 - I trust God with my journey, even when I don't understand it.
 - I trust God's timing for my life.
- ◆ God is my strength when I am weak.
- ◆ God is my peace when life feels uncertain.
 - I can have peace even when everything around me is not peaceful.
 - I am calm in the face of uncertainty.
- ◆ I seek God's will above my own.
- ◆ I surrender what I cannot control to God.
 - I release what I cannot control and act on what I can.
 - I will focus on what I can control and surrender what I cannot.
 - I release what I cannot control.
- ◆ My circumstances do not determine God's faithfulness.
- ◆ God's Word guides my decisions.
- ◆ I am never beyond God's ability to help me.
- ◆ I will remain faithful in both good and difficult seasons.

Identity & Self-Worth

For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them. EPHESIANS 2:10 KJV

- ◆ My worth is not determined by other people's opinions.

My worth comes from who made me, not from what I produce.

My value is not determined by my productivity or the opinions of others.

My worth is not measured by productivity or approval.

- ◆ I know who I am, and I will not let others define me.
- ◆ God's grace is enough for me, exactly as I am, right now.
 - I am grateful, I am loved by God, and I am at home in the life He gave me.
 - In Christ, I am accepted exactly as I am.
- ◆ I do not need everyone's approval.
 - I do not have to prove myself to everyone.
 - I let go of the need to prove anything to anyone.
 - I can enter a room without needing to impress anyone.
- ◆ Rejection does not define me.
- ◆ I accept myself because God has fully accepted me.
 - I am at peace with who I am and who I am becoming.
- ◆ I treat myself with the same compassion I offer to my loved ones.
- ◆ I refuse to compare my life to someone else's.
 - Another person's timeline is not my timeline.
- ◆ I am allowed to grow and change.
- ◆ I can be humble without thinking poorly of myself.
 - Humility and confidence can exist together.
 - I carry myself with dignity and quiet confidence.
- ◆ I will become wiser through what I experience.

Mind & Thoughts

And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God. ROMANS 12:2 KJV

- ◆ I control which thoughts I choose to entertain.
 - I choose my thoughts, and I choose the ones that build me up.
 - Every thought does not deserve my attention.
 - I am in control of my own thoughts and reactions.
 - I choose thoughts that are true, honest, and pure.
- ◆ I will give my attention to things that produce wisdom, peace, and growth.

- ◆ My mind is clear, focused, and at peace.
- ◆ I refuse to constantly imagine the worst.
 - | I will focus on what is true rather than what I fear.
 - | I will deal with reality instead of imagined disasters.
- ◆ I can change unhealthy patterns of thinking.
- ◆ I do not need to understand everything immediately.
- ◆ I will not allow one bad moment to ruin an entire day.
- ◆ I choose gratitude over constant complaining.
 - | I start and end each day with gratitude.
 - | Gratitude is the foundation of my day.
 - | I begin each day with purpose and end it with peace.

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Emotional Health

The LORD is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit. PSALM 34:18 KJV

- ◆ My emotions are real, but they do not have to control me.
 - | I can feel a hard emotion without becoming it.
 - | I can feel something without immediately acting on it.
 - | I can think before I react.
 - | My feelings are real, and I bring them honestly to God.
- ◆ Difficult feelings will pass.
 - | I feel my emotions fully, then let them pass.
- ◆ Calm is my default, and I return to it quickly.
 - | The joy of the Lord is my strength, and I return to it.
 - | I am safe. I am calm. I am at peace.
 - | I am safe in God's hands, and in Christ I am made whole.
 - | I cast my anxiety on God, because He cares for me.
- ◆ I can experience disappointment without losing hope.
 - | I can experience sadness without believing my future is hopeless.
- ◆ I do not need closure from everyone in order to move forward.
- ◆ I can be hurt without becoming bitter.
 - | I release resentment that only continues to hurt me.
 - | I forgive quickly and hold no grudges.
- ◆ I will process pain instead of allowing it to control my future.

- ◆ I can forgive without pretending that what happened was acceptable.
 - | I will forgive without abandoning wisdom.
 - | Forgiveness does not require unlimited access.

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Past & Healing

Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.

2 CORINTHIANS 5:17 KJV

- ◆ My past does not have authority over my future.
 - | What happened to me does not determine who I must become.
 - | My future does not have to resemble my past.
- ◆ Pain can teach me without defining me.
- ◆ I can learn from the past without living in it.
 - | My mind does not have to live in the past.
 - | I will not waste today mourning yesterday.
 - | I am present in this moment, not stuck in the past or anxious about the future.
 - | I am present in this moment, which is the only one I have.
- ◆ I can remember something without allowing it to control me.
- ◆ I cannot change yesterday, but I can choose what I do today.
 - | I receive God's forgiveness for yesterday and show up fully today.
 - | I receive God's forgiveness for my past and release the shame.
 - | I receive God's forgiveness for the past and welcome the present.
- ◆ I will not punish new people for what previous people did.
 - | I release all past relationship pain and welcome healing.
- ◆ I am becoming wiser about who deserves access to my life.
 - | I do not owe everyone access to me.
- ◆ I am moving forward one day at a time.
 - | I can handle situations one step at a time.

Relationships & Love

We love him, because he first loved us. 1 JOHN 4:19 KJV

- ♦ I will love people without making them my god.
- ♦ I can love someone without losing myself.
 - I bring my whole self to my relationship and leave room for theirs.
 - I am open to giving and receiving love freely.
 - I give and receive love freely.
- ♦ I give my full attention to the people in front of me.
- ♦ I will not confuse attention with love.
 - I will not confuse chemistry with character.
- ♦ I will pay attention to actions, not merely words.
- ♦ I deserve relationships built on honesty, respect, faithfulness, and mutual care.
 - God made me for a deep, faithful, and joyful love.
 - God made me to give and receive love, kindness, and respect.
 - My heart is open to a deep and passionate love that honors God.
 - God made me for healthy, lasting relationships.
- ♦ I will not beg someone to value me.
- ♦ I can walk away from relationships that repeatedly destroy my peace.
- ♦ I will give people grace without ignoring patterns.
- ♦ The people I love know they are loved, because I show them daily.
- ♦ I will become the kind of person I would want to have in my life.
 - I am a loving and supportive partner, friend, and family member.
- ♦ I seek out people who make me better and I do the same for them.
 - I choose and build healthy, harmonious, and respectful relationships.
 - I am surrounded by loving, supportive, and kind people.
 - I choose people who respect, support, and uplift me.

Boundaries

Keep thy heart with all diligence; for out of it are the issues of life.

PROVERBS 4:23 KJV

- ♦ Saying no does not make me selfish.
 - I say no easily so I can say yes fully.
- ♦ I can be kind without allowing myself to be mistreated.
- ♦ I will not sacrifice my convictions to keep someone happy.
 - I will not shrink myself to make others comfortable.
 - I do not need permission to take up space.
 - I can speak clearly without apologizing for existing.
- ♦ I am responsible for my actions, not everyone else's reactions.
- ♦ I can leave conversations that become disrespectful.
- ♦ Protecting my peace does not require hating anyone.
 - I will establish boundaries with wisdom, not revenge.
 - I communicate my needs and boundaries clearly and lovingly.
 - I set boundaries with love and without apology.

Family & Home

But as for me and my house, we will serve the LORD.

JOSHUA 24:15 KJV

- ♦ I can love my family without participating in unhealthy behavior.
 - I can honor people without agreeing with everything they do.
- ♦ I will treat my family with patience and respect.
 - I show up for the people I love with patience and presence.
- ♦ My home is a place of peace and safety.
 - Love and understanding grow in my household.
- ♦ I cannot control my family, but I can control how I respond.
- ♦ I will not allow family conflict to consume my entire life.
- ♦ I can break unhealthy patterns instead of repeating them.
- ♦ I honor where I came from while building where I'm going.

Physical Health

What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?

1 CORINTHIANS 6:19 KJV

- ◆ My body deserves responsible care.
 - I treat my body as a gift and care for it with respect.
 - My body is strong, capable, and worthy of care.
- ◆ My body is a beautiful, powerful vessel, and I am grateful for it.
 - I am grateful for my body's strength and resilience.
 - I am grateful for everything my body does for me.
- ◆ I am getting healthier, leaner, and stronger every week.
 - I am strong, capable, and full of energy.
 - I am fearfully and wonderfully made, and I care for my body's health and vitality.
 - Every day, I grow healthier and more energized.
- ◆ I will nourish my body rather than constantly punish it.
 - I eat food that gives me energy and clarity.
 - I nourish my body with healthy foods and movement that feels good.
 - I nourish myself with good food, movement, and sleep.
- ◆ Exercise is an investment in my future.
 - I move every day because I enjoy being strong and capable.
- ◆ I will respect my body's limits while continuing to challenge myself appropriately.
 - I listen to what my body needs and respond with kindness.
- ◆ I am building habits my future self will benefit from.
- ◆ One unhealthy meal does not erase my progress.
 - One missed workout does not mean I should quit.
 - A setback does not erase my progress.

Discipline & Habits

And let us not be weary in well doing: for in due season we shall reap, if we faint not. GALATIANS 6:9 KJV

- ◆ I can do important things even when I do not feel motivated.
 - Discipline will take me places motivation cannot.
- ◆ Consistency matters more than temporary motivation.

Consistency beats intensity, and I am consistent.

- ◆ I will keep promises I make to myself.
 - I keep my word to myself first.
 - I do what I said I would do, when I said I would do it.
 - I keep my promises, big and small.
- ◆ Small actions repeated consistently create large results.
 - Small daily actions are building the life I want.
 - Small healthy choices add up.
- ◆ I do not need perfection to make progress.
 - Progress is still progress.
 - I do not need to be perfect to produce excellent work.
 - I ship, I learn, I improve. Perfection is not the goal, progress is.
 - I choose peace over perfection.
 - I release the need to be perfect and embrace being healthy.
- ◆ I will stop waiting for the perfect moment.
 - I can start small.
 - I do not need to know everything before beginning.
- ◆ I do not have to accomplish everything today.
 - I will focus on what I can accomplish today.
 - I release the urgency and move at a pace that honors God.
- ◆ I will finish what matters.
 - I finish what I start.
- ◆ I choose long-term benefits over temporary comfort.
- ◆ Every day gives me another opportunity to practice discipline.

Work & Productivity

And whatsoever ye do, do it heartily, as to the Lord, and not unto men. COLOSSIANS 3:23 KJV

- ◆ My work has value when I do it with integrity.
 - My work matters, and I do it with excellence.
 - I bring focus, excellence, and integrity to everything I do.
- ◆ My work matters and makes a difference.
 - I do work that is meaningful and fulfilling.
 - My talents and skills are valuable and appreciated.
- ◆ I will learn what I do not know.

- ◆ I can improve through practice.
- ◆ I will solve problems rather than only complain about them.
 - Every problem I face is a skill I am about to gain.
 - I embrace challenges as opportunities to become stronger.
 - Challenges at work are opportunities to grow.
- ◆ I will protect my attention from unnecessary distractions.
 - I protect my mornings and my focus.
- ◆ I will work hard without making productivity my identity.

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Learning & Growth

A wise man will hear, and will increase learning; and a man of understanding shall attain unto wise counsels. PROVERBS 1:5 KJV

- ◆ I am a lifelong student, and curiosity is my advantage.
 - I am a lifelong student of life.
 - I am constantly learning and growing.
- ◆ Every day I know a little more than I did yesterday.
 - Every day, I am growing and becoming more resilient.
 - I am learning, growing, and becoming wiser every day.
 - Every day God is shaping me to be more like Christ.
- ◆ I welcome feedback because it speeds me up.
 - Criticism can teach me without defining me.
 - I welcome feedback as a gift.
- ◆ I am comfortable being a beginner.
 - I am comfortable saying, "I don't know."

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Purpose

There are many devices in a man's heart; nevertheless the counsel of the LORD, that shall stand. PROVERBS 19:21 KJV

- ◆ I do not need to have my entire life figured out today.
 - I do not know everything that is coming, and I do not need to.
- ◆ My life still has purpose.
 - My life has a unique and meaningful purpose.
 - My life has meaning and direction.
- ◆ I am not too old to begin something meaningful.
 - I am not too far behind to move forward.

I still have time to grow.

- ◆ Preparation is not wasted time.
 - Quiet seasons can still produce growth.
- ◆ I will use what I have while developing what I lack.
- ◆ I will faithfully handle today's responsibilities.
- ◆ I will pursue purpose instead of chasing validation.
- ◆ I am willing to change direction when wisdom requires it.
 - I will adapt when something does not work.

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Money & Finances

He that is faithful in that which is least is faithful also in much.

LUKE 16:10 KJV

- ◆ Money is a tool, not my identity.
 - My worth is not measured by what I own.
- ◆ I will control my money instead of allowing money to control me.
 - I am a wise steward of everything entrusted to me.
 - I manage my resources with discipline and gratitude.
- ◆ I can enjoy life without spending irresponsibly.
- ◆ I will distinguish between wants and needs.
 - I will think before making emotional purchases.
- ◆ I will save for my future.
 - I spend with intention and save with discipline.
- ◆ I will learn from financial mistakes.
- ◆ I will practice generosity without neglecting responsibility.
 - God supplies what I need, and I give generously from it.
 - I have enough, and I use what I have well.
 - When I give generously, I trust God to provide and refresh me.
- ◆ Small financial decisions compound over time.
 - I will build financial stability patiently.
- ◆ I replace fearful beliefs about money and success with truth.
- ◆ I earn money by creating real value for people.
 - I earn money through honest work and wise choices.
 - God can provide from expected and unexpected sources, and I do my part with diligent work.

God is my provider, and I am ready to steward abundance well.

My income grows as my skills and service grow.

I can earn a good living with the gifts God gave me.

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Creativity & Expression

And he hath filled him with the spirit of God, in wisdom, in understanding, and in knowledge, and in all manner of workmanship. EXODUS 35:31 KJV

- ♦ When God gives me an idea, I act on it.
 - | God gives me ideas, and I act on them with courage.
- ♦ I make things because making things is who I am.
- ♦ I share my work without waiting for permission.
- ♦ My voice is distinct, and the world needs it.
 - | God made me on purpose, quirks and all.

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Fear & Anxiety

For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind. 2 TIMOTHY 1:7 KJV

- ♦ Fear does not get to make my decisions.
 - | I will walk by faith, not by fear.
 - | I walk in faith, not fear.
- ♦ I can be afraid and still move forward.
 - | Courage means moving forward even when fear is present.
 - | Fear is not a reason to stop when God is leading me forward.
 - | I am brave enough to step outside of my comfort zone.
- ♦ I do not need to solve tomorrow's problems today.
- ♦ Uncertainty does not automatically mean something bad will happen.
 - | Tomorrow deserves hope, not automatic fear.
 - | I face the unknown with curiosity and courage.
- ♦ I have survived difficult days before.
 - | I have survived everything so far, and I will handle what comes next.
 - | God has carried me through everything so far, and He will carry me through this too.
- ♦ I will not allow fear of failure to prevent me from trying.

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Failure & Setbacks

For a just man falleth seven times, and riseth up again.

PROVERBS 24:16 KJV

- ♦ Failure is an event, not my identity.
 - | My mistakes are things I can learn from, not my identity.
 - | Failure is information, not a final verdict.
 - | Mistakes are lessons, not verdicts.
- ♦ I can begin again.
- ♦ I will learn rather than simply regret.
 - | Being wrong gives me an opportunity to become wiser.
- ♦ I do not need to hide my mistakes.
 - | I will take responsibility without condemning myself.
- ♦ Closed doors can redirect me.
 - | Setbacks are setups for something better.
 - | I follow God's purpose for me and trust Him to open the right doors.
- ♦ I refuse to quit simply because something became difficult.
 - | I bend, I do not break.
 - | Setbacks are temporary; God's strength is permanent.

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Success

He hath shewed thee, O man, what is good; and what doth the LORD require of thee, but to do justly, and to love mercy, and to walk humbly with thy God? MICAH 6:8 KJV

- ♦ I can succeed without becoming prideful.
 - | I will remain grateful when things go well.
- ♦ I will not measure success only by money, attention, or status.
 - | Character matters more than recognition.
 - | I want success that does not cost me my integrity, health, faith, or relationships.
- ♦ I do not need to compete with everyone around me.
 - | Someone else's success does not diminish mine.
- ♦ I will celebrate progress without becoming complacent.

Communication & Conflict

Let your speech be always with grace, seasoned with salt, that you may know how to answer every man.

COLOSSIANS 4:6 KJV

- ♦ I can disagree without becoming disrespectful.
- ♦ I do not have to win every argument.
 - I do not have to attend every argument I am invited to.
 - I choose patience and understanding over being right.
- ♦ I will seek understanding before responding.
 - I will listen before assuming.
 - I will not assume motives I cannot know.
- ♦ I can admit when I am wrong.
 - I will apologize when I am wrong.
- ♦ I will not allow anger to choose my words.
- ♦ I will speak truth with love.
 - I will communicate honestly and respectfully.
 - I speak with honesty and kindness, even when it is uncomfortable.
 - I will speak truth without becoming cruel.
 - I can speak firmly without being cruel.
 - I listen deeply and speak honestly.
- ♦ Silence is sometimes wiser than another response.
- ♦ I will address problems instead of allowing resentment to build.

Confidence

Not that we are sufficient of ourselves to think any thing as of ourselves; but our sufficiency is of God. 2 CORINTHIANS 3:5 KJV

- ♦ I trust myself to learn and adapt.
 - I ask God for wisdom and trust the discernment He gives me.
 - I trust my decisions when they rest on God's Word.
- ♦ I can ask for help without feeling weak.
- ♦ Confidence grows through action.

Time & Aging

So teach us to number our days, that we may apply our hearts unto wisdom. PSALM 90:12 KJV

- ♦ Getting older does not mean my best days are automatically behind me.
 - Every season of life offers something different.
 - The best chapters of my life are still ahead.
- ♦ I will use the time I have instead of fearing how quickly it passes.
 - I cannot slow time, but I can live intentionally.
 - I have enough time for what truly matters.
 - I use my time with intention.
- ♦ Today matters.
- ♦ God is with me right where I am.
 - God is using where I am to lead me where He wants me.
- ♦ I will create memories instead of only counting years.
- ♦ It is never too late to become wiser.
- ♦ I will invest in the person I am becoming.

Future

A man's heart deviseth his way: but the LORD directeth his steps.

PROVERBS 16:9 KJV

- ♦ Unexpected changes can produce unexpected opportunities.
 - I am open to new opportunities for growth and success.
 - I am open to new opportunities for income and growth.
- ♦ I will prepare without obsessing.
 - I will make wise plans while remaining flexible.
 - I will hope without demanding that life happen exactly as I imagined.
- ♦ I will build the future through what I choose today.
 - I take responsibility for the choices that shape my path.
 - With God's help, I can build a life that honors Him.

Service & Legacy

Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.

MATTHEW 5:16 KJV

- ♦ I leave people and places better than I found them.
 - | I bring encouragement and light wherever I go.
- ♦ I use what I have been given to lift others.
- ♦ My life is a message, and I write it with care.
- ♦ I am building something that will matter long after today.
 - | I create things that serve people and outlast the moment.

Peace & Connection

If it be possible, as much as lieth in you, live peaceably with all men.

ROMANS 12:18 KJV

- ♦ I am part of God's creation and connected to the people around me.
 - | I feel a deep sense of belonging and connection.
- ♦ I am grateful for the beauty of nature that surrounds me.
- ♦ I contribute to a more peaceful and loving world by being peaceful and loving myself.
 - | I will contribute peace wherever possible.
- ♦ I leave final judgment to God, and I use discernment without condemning.

Peace & Rest

Come unto me, all ye that labour and are heavy laden, and I will give you rest. MATTHEW 11:28 KJV

- ♦ I give myself permission to rest.
 - | I rest without guilt because rest is part of the work.
 - | Rest is productive when my body needs recovery.
 - | I listen to my body's signals and give it the rest it needs.
 - | I am allowed to rest without guilt.
- ♦ I sleep deeply and wake up ready.

More prayers, articles and declarations at thechristianking.com