



**Book Summary:** I Declare: 31 Promises to Speak Over Your Life (FaithWords) by Joel Osteen

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**Note:** This is a very concise paraphrased summary. Please support the author and buy the book.

- The Scripture says, “We will eat the fruit of our words”
  - Meaning, we will get exactly what we’ve been saying.
  - The thoughts may come to mind, but don’t make the mistake of verbalizing them.
- Through the day say, “**I have the favor of God. I can do all things through Christ. I am blessed. I’m strong. I’m healthy. Hello, you blessed, prosperous, successful, strong, talented, creative, confident, secure, disciplined, focused, highly favoured child of the Most High God.**”
- You believe what you say about yourself more than what anybody else says.
- Don’t talk about the problem. Talk about the solution.
  - Let the weak say exactly the opposite of how they feel.
- **DAY ONE:** I DECLARE God’s incredible blessings over my life. I will see an explosion of God’s goodness, a sudden widespread increase. I will experience the surpassing greatness of God’s favor. It will elevate me to a level higher than I ever dreamed of. Explosive blessings are coming my way. This my declaration.
- **DAY TWO:** I DECLARE I will experience God’s faithfulness. I will not worry. I will not doubt. I will keep my trust in Him, knowing that He will not fail me. I will give birth to every promise God put in my heart and I will become everything God has created me to be. This my declaration.
- **DAY THREE:** I DECLARE I have the grace I need for today. I am full of power, strength and determination. Nothing I face will be too strong for me. I will overcome every obstacle, outlast every challenge, and come through every difficulty better off than I was before. This is my deceleration.
- **DAY FOUR:** I DECLARE it is not too late to accomplish everything God has placed in my heart. I have not missed by window of opportunity. God has moments of favor in my future. He is preparing me right now because He is about to release a special grace to help me accomplish that dream. This is my time. This is my moment. I receive it today!
  - This is my time. This is my moment. I’m not settling where I am. I’ve let excuses hold me back long enough. But today I will take steps of faith to pursue new opportunities, to explore new hobbies, to break bad habits, to get rid of wrong mind-sets. I know it’s not too late to accomplish everything God has placed in my heart.
  - The rest of your life can be the best of your life.
  - **You have to stay passionate about what God put in your heart.** Don’t let one disappointment or even a series of disappointments convince you to give up.
- **DAY FIVE:** I DECLARE I am grateful for who God is in my life and for what He’s done. I will not take for granted the people, the opportunities, and the favor He has blessed me with. I will look at what is right and not what is wrong. I will thank Him for what I have and not complain about what I don’t have. I will see each day as a gift from God. My heart will overflow with praise and gratitude for all of His goodness. This is my declaration.
- **DAY SIX:** I DECLARE a legacy of faith over my life. I declare that I will store up blessings for future generations. **My life is marked by excellence and integrity.** Because I’m making right choices and taking steps of faith, others will want to follow me. God’s abundance is surrounding my life today. This is my declaration.
- **DAY SEVEN:** I DECLARE that God has a great plan for my life. He is directing my steps. And even though I may not always understand how, I know my situation is not a surprise to God. He will work out every detail to my advantage. In His perfect timing, everything will turn out right. This is my declaration.
  - The Scripture talks about how all of our days have been written in God’s book. He’s already recorded every part of your life from the beginning to the end. God knows every disappointment, every loss, and every challenge.
- **DAY EIGHT:** I DECLARE God’s dream for my life is coming to pass. It will not be stopped by people, disappointments, or adversities. God has solutions to every problem I will ever face already lined up. The right people and the right breaks are in my future. I will fulfil my destiny. This is my declaration.
- **DAY NINE:** I DECLARE unexpected blessing are coming my way. I will move forward from barley making it to having more than enough. God will open up supernatural doors for me. He will speak to the right people around me. I will see Ephesians 3:30, exceedingly, abundantly, above-and-beyond favor and increase in my life. This is my declaration.
- **DAY TEN:** I DECLARE that God will accelerate His plan for my life as I put my trust in Him. I will accomplish my dreams faster than I thought possible. It will not take years to overcome an obstacle, to get out of debt, or to meet the right person. God is doing things faster than before. He will give me victory sooner than I think. He has blessings that will thrust me years ahead. This is my declaration.

- **DAY ELEVEN:** I DECLARE Ephesians 3:20 over my life. God will do exceedingly, abundantly above all that I ask or think. Because I honor Him, His blessings will chase me down and overtake me. I will be in the right place at the right time. People will go out of their way to be good to me. I am surrounded by God's favor. This is my declaration.
- **DAY TWELVE:** I DECLARE I am special and extraordinary. I am not average! I have been custom-made. I am one of a kind. Of all the things God created, what He is the most proud of is me. I am His masterpiece, his most prized possession. I will keep my head held high, knowing I am a child of the most high God, made in his very image. This is my declaration.
  - Let God be the most important person in your life.
  - **Base your sense of value on what He says about you.**
- **DAY THIRTEEN:** I DECLARE that God is bringing about new seasons of growth. I will not get stagnant and hold on the old. I will open to change knowing that God has something better in front of me. New doors of opportunity, new relationships, and new levels of favor are in my future. This is my declaration.
  - God would not have stirred it up if He didn't have something better in store. Don't fight change; embrace it, and you will step into the fullness of what God has in store.
- **DAY FOURTEEN:** I DECLARE that I will use my words to bless people. I will speak favor and victory over my family, friends, and loved ones. I will help call out their seeds of greatness by telling them "I'm proud of you, I love you, you are amazing, you are talented, you are beautiful, you will do great things in life." This is my declaration.
- **DAY FIFTEEN:** I DECLARE that I have a sound mind filled with good thoughts, not thoughts of defeat. By faith, I am well able. I am anointed. I am equipped. I am empowered. My thoughts are guided by God's Word every day. No obstacle can defeat me, because my mind is programmed for victory. This is my declaration.
  - Act like you're blessed, talk like you're blessed, walk like you're blessed, think like you're blessed, dress like you're blessed. **Put actions behind your faith, and one day you will see it become a reality.**
- **DAY SIXTEEN:** I DECLARE that I will live as a healer. I am sensitive to the needs of those around me. I will lift the fallen, restore the broken, and encourage the discouraged. I am full of compassion and kindness. I won't just look for a miracle; I will become someone's miracle by showing God's love and mercy everywhere I go. This is my declaration.
- **DAY SEVENTEEN:** I DECLARE I will put actions behind my faith. **I will not be passive or indifferent. I will demonstrate my faith by taking bold steps to move toward what God has put in my heart.** My faith will not be hidden; it will be seen. I know when God sees my faith He will show up and do amazing things. This is my declaration.
  - **You are closest to your victory when you face the greatest opposition.**
  - Bible story: He said to his friends, "I've got an idea. Take me up on the roof. Cut a hole in it and lower me down so I can have a front row seat there in front of Jesus."
  - **The Scripture in Mark 2:5 begins, "When Jesus saw their faith..."**
    - **faith = determination**
  - Do you have a faith that God can see? Are you doing something out of the ordinary to show God you believe in Him? It's not enough to just pray. **It's not enough to just believe. Like this man, you have to do something to demonstrate your faith.**
  - It's one thing to pray. It's one thing to believe. **But if you really want to get God's attention, put actions behind what you believe in.**
- **DAY EIGHTEEN:** I DECLARE breakthroughs are coming in my life, sudden bursts of God's goodness. Not a trickle. Not a stream. But a flood of God's power. A flood of healing. A flood of wisdom. A flood of favor. I am a breakthrough person and I choose to live breakthrough minded. I am expecting God to overwhelm me with His goodness and amaze me with His favor. This is my declaration.
- **DAY NINETEEN:** I DECLARE there is an anointing ease on my life. God is going before me making crooked places straight. His yoke is easy and His burden is light. I will not continually struggle. What used to be difficult will not be difficult anymore. God's favor and blessing on my life I lightening the load and taking the pressure off. This is my declaration.
  - David went on to say, **"Because God has anointed me, surely goodness and mercy will follow me wherever I go."** That means things will be easier. What you used to struggle with will no longer be a struggle. For no reason people will want to be good to you. You will get breaks that you didn't deserve. You will have good ideas, wisdom, and creativity.
- **DAY TWENTY:** I DECLARE that I am calm and peaceful. I will not let people or circumstances upset me. I will rise above every difficulty, knowing that God has given me the power to remain calm. I choose to love my life happy, bloom where I am planted, and let God fight my battles. This is my declaration.
  - **People have a right to say what they want, but you have every right to not get offended.**
  - By getting upset, you give the other person power.
  - When you allow what someone says or does to upset you, you're allowing them to control you.

- **DAY TWENTY-ONE:** I DECLARE God's supernatural favor over my life. What I could not make happen on my own, God will make happen for me. Supernatural opportunities, healing, restoration, and breakthroughs are coming my way. I am getting stronger, healthier, and wiser. I will discover talent I didn't know I had and will accomplish my God-given dream. This is my declaration.
  - **Is there anything too wonderful for the Lord?** (The Amplified Bible)
  - God says, "If you'll take the limits off Me I'll amaze you with my goodness. I'll not only meet your needs, I'll take it one step further. I'll give you the desires of your heart" (2 Corinthians 9:8-9 NIV). One translation says, "the secret petitions of your heart."
  - When you believe, it sets a series of events into motion. God is arranging things in your favor. He is lining up the right people, the right opportunities. In the coming days you will see supernatural increase, explosive blessings.
- **DAY TWENTY-TWO:** I DECLARE I will live victoriously. I was created in the image of God. I have the DNA of a winner. I am wearing a crown of favor: **Royal blood flows through my veins.** I am the head, never the tail, above never beneath. **I will live with purpose, passion and praise** knowing that I as destined to live in victory. This is my declaration.
  - "You've got to fake it until you make it"
  - **By faith** you need to walk like a king, talk like a king, think like a king, dress like a king, smile like a king.
  - **Don't go by what you see. Go by what you know.**
- **DAY TWENTY-THREE:** I DECLARE I am a people builder: I will look for opportunities to encourage others to bring out the best in them and to help them accomplish their dreams. I will speak words of faith and victory, affirming them, approving them, letting them know they are valued. I will call out their seeds of greatness, helping them to rise higher and become all that God created them to be. This is my declaration.
- **DAY TWENTY-FOUR:** I DECLARE I will speak only positive words of faith and victory over myself, my family, and my future. I will not use my words to describe the situation. **I will use my words to change my situation.** I will call in favor; good breaks, healing, and restoration. I will not talk to God about how big my problems are. **I will talk to my problems about how big my God is. This is my declaration.**
- **DAY TWENTY-FIVE:** I DECLARE I will not just survive; I will thrive! I will prosper despite every difficulty that come my way. I know every setback is a setup for a comeback. I will not get stagnant, give up on my dreams, or settle where I am. I know one touch of God's favor can change everything. I'm ready for a year of blessings and a year of thriving! This is my declaration.
- **DAY TWENTY-SIX:** I DECLARE I will choose faith over fear! I will meditate on what is positive and what is good about my situation. **I will use my energy not to worry but to believe. Fear has no part in my life.** I will not dwell on negative, discouraging thoughts. **My mind is set on what God says about me.** I know His plan for me is for success, victory and abundance. This is my declaration.
- **DAY TWENTY-SEVEN:** I DECLARE I am equipped for every good work God has planned for me. I am anointed and empowered by the creator of the universe. Every bondage, every limitation is being broken off of me. This is my time to shine. I will rise higher; overcome every obstacle, and experience victory like never before! This is my declaration.
  - **When facing tough times:** I will not be negative. I've been anointed for this. I know God is control. He can take what was meant for my harm and turn it around and use it to my advantage.
- **DAY TWENTY-EIGHT:** I DECLARE that I will ask God for big things in my life. **I will pray bold prayers and expect big and believe big.** I will ask God to bring to pass those hidden dreams that are deep in my heart. If certain promises don't look like they will happen, I will not be intimidated and give up. I will pray with boldness, expecting God to show Himself strong, knowing that nothing is too difficult for Him. This is my declaration.
  - **God expects us to ask.**
    - **James 4:2 says, "You have not because you ask not."**
      - **If you're not asking for God's favor, His blessings, His increase, then you're not releasing your faith.**
      - The Scripture says in **Psalm 2:8, "Ask of Me and I will give you the nations."**
      - God is saying, "Ask Me for big things."
- **DAY TWENTY-NINE:** I DECLARE God is working all things together for my good. He has a master plan for my life. **There may be things I don't understand right now but I'm not worried.** I know all the pieces aren't here yet. One day it will all come together and everything will make sense. I will see God's amazing plan taking me places I never dreamed of. This is my declaration.
- **DAY THIRTY:** I DECLARE God is going before me making crooked places straight. He has already lined up the right people, the right opportunities and solutions to problems I haven't had. **No person, no sickness, no disappointment, can stop His plan.** What he promised will come to pass. This is my declaration.
- **DAY THIRTY-ONE:** I DECLARE everything that doesn't line up with God's vision for my life is subject to change. Sickness, trouble, lack, mediocrity, are not permanent. They are only temporary. I will not be moved by what I see but

by what I know. I am a victor and never a victim. **I will become all that God has created me to be. This is my declaration.**

- **FACING YOUR MOUNTAINS:**

- When you face a mountain, **it's not enough to just pray.** It's enough just to believe. It's not enough to just think good thoughts.

- **You have to speak to your mountains.**

- Jesus said in Mark 11:23 KJV: "Whoever will say to this mountain, be removed, and does not doubt in his heart, he will have whatever he says."
- "Fear, I command you to leave. I will not allow you in my life."
- Jesus talked to a tree.
- David spoke to Goliath.
- The more you talk about the mountain, the weaker it makes you.

- **FINAL DECLARATION:**

- I declare I walk in the blessing of almighty God. I am filled with wisdom. I make good choices. I have clear direction.
- I declare I am blessed with creativity, with good ideas, with courage, with strength, with ability.
- I declare I am blessed with good health, a good family, good friends, and a long life.
- I declare I am blessed with promotion, with success, with an obedient heart, and with a positive outlook.
- **I declare whatever I put my hands to will prosper and succeed.** I will be blessed in the city and blessed in the field. I will be blessed when I go in and when I go out.
- **I declare I will lend and not borrow,** and I will be above and not beneath.
- I declare right now that every negative word, every curse that has ever been spoken over me, is broken in the name of Jesus.

- **I declare the negative things that have been in my family even for generations will no longer have any effect on me.**

- I declare that from this day forward I will experience a new sense of freedom, a new happiness, and a new fulfilment.
- I declare I am blessed!