

30 DAY CHALLENGE - UNLEASHING THE POWER OF POSITIVE CONFESSIONS

BODY DECLARATIONS

1. I (insert your name here) observe myself from the mirror of God's word, Spirit, Soul and Body (James 1:23).
I am fearfully and wonderfully made. I am unique, one of a kind. I am beautiful. (Ps 139:14, Deut 7:6, 1 Pet 2:9)
I am made in the image and likeness of the Most High God knowing that God is a Spirit. (Gen 1:27, Jn 4:24).
I realize that I am a Spirit, I have a Soul and I live in a Body (I Thess. 5:23, I Cor 9:27).
2. My workout is my worship. I (insert your name here) present my body to God (Rom 12:1).
I keep my body holy, pure and sanctified as unto the Lord (Rom 12:1).
My body is the temple of the Most High God so I take extra care of it (1 Cor 6:19).
I strip off any unnecessary weight so I can fulfill my kingdom assignment. (Heb 12:1)
I honor God and bring glory to Him in my body. (1 Cor 6:20, Phil 1:20, 1 Cor 10:31)
I do my regular medical checkups. I have a clean bill of health, no sicknesses or diseases dwells in my body. (Is 53:5, 1 Pet 2:24). I live a long and fulfilled life in my healthy and whole body (Ps 91:16).
3. I (insert your name here) bear the fruit of the Holy Spirit called Self Control (Gal 5:22-23). Therefore I have control over my body (1 Cor 6:12, 1 Cor 9:27). I have control over what I eat and how much I eat. I do whatever it takes to see these changes happen.
I am intentional about eating healthy whether I dine at home or at a restaurant.
I buy healthy groceries. I observe the serving size on food packages. I do not eat more than I should. I watch what I eat and make the right choices making sure it's suitable to keep my body whole and healthy. (3 Jn 1:2).
I (insert your name here) eat for the right reason which is only when I am hungry; I don't eat out of boredom, sorrow, hurt, pain, comfort, stress or for company. I stay away from environments that would not promote the good health of my body.
4. I (insert your name here) follow the 7-0/3-0 (seventy/thirty) rule. I eat healthy 7 days a week; I create the time to exercise at least 3 days a week with no excuses and no slackness. I consider fitness and my health as priority. I am excited about developing healthy habits. I am excited about eating healthier, exercising regularly and getting enough rest to keep my body healthy and in great condition (1 Cor 9:27).
I have the strength to defeat any unnecessary cravings, desires & appetites through Christ; in my weak moments, His Strength is perfected (Phil 4:13, 2 Cor 12:9-10). I am agile, active, alive and energized. (Eph 6:10, 2 Cor 12:9). I will turn to God and God's word; not to food to satisfy any needs, cravings or desires. (Phil 4:8). I let the Holy Spirit rule my actions. (Rom 8:14, Gal 5:16).
5. I (insert your name here) is changing and being transformed every day into a better person (Rom 12:2). I am not the same person I was yesterday - Spirit, Soul and Body. I can do all things through Christ who gives me strength (Phil 4:13). I am working out my 365 days plan to be Refreshed, Rejuvenated, Renewed and Restored - Spirit, Soul and Body. Wohoo!

Check (✓) or Circle ① completed day.

MAY 2013						
SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

I own points 1 to 5 coz I get it done,
Signed by (Date)
