

Confessions to speak over your body:

I thank you Lord that you renew my youth and my strength like that of an eagle. I thank you Lord that my body and my whole physical being looks younger and feels younger than my years would say it is. I thank you that I will still bear fruit in old age. I stay fresh and green. I am able to run and not grow weary; I am able to walk and not grow faint. I am like a tree firmly planted beside streams of water...I yield fruit in season and I do not wither...whatever I do prospers. (Isaiah 40:31, Psalm 103:5, Psalm 1:3, Psalm 92:14)

Body, in the Name of Jesus, I command you to line up with The Word of God and all that The Word says about you! Body, submit and come into agreement with The Name of Jesus that is written on your DNA and is life and life more abundantly. I speak to every cell, organ, tissue, muscle, fiber and my whole being and I declare that you have life and life to the full, be well, be healthy, be whole, work and function as God fully intended you to with great excellence and efficiency. You are healthy, wealthy, full of peace, full of joy...be renewed, be strengthened. Metabolism, I speak life into you and I command you to burn fat and calories quickly and easily in the Name of Jesus! Function in excellence and be renewed and strengthened.

You have the power and authority in Christ to speak to your body and tell it what to do, and how to feel in accordance to life and all The Word of God says. Speak to your brain, to your bones, to your metabolism...speak life and call forth that which is already truth in the supernatural to manifest into the natural. Speaking life into our bodies on a regular basis is no different than speaking life into the situations and circumstances around us - or anything else in the natural...and as we are in the supernatural (as Christ declares we already are in The Word) is what shall manifest in the physical if that is what we believe and call forth as the gatekeepers of our heart. For out of our hearts flow the issues of life. (Prov 4:23) Every day is a new opportunity to call forth the abundant life we've been already been given in Christ - in every area, including our physical body. We are saved by grace (the finished work of Christ) and God's grace is power for us to draw life from every day!