



Speak out loud
BEPUSH

Declaring the same truth, on the same day, at the top of every hour.

Join us as we declare truth into our lives, families, and circles of influence. You must become convinced that you have been given the power to speak life or speak death into your body, soul, family, and circumstances. Proverbs 18:21 clearly teaches us that how we live comes from what we speak.

Use this declaration guide to join all CITADEL believers in this powerful process. Find the week and the day, set your phone alarm to remind you to pray, and make this declaration at the top of every hour that you are awake.

Great blessings upon you as the Word of God goes forth from your lips!



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Week 1 - 3 - 5

SUNDAY:

I am favored. I am a son/daughter of God and I am increasing in wisdom and stature, and in favor with God and men. I am favored. - **Luke 2:52**

MONDAY:

I am full of faith. I am a son/daughter of God and I please God with faith that is growing as I hear and act on His Word. He rewards me as I diligently seek Him. I am Full of Faith. - **Romans 10:17; Hebrews 11:6; James 1:22**

TUESDAY:

I am accepted. I am a son/daughter of God. I am accepted by my Father, redeemed and forgiven because of the riches of His grace. I am accepted. - **Ephesians 1:5-7**

WEDNESDAY:

I am healthy. I attend to God's Word and submit to His sayings. I keep them in my sight and in the center of my heart. They are life to me and health to all of my body. I am healthy. - **Proverbs 4:20-22**

THURSDAY:

I am successful. I walk in the truth and I prosper in my health, I prosper in my soul, and I prosper in all that I do. I am successful. - **Deuteronomy 29:9; 3 John 1:2-3**

FRIDAY:

I live in peace and unity. I am a son/daughter of God and I walk worthy of the calling on my life. I live carefully in order to keep the unity of the Spirit in the bond of peace. I live in peace and unity. - **Ephesians 4:1-3**

SATURDAY:

I am blessed. I am a son/daughter of God and He blesses me and keeps me. The Lord sees me and releases grace and peace to me. I am blessed. - **Genesis 1:27-28; Numbers 6:23-27**

Week 2 - 4

SUNDAY:

I am wise. I am a son/daughter of God and I make wisdom a priority. I ask and receive the wisdom from above that is pure, peaceable, gentle, willing to yield, full of mercy and good fruit, without partiality and without hypocrisy. I am wise. - **James 3:17; James 1:5; Proverbs 4:7**

MONDAY:

I am joyful. I rejoice at all times and in every situation because I trust in my Heavenly Father. Father, you cover me and defend me because I love your name. I am joyful. - **Philippians 4:4; Psalm 5:11**

TUESDAY:

I have power and authority. I am a son/daughter of God and have been given authority over the earth, all living creatures, the kingdom of darkness, and my circumstances. I am fruitful. I overcome every obstacle and take dominion through my life for the name of Jesus. I have power and authority. - **Luke 10:19; Genesis 1:28**

WEDNESDAY:

I am loving. I am a son/daughter of God and I am filled with the perfect love of my Father. I love God and I love my brothers and sisters in Christ because God loves me first. I am loving. - **1 John 4:18-20**

THURSDAY:

I am positive. I meditate on things that are true, on things that are noble, on things that are just, on things that are pure, on things that are lovely, on things that are of good report, on things that have virtue and on things that are praiseworthy. I am positive. - **Philippians 4:8**

FRIDAY:

I am creative. I am made in the image of God and I am creative. As my Father creates, so I create with words that produce visible results. I find the things that God has hidden and uncover them for the world to see. - **Hebrews 11:1-3; Genesis 1:27; Proverbs 25:2**

SATURDAY:

I am forgiving. I am a son/daughter of God and I forgive the people that are in my past, my present, and my future. In the place of pain and offence, I put on love which is the bond of perfection. I am forgiving. - **Colossians 3:12-14**