DAILY BIBLE DECLARATIONS™

Healing Declarations & Prayers

for Body, Mind & Spirit

A SCRIPTURE-BASED GUIDE
TO PRAYER, REFLECTION
& RENEWED HOPE

Ayoola Bandele

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Contents

A simple guide to help you pray, reflect and speak Scripture over your body, mind and spirit.

Welcome
A short note to encourage you on your healing journey.

How to Use This Guide
Simple steps to help you get the most from the declarations and prayers.

Healing Declarations 1–4
Declarations and Scriptures to help you speak healing over your body.

Healing Declarations 5–8
Declarations and Scriptures to help you receive healing from the inside out.

Healing Declarations 9–12
Declarations and Scriptures to help you walk in restoration and wholeness.

Guided Prayers
Nine Scripture-based prayers to help you bring your needs to God.

Reflection
A space to reflect on what God is saying to you.

Your Healing Journey Doesn't End Here
Join the Daily Bible Declarations Community Hub, discover forthcoming resources and next steps.

Welcome

I'm so glad you're here.

This guide has been created to encourage you on your healing journey. Life can be challenging, and at times we all need God's healing, strength and peace — for our bodies, minds and spirits. Scripture reminds us that God is near, He cares, and He still heals today.

These declarations and prayers are drawn from God's Word to help you speak life over your whole being. As you read, pray and reflect, I pray that you will experience His love, comfort and restoration in a fresh way.

> *"He heals the brokenhearted and binds up their wounds."*
>
> PSALM 147:3 (NIV)

You can use this guide at your own pace — daily, weekly or whenever you need encouragement. There is no right or wrong way to go through it. Simply take your time, be open, and allow God's Word to speak to your heart.

My prayer is that as you speak these declarations and pray these prayers, you will be reminded of God's truth, strengthened in your faith, and filled with renewed hope.

A final word...

You are not alone. God sees you, He hears you, and He cares about every part of your journey. May this guide be a source of encouragement, strength and healing for you, today and in the days ahead.

How to Use This Guide

This guide is designed to be simple and flexible, so you can use it in a way that fits your life. There is no right or wrong way to go through it. Just take your time, be open, and allow God's Word to speak to your heart.

Let Scripture speak life.

Each declaration and prayer in this guide is rooted in God's Word. As you read, speak, reflect and pray, invite the Holy Spirit to show you what He wants to say to you and how you can apply it to your current season.

Read the Scripture

Each declaration and prayer is based on a Bible verse. Take a moment to read the verse and let it remind you of what God says.

Speak the Declaration Aloud

Make the words personal by speaking them out loud. You can pray them as they are, or adapt them to your own words.

Reflect and Journal

Use the reflection sections to write down what God is showing you, how you are feeling, and any next steps.

Pray with Intention

The guided prayers will help you bring your specific needs to God. Use them when you need direction, peace, healing or strength.

Come Back Often

You can return to this guide as many times as you need. Different declarations and prayers may speak to you at different times and seasons.

Take It at Your Own Pace

There is no set timeframe. You can work through the guide in order, focus on the sections that meet your current needs, or dip in and out as the Holy Spirit leads you.

Healing Declarations

Speak life over your body, mind and spirit.

These declarations are inspired by God's Word and written to help you speak His truth over your whole being — body, mind and spirit.
As you read, pray and speak each declaration, ask the Holy Spirit to help you receive God's truth and apply it to your life today.

> *"I am the Lord who heals you."*
> EXODUS 15:26 (NIV)

In this section, you'll find:

- A key Bible verse for each declaration
- A simple, Scripture-based declaration
- A short prayer to guide you
- Reflection prompts to help you go deeper

Take your time, and allow God's Word to renew your mind and strengthen your faith as you speak these declarations.

Healing Declarations 1–4

01 Uprooting What God Has Not Planted

SCRIPTURE: MATTHEW 15:13

I uproot and remove every plant that my heavenly Father has not planted in my body, mind and spirit. I refuse to harbour anything that hinders my healing, and I choose to walk in the health and wholeness God has for me, in Jesus' name. Amen.

02 Redeemed and Restored Through Christ

SCRIPTURE: GALATIANS 3:13

I am redeemed from the curse and its effects. Through the sacrifice of Jesus, I receive healing, restoration and wholeness in my body, mind and spirit. I stand in the finished work of Christ, and I walk in the freedom He has given me, in Jesus' name. Amen.

03 Speaking Life Over My Body

SCRIPTURE: 1 PETER 2:24

I speak life, healing and wholeness over my body. By the stripes of Jesus, I am healed. I choose to align my words with God's truth, and I declare health, strength and vitality over every part of my body, in Jesus' name. Amen.

04 Restoration Through God's Word

SCRIPTURE: HEBREWS 4:12

God's Word is alive and active in me. It brings healing, restoration and wholeness to my body, mind and spirit. I receive the transforming power of His Word, and I choose to let it renew and restore me every day, in Jesus' name. Amen.

Pause and Reflect

Which declaration speaks most closely to what you are experiencing today? Read it again slowly and make it your personal prayer.

Healing Declarations 5–8

05 Healing From the Inside Out

SCRIPTURE: 1 PETER 2:24

By His wounds I am healed. I receive God's healing power in my body, mind and spirit, and I walk in wholeness, in Jesus' name. Amen.

06 Strength for Every Weak Place

SCRIPTURE: ISAIAH 40:29

The Lord gives me strength for every weak place. I will not grow weary because He renews my strength, and I walk in His power, in Jesus' name. Amen.

07 The Spirit of God Gives Life

SCRIPTURE: ROMANS 8:11

The Spirit of God gives life to my body, mind and spirit. I receive His life, His power and His healing in every area, in Jesus' name. Amen.

08 Rejecting Fear and Affliction

SCRIPTURE: 2 TIMOTHY 1:7

I reject the spirit of fear, sickness and affliction. I receive the spirit of power, love and a sound mind, and I walk in health and victory, in Jesus' name. Amen.

Pause and Reflect

Which declaration speaks most closely to what you are experiencing today? Read it again slowly and make it your personal prayer.

Healing Declarations 9–12

09 Restoration and Renewal

SCRIPTURE: JEREMIAH 30:17

I receive healing and restoration in every area of my life.
The Lord brings health and wholeness to my body, mind and spirit, in Jesus' name. Amen.

10 Peace in the Midst of Storms

SCRIPTURE: ISAIAH 26:3

I receive God's peace, which guards my heart and mind.
I choose to keep my mind on Him, and I will not be overcome by fear or anxiety, in Jesus' name. Amen.

11 Restoring What Has Been Lost

SCRIPTURE: JOEL 2:25

I receive the restoration of all that has been lost.
The Lord gives me back what the enemy has taken, and I walk in His favour and blessing, in Jesus' name. Amen.

12 A Wholeness That Overflows

SCRIPTURE: 3 JOHN 1:2

I receive wholeness in my body, mind and spirit. I walk in health, strength and joy, and I overflow with God's goodness, in Jesus' name. Amen.

Pause and Reflect

Which declaration speaks most closely to what you are experiencing today? Read it again slowly and make it your personal prayer.

Guided Prayers

Bring your needs to God with confidence.

These guided prayers are inspired by Scripture and are designed to help you bring your needs, concerns and hopes to God. Each prayer focuses on a different area of healing, encouraging you to trust His truth and invite His peace, strength and restoration into your life.

> *"Cast all your anxiety on Him because He cares for you."*
>
> 1 PETER 5:7 (NIV)

In this section, you'll find:

- Nine Scripture-based prayers
- A focus verse for each prayer
- A guided prayer to help you bring your needs to God
- A short reflection to help you apply the prayer

Take your time, and allow the Holy Spirit to speak to your heart as you pray. You can use these prayers as often as you like, whenever you need encouragement, peace or fresh strength.

Guided Prayers 1–3

Use these Scripture-based prayers to help you bring your needs to God.
You can pray them as they are, or use them as a guide to pray in your own words.

01 A Prayer for Healing

SCRIPTURE: ISAIAH 53:5

Lord, thank You for Your love and for the sacrifice of Jesus.
I receive Your healing in my body, mind and spirit. By Your wounds,
I am healed. I choose to rest in Your promises and walk in the
wholeness You have for me, in Jesus' name. Amen.

02 A Prayer for Strength

SCRIPTURE: ISAIAH 40:29

Lord, I ask for Your strength today. Renew my mind, restore my energy and help me to keep going. When I feel weak, I choose to depend on Your strength, not my own. Fill me with Your peace, wisdom and courage, in Jesus' name. Amen.

03 A Prayer for Peace

SCRIPTURE: PHILIPPIANS 4:6–7

Lord, I bring my worries and anxious thoughts to You. I choose to trust You and not be afraid. Fill my heart and mind with Your peace, which guards me and keeps me steady. Help me to rest in Your presence and to remember that You are always with me, in Jesus' name. Amen.

Pause and Reflect

Which prayer speaks most closely to what you are experiencing today?
Read it again slowly and make it your personal prayer.

Guided Prayers 4–6

Continue to use these Scripture-based prayers to bring your needs to God.
You can pray them as they are, or use them as a guide to pray in your own words.

04 A Prayer for Restoration

SCRIPTURE: JOEL 2:25

Lord, I thank You that You restore what has been lost. I receive your healing, favour and provision in every area of my life. Give me beauty for ashes, joy for sorrow and strength for every season. I walk in the fullness of Your restoration, in Jesus' name. Amen.

05 A Prayer for Protection

SCRIPTURE: PSALM 91:10–11

Lord, I ask for Your protection over my body, mind and spirit. Keep me from harm, disease and every attack of the enemy. Surround me with Your angels and let Your peace be a shield around me. I trust in Your faithfulness, and I dwell in Your safety, in Jesus' name. Amen.

06 A Prayer for Wholeness

SCRIPTURE: 3 JOHN 1:2

Lord, I receive wholeness in my body, mind and spirit. I choose to walk in health, strength and balance every day. Let Your Word renew my mind, Your presence fill my heart and Your goodness overflow in my life. I live in the fullness of all that You have for me, in Jesus' name. Amen.

Pause and Reflect

Which prayer speaks most closely to what you are experiencing today? Read it again slowly and make it your personal prayer.

Guided Prayers 7–9

Continue to use these Scripture-based prayers to bring your needs to God.
You can pray them as they are, or use them as a guide to pray in your own words.

07 A Prayer for Inner Healing

SCRIPTURE: PSALM 147:3

Lord, You are close to the brokenhearted. I bring before You every hurt, pain and emotional wound. Heal the hidden places of my heart, restore what has been broken, and give me grace to forgive. Fill me with Your love, peace and wholeness, in Jesus' name. Amen.

08 A Prayer for Renewal of Mind

SCRIPTURE: ROMANS 12:2

Lord, renew my mind by Your Word. Help me to think on what is true, honourable, right, pure, lovely and of good report. Break every negative thought and replace it with Your truth. Transform the way I think, speak and live, and help me to walk in the fullness of Your purpose, in Jesus' name. Amen.

09 A Prayer for Faith and Trust

SCRIPTURE: PROVERBS 3:5–6

Lord, I choose to trust You with my whole heart. Even when I don't understand, I will lean on You and not on my own understanding. Guide my steps, give me clarity and help me to walk in faith, knowing that You are working all things together for my good, in Jesus' name. Amen.

Pause and Reflect

Which prayer speaks most closely to what you are experiencing today? Read it again slowly and make it your personal prayer.

Reflection

Take a few moments to reflect on what God has shown you through these declarations and prayers. Use the prompts below to write down your thoughts, prayers and next steps.

01

What has spoken to me most?

Which declaration, Scripture or truth has stood out to you the most, and why?

02

What do I need to bring to God?

Is there any area of your body, mind or spirit where you need His healing, strength or peace? Write it down and give it to Him.

03

What am I believing God for?

As you reflect on these declarations, what are you choosing to believe God for in this season?

04

What is my next step?

Is there anything God is prompting you to do differently? Write down one or two practical steps you will take.

A Closing Prayer

Lord, thank You for meeting me in this place. Thank You for Your Word, which brings healing, strength and life to my body, mind and spirit. I receive all that You have for me. Help me to continue to declare Your truth, to trust You more, and to walk in the wholeness You have given me. May Your peace guard my heart and mind, and may Your healing power flow in every area of my life, in Jesus' name. Amen.

Your Healing Journey Doesn't End Here

You've spent time reading, praying and speaking God's Word over your body, mind and spirit. I hope this guide has encouraged you and reminded you that God's healing power is real and available to you.

You do not have to make this journey alone.

There is a vibrant community of people on the same journey, encouraging, praying and growing together in God's Word.

Join the Community Hub

Be part of a growing community where we encourage one another, declare God's truth and share our healing journeys.

Join the DBD Community Hub →

Live Prayer & Reflection Gatherings

Join our online gatherings for prayer, reflection and encouragement. A space to seek God together and be strengthened in faith.

Find Out About Upcoming Gatherings →

Explore Wellbeing Activities

Discover more Scripture-based resources, guided activities and practical tools to support your emotional and spiritual wellbeing.

Explore Wellbeing Activities →

Register Your Interest for New Resources

Be the first to know when new guides, journals and other resources are available to help you renew your mind and strengthen your faith.

Register Your Interest →

A Final Blessing for You

May the Lord continue to heal your body, mind and spirit.
May His Word strengthen you, fill you with peace and lead you in His ways.
May you walk in health, wholeness and joy, and may His goodness overflow in every area of your life, now and always, in Jesus' name. Amen.