

## Declarations from God's Word to Stay Young and Healthy

God has given us great and wonderful promises. They become ours through faith in His powerful Word. Faith comes by hearing and hearing by the Word of God. Our thoughts are ever so important. Did you know that "one human brain generates more electricity in one day than all the cell phones on the planet?" says Dr. Caroline Leaf, Neuroscientist.

Thoughts become words which create life circumstances. Because of this I, myself, love to daily speak these particular words over my own health. I thank the Lord for His wonderful provision through His word. And I expect my body to listen up and obey.

These are just the ones I myself am focusing on right now. There are so many others that you can find to fit your particular situation. I encourage you to go on a treasure hunt and find and declare them.



Ps 139:14,15 I am fearfully and wonderfully made, and that my soul knows very well.



Proverbs 20:12  
[12] The hearing ear, and the made even both of them.



KJVS  
seeing eye, the Lord hath

Is 32:3 the eyes of them that see shall not be dim and the ears of them that hear hearken.

I declare and thank the Lord that my eyes see perfectly: 20/20 near sighted and far sighted. My ears hear perfectly: high pitch, low pitch and all in between.

Heb 1:3 Who being the brightness of His glory, and the express image of his person, **and upholding all things by the word** of his



power.

All things in my body are upheld by the word of His Power. Every muscle, tendon, joint is strong holding every organ in perfect position.

Gen 6:3 the number of my days shall be 120 years.



I declare and thank the Lord for a long, strong, healthy life for all the years of my life.

PS 103:1-5

1Bless the Lord, o my soul: and all that is within me. Bless His holy name.  
2Bless the Lord, o my soul, and forget not one of His benefits.

3 Who forgives all thine iniquities; who heals all my diseases,  
4 Who redeems thy life from destruction; who crowns thee with  
longing kindness and tender mercies;  
5 Who satisfies thy mouth with good things, so that **thy youth is renewed  
like the eagles.**

Prov 10:7 The memory of the just is blessed My memory is blessed: short  
term, long term and all in between. I have perfect focus, perfect recall.

Days  
to  
*Remember*

Ps 34:19,20 Many are the afflictions of the righteous but the Lord delivers  
him out of them all. **he keeps all of his bones**, not one of them is



broken. philipmartinart John and I also declare this over our family.

Job 33:25 **AMP** [then the man's] flesh shall be restored; it becomes fresher  
and more tender than a child's, he returns to the days of his youth.



I am redeemed from the curse of the law containing rashes, fungus, plague, etc. Jesus paid the price for me. Thank you Jesus. Deut 28:17 My skin is fresher than a baby's skin.

**I imagine myself walking along the River that issues from the throne of God and partaking of the leaves of the Tree of Life for the healing of the nations. I partake for my nation of my Rotramel Family.**

*"...nothing imagined they can do will be impossible for them." (AMP)*

[Matthew 19:26](#)

*But Jesus beheld them, and said unto them, With men this is **impossible**; but with God all things are possible.*



NOTHING IS  
**impossible,**  
THE WORD  
ITSELF SAYS  
**i'm possible.**

I love to think on the "I AM"  
(who God called Himself). I AM creates the possible.