

FREE GIFT

Words of Life

PRINTABLE DECLARATION CARDS

Welcome to The Health Xchange Benefits Club Membership!

We are so thrilled to have you join our community of believers and truth seekers who are taking back the territory of HEALTH & WELLNESS one Xchange at a time.

With biblical truth as our foundation, we have much to share with you in support of your personal journey to healing, wellness, divine health and longevity.

But the most valuable thing we can give you is the living Word of God.

As a child of God, The Word is a powerful and transformative resource at your disposal. When you declare it, you will charge the atmosphere with life words and your faith will grow!

You see, good health is essential to complete your God-given assignment and fulfill your purpose in life. It's your responsibility to safeguard your health through good stewardship of your body.

Over and above your natural efforts and disciplines; the first step should always be to invite God to walk with you on this journey and to SPEAK to Him along the way.

God is very attentive His Words returning back to Him, and He watches over them so He can bring them to pass in your life.

We have compiled this powerful FREE resource to help activate you in SPEAKING His Word over your life...



Print these handy declaration cards full size if you want to display them on your pin-board or fridge.

Print them 1/2 size to fit into your wallet (so you have them with you on the go).

Say these declarations out loud & often -

this way you will plant Word seeds of HEALTH & HEALING into your heart.

P.S And don't forget to dive into the scripture references in your Bible - different translations can really bring the Word alive in new ways.

We're just getting started, there's so much more we can't wait to share with you. But for now, know that we're here for you every step of the way. Reach out anytime!

So go on, create your future by declaring His Words and SPEAKING a healthy life into being...

*"So then faith comes by hearing,
and hearing by the word of God."*

Romans 10:17 (NKJV)

Be blessed in your doing...

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I am a good steward of the temple
of The Holy Ghost.

My body does not belong to me
My body belongs to God - it was
bought with a very high price.

I honour God
by honouring
my body.



1 Corinthians 6: 19-20

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I have SELF-CONTROL!

It is the fruit of the Spirit given
to me at my new-birth.

I cultivate it, grow it, I practice it;
so as to honour God & to protect
His temple
from harm.



Galatians 5: 22-23

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I praise you because I am
FEARFULLY &
WONDERFULLY made;
Your works are WONDERFUL
[*my body is WONDERFUL*]
I know that full well!



Psalms 139: 13-16

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I say only what my Father says
about me:
He calls me HEALED
He calls me WHOLE
He calls me BLESSED
He calls me
to LIVE!



Romans 4:17

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I lift my voice and cry out for
DISCERNMENT
UNDERSTANDING
WISDOM &
KNOWLEDGE
*[concerning the choices I need to
make for my
health]*



Proverbs 2: 3-6

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Everything I need to KNOW
concerning my health is readily
available to me.
I care enough to seek it out.
I am a TRUTH seeker!



Matthew 7: 7-8

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Jesus thank you for saving me
from my old self.
I desire to change from being
SELF-CENTRED to
GOD-CENTRED.
From being
WILLFUL to
OBEDIENT.



Ephesians 4: 22

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I embrace **CHANGE.**
As a **NEW CREATURE** I have a
tremendous capacity for **CHANGE!**
I renew my mind.
I do not change by my **WILLPOWER;**
I change by **DYING** to **SELF!**
Now it is
YOUR WILL.
Not my will!



Romans 12: 2

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Today I REJOICE - it is my CHOICE.
Joy is not a feeling -
that the enemy can be stealing.
Joy is a fruit of the Spirit -
I just yield to it!
I ask in faith; believing for my healing.
I do not worry.
I will not be
sorry!



Philippians 4: 4 - 7

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The JOY of
THE LORD is
my STRENGTH!



Nehemiah 8: 10

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You SATISFY my mouth with GOOD
so my youth is RENEWED
like the eagle's:
STRONG
OVERCOMING
&
SOARING!



Psalm 103: 5

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I practice the fruit of the Spirit
of FAITHFULNESS.
TODAY & EVERYDAY
I am well able to do good
to my body.
I do this for the
glory of God!



Galatians 5: 22 - 23

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By His STRIPES I WAS healed.

I receive His FREE GIFT of healing.
It is my redemptive right.
It is already mine.
I believe it
I receive it
In Jesus Name!



1 Peter 2: 24

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I am attentive to Your Words.
I keep them before my eyes.
I keep them in the midst of my heart.
The Word of God is LIFE to me.
The Word of God is HEALTH to me.



Proverbs 4: 20 - 22

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My God brings me
HEALTH & HEALING.
He promises to reveal to me
an abundance of PEACE:
Prosperity
Security
Stability
Truth.



Jeremiah 33: 6

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God sends HIS WORD to me
He HEALS me
He DELIVERS me from
all destruction.



Psalms 107: 20

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It is THE WILL OF GOD
that I prosper in all things.
It is THE WILL of GOD
I be in good health.
It is THE WILL OF GOD
that my soul prospers.



3 John 1: 2

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I wait on the Lord,
He renews my strength.
I mount up with wings like eagles,
I run and I do not grow weary,
I walk and I do not faint.



Isaiah 40: 31

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I am careful to speak WORDS OF LIFE.
[*My soul & body RESPOND
to the words I speak*]

The pleasant words I speak
are like honeycomb;
sweet to the soul
and HEALING
to the body



Proverbs 16: 24

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I have not been given a spirit of fear.
I have a spirit of POWER.
I have a spirit of LOVE.
I have a SOUND mind.



2 Timothy 1: 7

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As a believer in Christ; all of God's
promises & benefits are mine!
He forgives my sins.
He heals my diseases.
He redeems my life from destruction.
He loves me.
He is merciful
towards me.



Psalm 103: 1 - 4

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I will not be wise in my own eyes.
I reverently fear & worship The Lord.
I turn entirely away from evil.
This is HEALTH to my nerves, sinews
and marrow.
This is moistening
to my bones.



Proverbs 3: 7-8

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God's Spirit of RESURRECTION
lives inside of me - I am His!
God's Spirit raises my dying body
TO LIFE!
God's Spirit gives me my very breath.
I would not be
alive without
Him.



Romans 8: 9-11

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My flesh has no claims on me.
I have not obligation
to live in obedience to it anymore!



Romans 8: 12

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I speak to THE MOUNTAIN
of sickness, disease & pain in my body.
Be removed and cast into the sea!
I do not doubt.
I believe the things I say shall be
done & I expect the full manifestation
of what I say
in Jesus
Name!



Matthew 11: 23

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I am supernaturally infused with
strength through my life union
with my Lord Jesus.
I stand victorious with the force of
His explosive power flowing in
and through me!



Ephesians 6: 10

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I consider the poor, therefore I find favour with The Lord. He delivers me in times of trouble. He preserves me and keeps me alive. I am blessed on the earth. I will not be delivered to the will of my enemies. He strengthens & sustains me if I were to fall ill.



Psalm 41: 1-4

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I confess my sins & weaknesses to my brothers & sisters in Christ. I also pray for them. In doing so - healing is available to me. My earnest prayers have great power and produce wonderful results!



James 5: 16

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All the *broken, dislocated, abnormal, inflamed & malfunctioning parts of my body* - now get fixed and fit together in vibrant harmonies; all because of His death, His blood that poured down from the cross!



Colossians 1: 18 - 20

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Why spend my money on food that does not give me strength? Why pay for food that does me no good? If I listen to Him - I will eat what is GOOD. I will ENJOY the FINEST food!



Isaiah 55: 2

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