

Daily Practice for Interior Freedom



Shift it

Deep breath in and out. Shoulders down and back, hands on your heart. Fix your gaze on Christ. Tilt your chin upward, lift your chest up. Deep breath. What is tight, we make loose. Soften your face, unclench your jaw. Shake out your arms. Sway.

Declare it

Declare truth out loud: “Jesus, You are here with me. [Keep breathing.] I believe that I am Your beloved daughter. I believe that you hold my life in the palm of your hands.”

Reject it

Take authority over your body, mind, and heart and reject all that is not of the Lord. In the name of Jesus, I reject a spirit of anxiety, negativity... In the name of Jesus, I reject the lie that I am not enough; the lie that I do not have a purpose and I break its power over my life.

Claim it

Claim the Lord’s promises! In the name of Jesus, I claim my identity as a child of God. In the name of Jesus I claim a spirit of Peace. In the name of Jesus, I claim a spirit of Joy. I claim freedom from fear.

