

## **AFFIRMATIONS & DECLARATIONS OF THE EXCHANGED LIFE**

*Compiled by Messianic Rabbi Ed Rothman & Messianic Rebbetsen Alberta Rothman  
Based in part on the Counseling / Teaching Ministry of Rev. Tom Paige of the Center for Biblical Counseling*

*Abba Father, I belong to You!* I humble myself under Your mighty hand & repent from all sins of commission & omission, known & unknown. Reveal to me anything You want to free me from. I thank You for giving Your only begotten Son, Y'shua the Messiah, as the ransom to absolve my debt of sin which He did not owe and which I could never hope to pay. He willingly yielded His life as an atoning sacrifice so that I might become Your righteousness in Him. I am the Temple of Your Holy Spirit. ***I am no longer my own, for I have been bought with a price***, the precious blood of Y'shua. Therefore I will glorify You in my body & my spirit which belong to You. My body is for You and You are for my body. It pleased You to bruise, crush & wound Y'shua for my sin's penalty; and by His stripes I am healed; spirit, mind & body. Father G-d, I surrender my life to You; past, present & future. You've chosen me in Y'shua before the foundation of the world, to be holy and blameless before You in Your love, having predestined me to be adopted as your born-again child, eternally a part of Your forever family. Thank You for blessing me with all spiritual blessings in heavenly places in Y'shua.

*Y'shua, You are my life!* You've become my wisdom, righteousness, sanctification & redemption. I am seated with You, far above all principality, and might, power, and dominion and every named that is named in Heaven and in Earth. If You be for me who can be against me? ***I am more than a conqueror*** through You & there's nothing that can separate me from You & Your everlasting love. You proved Your love for me when You died for my sins. I can do all things through You who is my strength. I am strong in You and the power of Your might. All things are possible to me because I believe that nothing is too difficult for You. You gave me Your Holy Spirit to anoint, teach, & comfort me & to be the seal of my salvation. In all my ways I acknowledge You & You shall bless & direct my path. You lead me in the paths of righteousness for Your name's sake.

*Abba Father, You are in control!* I thank You that ***You have given me power over serpents & scorpions & all the power of the enemy***, nothing by any means shall harm me. I submit myself to You, resist the devil & he must flee. I cast down all thoughts that do not honor Your Holy Word & I gird my mind with Your truth, my heart with Your righteousness & my daily walk with the preparation of Your Gospel of peace. My faith in You shields me & quenches all fiery lies of the evil one. Death & life are in the power of the tongue, so I choose to speak words of life, words that will honor & glorify You in and through my life. I protect my mind with Y'shua's name, speaking the sword of the Spirit (the Word of G-d) out loud, for its alive & more powerful than any other weapon known to man or the devil. No weapon formed against me shall prosper. I am G-d's property; Hasatan has no place in me & no power over me. I have overcome the adversary by the precious blood of Y'shua, by my testimony of Your Word & by not loving my life unto death. I do not fear death, because You have written my name in the Lamb's book of Life. For me to live is Messiah & to die is to be absent from this body & present with You in all of Heaven's glory and splendor!

*Y'shua, You are my life!* I thank You that ***You have given me all things*** that pertain to life & godliness. You supply all my need according to Your riches in glory. I seek first Your Kingdom, Your righteousness, and Your heart & You promised to add to me all things that are necessary for my life. You've taught me to be content in whatever circumstances I am in. I delight myself in You, therefore you can give me the desires of my heart, those things that will most please and honor You. You're my L-RD & Master, my Shepherd & Provider, my Beloved & my Friend. I shall not worry, fear, or be in want. You have taught me that as I forgive those who've sinned against me, in turn You will forgive me of my sins. I choose not to keep a record of wrongs done to me. But I will go in a meek and humble spirit, seeking to be reconciled to anyone who has offended me, so that You won't have to put me through a test that will reveal my absolute dependence upon Your grace and Your mercy!

*(Continued on the other side)*

*Abba Father, You are in control!* The earth is Yours' and the fullness thereof. You are the creator and sustainer of Heaven and Earth. You are the ultimate & final authority of the Universe! I thank You **for freeing me from fear**. I count it all joy when engaging the challenge of life's trials. Because You love me and Your hand is upon me for good, all things will work together for good, as I'm conformed into the image of Your Son. I will trust You in my weakness, because it allows the power of Messiah to supernaturally work in my life and Your grace to become my sufficiency. Greater are You that lives within me than all the evil that's in the world. You've overcome the world, abiding in Y'shua, Your Son, I have Your peace & will bear much fruit for Your glory. Your perfect love in me casts out all fear, because You've not given me the spirit of fear, but of Your power, Your love, and Your sound mind. You have given Your angels charge over me to keep me in all of my ways. They will bear me up in their hands, protecting my loved ones & I and ministering unto us as the heirs of Your great salvation. May You also charge them to provide me with divinely opened doors of ministry and with supernatural breakthroughs that will demonstrate Your power and reality to those lives You have appointed **me to** reach with the Gospel of Your Kingdom.

*Y'shua, You are my life!* I thank You **for delivering me from worry**. I cast all my cares upon You, because You care so much for me. I am anxious for nothing, but in everything by prayer and supplication, I make all my requests known to You with thanksgiving and Your peace which passes all understanding will keep my heart and mind. I take my thoughts captive; bringing them into obedience to You, my Messiah; thinking things that are true, noble, good, pure, excellent & praiseworthy. I set my affections on You, not on the things of the earth. Abba Father knows my every need. He cares for the birds of the air & the flowers of the field, how much more will He care for me, a born-from-above, *chosen child of the King. You are the King of Kings, the L-RD of Lords, the Aleph & the Tav, the first & Last, the Beginning & the End, the King of Glory and the L-RD of Hosts, who is mighty in battle!*

*Abba Father, I belong to You!* I thank You **for making me a partaker of Your divine nature**. As Your dear child, I imitate You by walking in Your *agape*' love; blessing & honoring everyone, for they are all created in Your image and likeness. You have taught me that the way I treat others is the same way that I treat You. Therefore I do not speak unkind words, but choose rather those words that bless, uplift & encourage. I let go of anger, choosing instead, compassion & forgiveness. I reckon myself dead to sin, but alive to You. It is no longer I who live, but Messiah Who lives in me. I live by the faith of Y'shua the Messiah, Your Son, who loves me and gave Himself for me. You've given all authority in Heaven & Earth to Y'shua and sent me in the authority & power of His Name, His Blood, His Word & His Spirit, as an ambassador of Your Kingdom, reconciling the lost to their Creator; miraculously healing broken lives & supernaturally setting captives free. I choose to obey You & offer myself to You as a living sacrifice, an instrument of righteousness in Your hands. I dearly love you Abba, thank You for loving me with an everlasting and extravagant love. In the holy, all-powerful & awesome name of Your Son, my L-RD Y'shua the Messiah. *Abba, I belong to You, forever!*

(Revised 5/24/06)