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| Affirmations  Psalm 119:105, Proverbs 12:6, 18:20-21, Luke 6:45, Matt 15:11, Job 22:28, Mark 11:23-24 | |
| I submit myself to the Word of God and the leading of the Holy Spirit. | James 4:7, John 12:24,  Romans 6:16, 8:14, Gal 5:24 |
| I resist the devil and every evil way. | James 4:7, Eph 4:27 |
| I humble myself before God so He can teach me His ways. | Psalm 25:9, James 4:10, Prov 27:2 |
| I cleanse my hands and life from sin so that I will not quench the Spirit. | James 4:8, 1 John 1:9, 1 Thess 5:19 |
| I purify my heart of a double mind. | James 1:8, 4:8, Col 3:1-3 |
| I discipline my flesh and make it do the Word of God. | 1 Cor 9:27, Heb 5:8-10, John 14:21 |
| I restrain my feet from every evil way to fulfill God’s plan in my life. | Psalm 119:101, 1 Thess 5:22 |
| I put a guard over my mouth/tongue and will speak only life-giving words. | Psalm 141:3, Matt 12:36, 15:11,  Proverbs 12:6, 18:21 |
| I will be led by God’s Spirit to protect and fulfill His plan in my life. | Psalm 32:8, Rom 8:14, Psalm 34:7 |
| I will order my steps aright to fulfill God’s plan. | Psalm 37:23, 50:23, 119:133 |
| I will walk by faith according to the Word and not by what I see. | 2 Cor 5:7, Heb 6:12, 11:6 |
| I will die to self (passions/appetites/desires) to fulfill God’s plan in my life. | John 12:24-26, Gal 5:24, 1Cor 9:27 |
| I will produce good and lasting fruit today and everyday. | Luke 6:43-44, John 15:8  Gal 6:7-8 |
| I choose to forgive myself for past sin(s) and mistakes, and others for any offenses. | Phil 3:13-14, Matt 6:12-15  Luke 17:1-4 |

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| Binding and Loosing or Forbidding and Allowing  “Taking the Kingdom of Heaven by Force”  Luke 12:32, Matthew 11:12, Luke 10:19, Matt 16:19, 18:18 | |
| I bind up every plan of the enemy that has been sent to destroy God’s plan in my and my family’s life. | Eph 6: 11, 2 Cor 2:11, Matt 16:19, Luke 10:19 |
| I bind up every spirit of strife, envy, jealousy, greed, poverty, sickness, disease, death, pride, lust, \_\_\_\_\_, \_\_\_\_\_, and declare they have no place or right in my or my family’s life, my business, my community, my church, my state, my country or this world. | Isaiah 8:10,  Matt 16:19, 18:18, Psalm 115:16, Luke 19:13 |
| I bind up every relationship that is not of God in my and my family’s life. | 1 Cor 15:33, Psalm 1:1 |
| I loose the plan of God upon me and my family. | Jer 29:11, Matt 6:10 |
| I loose the Spirit of love, truth, forgiveness, peace, health, healing, restoration, \_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ upon me and my family this day and forever more. | Gal 5:22-23, Matt 6:14, Proverbs 14:30 |
| I loose the favor of God upon me and my family so we can fulfill God’s plan in our life. | Psalm 84:11, Isaiah 45:2 |
| I loose a hungering and thirsting for the Word of God and truth in me and my family. | Matt 5:6, John 8:31-32 |
| I loose a clean and pure heart upon me and my family so we can be ALL that God has called us to be in this life and for eternity. | Psalm 51:10, Matt 5:8 |
| I loose orderly thinking and planning in my life | Prov 16:1, 9, Psalm 50:23 |
| I loose relationships that need to be established to fulfill God’s plan in our life. | Psalm 23, Prov 18:24 |
| I loose the finances of God into our life to fulfill God’s plan. | Prov 8:21, 13:22 Isa 45:3, 60:5-7, Mark 10:29-30 |
| I loose the Spirit of unity, peace and peace making upon me, my family, my Church, City, State, Country, World. | Matt 5:9, Rom 12:9-21, Heb 12:14, Amos 3:3 |
| I loose the Spirit of revelation, and wisdom upon me and my family, leaders in our church, city, state, country, world to fulfill God’s plan for today. | Eph 1:17-19, Matt 16:17, John 16:13-15, 1 John 2:27 |

**God’s Command to Hide the Word in our Mind/Heart**

[**Psalm 119:11**](https://bible.knowing-jesus.com/Psalm/119/11)

Your word I have treasured in my heart, That I may not sin against You.

[**Colossians 3:16**](https://bible.knowing-jesus.com/Colossians/3/16)

Let the word of Christ richly dwell within you, with all wisdom teaching and admonishing one another with psalms and hymns and spiritual songs, singing with thankfulness in your hearts to God.

[**Psalm 37:31**](https://bible.knowing-jesus.com/Psalm/37/31)

The law of his God is in his heart; His steps do not slip.

[**John 15:7**](https://bible.knowing-jesus.com/John/15/7)

"If you abide in Me, and My words abide in you, ask whatever you wish, and it will be done for you.

[**Joshua 1:8**](https://bible.knowing-jesus.com/Joshua/1/8)

"This book of the law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it; for then you will make your way prosperous, and then you will have success.

[**2 Timothy 3:15**](https://bible.knowing-jesus.com/2-Timothy/3/15)

and that from childhood you have known the sacred writings which are able to give you the wisdom that leads to salvation through faith which is in Christ Jesus.

[**Proverbs 30:5**](https://bible.knowing-jesus.com/Proverbs/30/5)

Every word of God is tested; He is a shield to those who take refuge in Him.

**Deuteronomy 11:18**

You shall therefore lay up these words of mine in your heart and in your soul, and you shall bind them as a sign on your hand, and they shall be as frontlets between your eyes.

# Proverbs 3:3

Let not steadfast love and faithfulness forsake you; bind them around your neck;  
write them on the tablet of your heart.

# Proverbs 6:21

Bind them on your heart always; tie them around your neck.

# Proverbs 7:3

bind them on your fingers; write them on the tablet of your heart.

# Exodus 13:9

And it shall be to you as a sign on your hand and as a memorial between your eyes, that the law of the Lord may be in your mouth. For with a strong hand the Lord has brought you out of Egypt.

