

# 50 Healing Confessions

Your Daily Guide to Divine Health and Strength

## Why Confessions Matter

Confessing God's Word is more than just repeating words; it is **God's medicine** and a key to manifesting healing in your life.

Your faith will never rise above your level of confession. When you speak these truths aloud, you command your body to line up with the will of God, causing your immune system and physical being to respond to the "Spirit and Life" found in the Scriptures.

## The 50 Healing Confessions

### Foundations of Redemption

1. Father, I thank You that **Jesus bore my sicknesses** and carried my diseases on the cross.
2. I declare that by the stripes of Jesus, **I am healed** and made whole.
3. I am the righteousness of God in Christ; therefore, I am the healed and not the sick.
4. I am redeemed from the curse of the law, and I forbid any sickness to inhabit my body.
5. Jesus took my infirmities so that I do not have to bear them myself.
6. I am an overcomer by the blood of the Lamb and the word of my testimony.
7. I am forgiven and free from all sin and guilt, which opens the way for my healing.
8. I release all unforgiveness and strife, allowing God's love to flow through my heart and body.

## God's Will and Nature

9. It is God's will for me to **prosper and be in perfect health**, even as my soul prospers.
10. I belong to **Jehovah Rapha**, the Lord who heals me.
11. God's thoughts toward me are of peace and not of evil, to give me a future and a hope.
12. I give God's Word first place in my life; it is life to me and medicine to all my flesh.
13. Lord, You bless my food and my water and take all sickness away from the midst of me.
14. Because I trust in the Lord, my health springs forth speedily.
15. I choose life today so that both I and my descendants may live in health.

## Authority Over Sickness

16. In the name of Jesus, I **curse every sickness, pain, and virus** attacking my body at its root.
17. I bind and cast out any spirit of infirmity that has come against me.
18. No weapon of sickness or disease formed against me shall be able to prosper.
19. I refuse to be moved by what I feel or see; I am moved only by what I believe from God's Word.
20. Sickness has no authority over me because I have been delivered from the power of darkness.
21. I resist the devil and his diseases, and they must flee from me in Jesus' name.
22. I speak to my blood and command it to destroy every diseased germ or alien cell.
23. Every plant that my Heavenly Father has not planted is being rooted out of my body now.
24. I command every organ and tissue in my body to function in the perfection God created.

## **Life, Strength, and Longevity**

25. I will **live and not die**, to declare the wonderful works of God on this earth.
26. With long life, God satisfies me and shows me His salvation.
27. As my years on earth increase, so shall my physical strength increase.
28. My youth is being **renewed like the eagle's**.
29. I walk by faith and not by sight, overcoming the world through the blood of Jesus.
30. The same Spirit that raised Jesus from the dead dwells in me and quickens my mortal body.
31. I will be buried in a good old age, full of days and strength.
32. My eyes shall not be dim, nor shall my natural forces be bated.

## **Daily Health and Protection**

33. My heart is merry and does me good like a medicine.
34. I dwell in the secret place of the Most High and abide under the shadow of the Almighty.
35. No evil shall befall me, and **no plague shall come near my dwelling**.
36. God has given His angels charge over me to keep me in all my ways.
37. I am a worshipper of God; therefore, He hears me and delivers me from all my troubles.
38. Healing is the children's bread, and I receive my portion daily from the Lord.
39. The peace of God, which passes all understanding, keeps my heart and mind.
40. I speak to my bones and joints, commanding them to be healthy and free from pain.

## Confessions of Divine Wholeness

41. Jesus Christ makes me whole; I am loosed from every infirmity.
42. I am seated in heavenly places in Christ, far above all sickness and dominion.
43. My body is the **temple of the Holy Spirit**; I glorify God with my health.
44. The Zoe life—the very life of God—is running through my veins today.
45. I attend to God's sayings; I keep them in the midst of my heart for they are life to me.
46. Lord, You restore health to me and heal me of all my wounds.
47. I receive the manifestation of Jesus' work to destroy every work of Satan in my body.
48. I am fully persuaded that what God has promised, He is able also to perform in me.
49. I choose to believe the report of the Lord over any other report. 50. I boldly decree that I am healed and healthy from the top of my head to the tip of my toes.

## Instructions for Use

To get the most benefit, **speak these confessions aloud** daily. Do not just read them silently; give voice to the Word so that it can sink deep into your heart and change your reality. When symptoms arise, do not be moved by them; instead, use these confessions as your shield of faith to quench every "fiery dart" of the enemy.