

# My Spiritual Renewal Transfer Process

## PART TWO: Spiritual Renewal Transfer Process Declarations

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### A Listing of My 12 Life-Changing Declarations

#### I. My Declarations: The Spiritual Renewal Transfer Process

##### 12 Life-Changing Declarations



**DECLARATION 1:** My spirit has a daily and constant increase of inner vigor and strength. God daily imparts to my body and spirit His **life**, (Greek ζωή, *zōē*, pronounced: zoe-AY) — His eternal strength, vigor, and renewal.

**DECLARATION 2:** As my inner man acquires new strength, **it transfers that vigor** to my bodily processes and systems **even down to the cellular level**. This **Transfer Process** also helps to reduce and eliminate my PAIN.

**DECLARATION 3:** **I will not give up or lose heart** for I believe the Lord will use the renewed inner man to strengthen, empower, and make new the outer man's skeletal structure and internal organs.

#### II. My Declarations: The Physical Restoration Process

**DECLARATION 4:** My body is being RESTORED: Regaining increased health, vigor, flexibility, mobility, and reducing pain.

**DECLARATION 5:** My body is being RESTORED: Renewed, renovated, strengthened and invigorated by the Power of God.

**DECLARATION 6:** My body is being RESTORED: And the results of my obedience are producing an energetic mobility through reconstructed and strengthened hips, knees, and joints down to the cellular level, lessening PAIN and moving toward the major goal of eliminating PAIN.

**DECLARATION 7:** My body is being RENEWED: in a spirit of youthfulness and is being invigorated little by little, atom by atom, cell by cell, and joint by joint.

#### III. My Declarations: My “Youth Renewed” through Physical Exercise and Nutritious Foods

**DECLARATION 8:** My youthfulness is also being renewed in part because of good exercise. **Good Exercise and Body Care** (i.e. exercise that is body-building, body-renewing, body-restoring, and body-healing)

**DECLARATION 9:** My body's youthfulness **is being renewed** like an eagle's as my body enjoys “good.” Psalm 103:5, Hebrew *tôv*, = טוב good [things]. This word has rich meanings and usages in the Scriptures, and all of them are *good*. *Tôv* means good, wealth, prosperity, joyfulness, beautifulness, and favour. Oh, what blessings and **Good Benefits** are bestowed upon us from our **Good God**.

**DECLARATION 10:** My mouth takes in “good things” (also verse 5) – beneficial and nutritious foods, snacks, and supplements (food medicines) that make me and my body healthy, well, and prosperous. **Good Food** (i.e. food that is good FOR me and my body) See Dr. William Li and cancer fighting foods. ([www.eattodefeatcancer.org](http://www.eattodefeatcancer.org))

#### IV. My Declaration: The Power of My Speech to Declare Health Transformation

**DECLARATION 11:** My mouth also speaks good (**Good Speech**) and healthy things that will nourish my inner being and help to declare and even predict my healthy future end.

#### V. My Declaration: The Power in Thinking Good Thoughts

**DECLARATION 12:** My mind thinks and meditates only on **Good Thoughts** and **Good Things**.