

10 GET UP, GIRL, LET'S GO

BREAK FREE. LIVE FREE.

Declarations & Scriptures

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Note from Tracy-

I encourage you to read these scriptures, journal about them, pray them over your stuck places, and memorize them. We can count on God's Word to be true, and through the power and help of the Holy Spirit, we can change and get unstuck!



–DECLARATION 1–

I am a new person—my past no longer defines me:

–2 CORINTHIANS 5:17 (TPT) -

“Now, if anyone is enfolded into Christ, he has become an entirely new person. All that is related to the old order has vanished. Behold, everything is fresh and new.”

Reflections—



–DECLARATION 2–

I can get unstuck by renewing my mind:

–ROMANS 12:1-2 (TPT)–

“Beloved friends, what should be our proper response to God’s marvelous mercies? To surrender yourselves to God to be his sacred, living sacrifices. And live in holiness, experiencing all that delights his heart. For this becomes your genuine expression of worship. Stop imitating the ideals and opinions of the culture around you, but be inwardly transformed by the Holy Spirit through a total reformation of how you think. This will empower you to discern God’s will as you live a beautiful life, satisfying and perfect in his eyes.”

Reflections—



–DECLARATION 3–

I renew my mind by meditating on what God tells me to think about:

–PHILIPPIANS 4:8 (NKJV)–

“Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.”

Reflections—



–DECLARATION 4–

I'm not giving up. God is working a miracle in my life—I just can't see it yet!

2 CORINTHIANS 4:16-18 (TPT)–

“So no wonder we don't give up. For even though our outer person gradually wears out, our inner being is renewed every single day. We view our slight, short-lived troubles in the light of eternity. We see our difficulties as the substance that produces for us an eternal, weighty glory far beyond all comparison, because we don't focus our attention on what is seen but on what is unseen. For what is seen is temporary, but the unseen realm is eternal.”

Reflections—



–DECLARATION 5–

God, am I stuck because I've offended you? I repent, show me the path to my abundant life:

–PSALM 139:23-24 (NLT) –

"Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life."

Reflections—



–DECLARATION 6–

My season of being stuck is over:

–ECCLESIASTES 3: 1 (NKJV), 3:11 (NLT) –

“To everything there is a season, a time for every purpose under heaven.”

“Yet God has made everything beautiful for its own time. He has planted eternity in the human heart, but even so, people cannot see the whole scope of God’s work from beginning to end.”

Reflections—



–DECLARATION 7–

Jesus is the Truth. I embrace his truths and speak true freedom in my life:

–JOHN 8:32 (TPT) –

“For if you embrace the truth, it will release true freedom into your lives.”

Reflections—



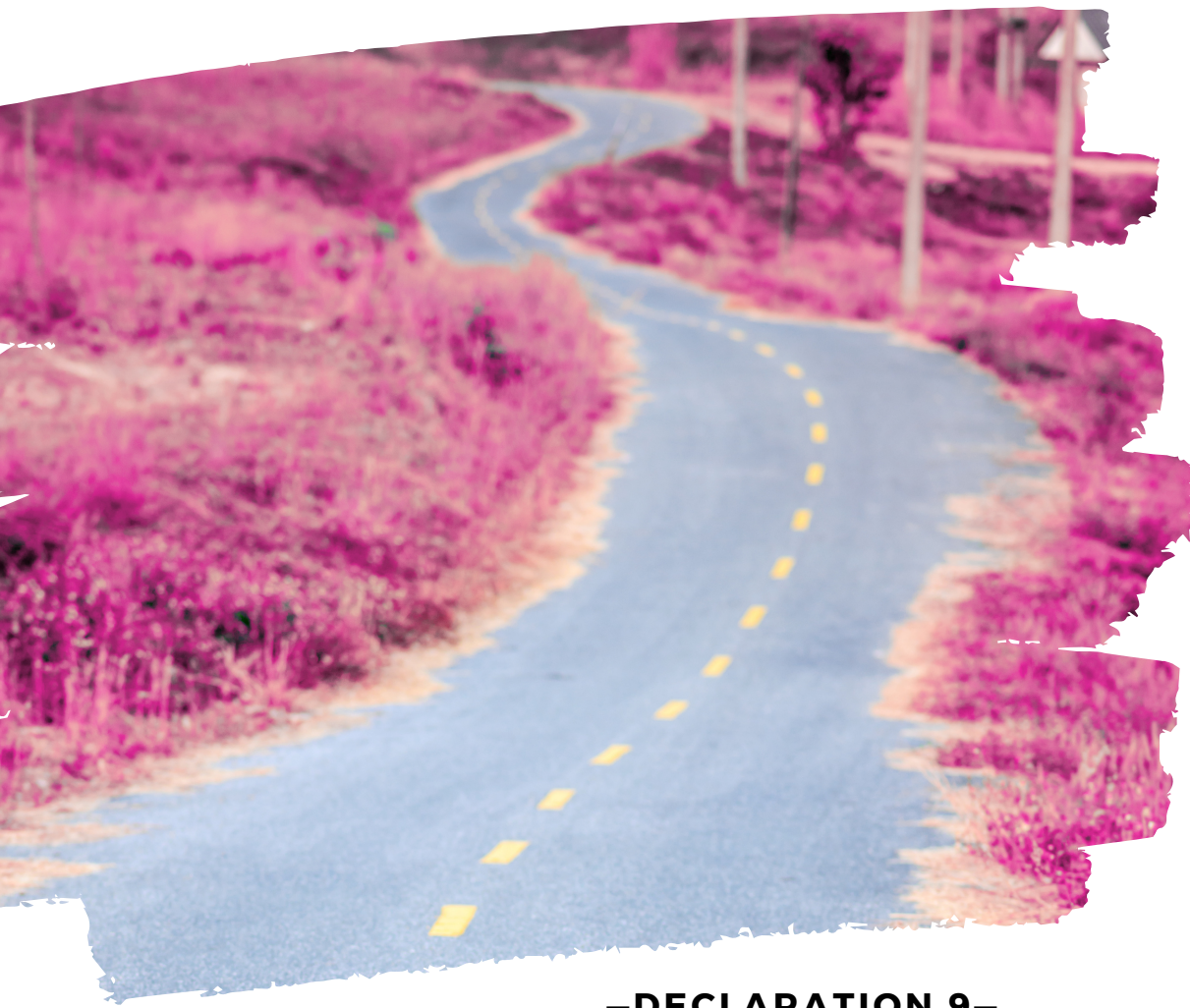
—DECLARATION 8—

Jesus, I need your help to get unstuck:

—JOHN 8:32 (TPT) —

“He lifted me out of the pit of despair, out of the mud and the mire. He set my feet on solid ground and steadied me as I walked along.”

Reflections—



–DECLARATION 9–

As I pursue my gifts, I get and stay unstuck:

–1 TIMOTHY 4:14-16 (TPT) –

“Don’t minimize the powerful gift that operates in your life, for it was imparted to you by the laying on of hands of the elders and was activated through the prophecy they spoke over you. Make all of this your constant meditation and make it real with your life so everyone can see that you are moving forward.

Give careful attention to your spiritual life and every cherished truth you teach, for living what you preach will release salvation inside you and to all those who listen to you.”

Reflections—



–DECLARATION 10–

*I let go of the things that have hurt me deeply.
God wants me to move forward in faith:*

–HEBREWS 12:1B-2A (TPT)–

“So we must let go of every wound that has pierced us and the sin we so easily fall into. Then we will be able to run life’s marathon race with passion and determination, for the path has been already marked out before us. we look away from the natural realm and we focus our attention and expectation onto Jesus who birthed faith within us and who leads us forward into faith’s perfection.”

Reflections—

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