

## **Rejuvenation Prayer and Declaration**

Bless the Lord, O my soul, and all that is within me, bless His Holy name.

Bless the Lord, O my soul, and forget not all His benefits;

Who forgives all your (my) iniquities,

Who heals all your (my) diseases,

Who redeems your (my) life from destruction,

Who crowns you (me) with loving kindness and tender mercies,

Who satisfies your (my) mouth with good things,

So that your (my) youth is renewed like the eagle.

Psalm 103:1-5

In Jesus' name, I decree that my youth is renewed like the eagle as I am renewed in the spirit of my mind.

I watch over my heart with all diligence because from it flows the issues of life.

What I allow in my mind and heart affects my body and the state of my life.

Therefore my body is rejuvenating daily because I am focused on the truth, goodness, and great benefits of the Lord.

I do not allow sin to enter my life, and therefore the consequence of sin (which is the spirit of death that oppressed the body and mind) has no hold on me. If I do sin, I repent and am forgiven and cleansed from all unrighteousness, guilt, condemnation, and shame because of Christ's great mercy. My body is completely free from the destructive power in sin. The law of the spirit of life in Christ Jesus has set me free from the law of sin and death. I do not allow unforgiveness, bitterness, or offense to have a place in my life. Therefore, my life and body are free from these destructive contaminants.

Jesus is LIFE AND LIGHT. The words that He speaks are spirit and life. Therefore I am filled with His ageless, eternal Life and Light when I focus on Him and drink of His promises, declaring their power into my body, soul, and spirit.

In Jesus' name, I call forth His Spirit, Life, and Light to every strand of DNA, cell, organ, and fiber of my being. I meditate on His Spirit, Life, and Light, filling my

mind, emotions, and organs in the head, neck, chest, abdomen, back, legs, arms, feet, and hands. Come Spirit, Life, and Light of Christ. Fill me. Renew me. I speak renewal through the power of Jesus into every organ of my body.

I speak to my skin (the largest organ of my body), and command rejuvenation and elasticity to be restored to every cell of it! “Skin, receive the glory of God in Jesus’ name.” I call forth God’s glory to arise and shine and appear on me as Isaiah prophesied and as was seen on both Jesus and Moses.

I speak to my sight and hearing in the name of Jesus and call forth excellence and precision into these organs of my body. I command health and strength to all my bones, muscles, tendons, ligaments, and joints. I decree that my heart and circulatory system are strong and healthy, and ALL plaguing dissolves. My lungs and respiratory system are vibrant in Christ, functioning at optimum performance, and receiving the life Heaven intends. In Jesus’ name, I speak, health and rejuvenation to all the digestive, nerve, electrical, and elimination organs of my body.

I care for my mind and emotions, and as a result, I think only on things that are true, honorable, right, pure, lovely, and all that is of good report. I am anxious for nothing because I submit to the Lord all that concerns me. I reject negative thoughts and emotions and cast all my cares upon Him because he cares for me. As a result, my body, mind, and emotions have no stress—only peace. I am kept in perfect peace because I set my mind and heart on Him. I have the mind of Christ, and my thinking processes are sharp.

My youth is renewed daily in Christ. I abide in Him, and His life flows in and through me.

When I am weary, God increases my strength in me. When I lack might, He increases power. I run and do not get weary. I walk and do not faint, for the Lord renews my strength when I wait on Him. I mount up with wings like the eagle.

I always yield fruit and will be full of fresh vision all the days of my life. Like Caleb, I will still be pursuing the fulfillment of God-given destiny after 85 years of age, full of life, energy, and ability.

I soak in His presence and glory. I receive refreshments and impartation into every part of my being. Blessed be the name of the Lord who renews and rejuvenates my body, soul, and spirit daily! As my days are, so shall my strength be. I am fully satisfied in Christ Jesus all the days of my life.

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