

90 Seconds to Refuel and Fill You With Hope

The Bible assures that every day brings fresh forgiveness, refilled joy and refueled hope. Each rise of the sun is also another opportunity to renew your trust in God's goodness. But if your mind, will and emotions are still asleep to the reality of God's promises, you might need to wake them. Declaring God's Word is a great way to do it.

In the accompanying video, I handpicked six Bible declarations from my Shut Up Devil! app, perfect for starting the day off right. As you watch, follow along with the written declarations below—it'll only take about 90 seconds. Then, bookmark or save this page to come back to every morning you need an extra jolt of refreshment, peace, joy or faith.

6 Morning Bible Declarations

Scripture: "This is the day that the Lord has made; let us rejoice and be glad in it" (Ps. 118:24, ESV).

Declaration: God created this day, and I will rejoice and be glad in whatever it brings. I trust that He will use today's circumstances to prepare me for my future.

Scripture: "The steadfast love of the Lord never ceases; His mercies never come to an end; they are new every morning; great is your faithfulness" (Lam. 3:22-23).

Declaration: God loves me, and His love and mercy never ends. He created new mercy for me this morning; it is a brand-new day and I have a brand-new start.

Scripture: "Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord my whole life long" (Ps. 23:6, NRSV).

Declaration: I dwell in God's presence this morning and trust that His goodness and mercy will be with me throughout the day.

Scripture: "'For I know the plans I have for you,'" says the Lord. 'They are plans for good and not for disaster, to give you a future and a hope'" (Jer. 29:11, NLT).

Declaration: God's plans for me today are good and filled with hope for a great future!

Scripture: "Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light" (Matt. 11:28–30, NRSV).

Declaration: In my weariness, I come to Jesus, and He gives me rest. I work with Him and learn from Him, for His yoke is easy and His burden is light. He refreshes my soul.

Scripture: "Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus" (Phil. 4:6-7, NASB).

Declaration: I'm not anxious about anything. Instead, I make my requests known to God through prayer and thanksgiving. The peace of God guards my heart and my mind in ways I can't even understand. {eo}

Kyle Winkler () is the creator of the popular *Shut Up, Devil!* mobile app. His latest book is *Activating the Power of God's Word: 16 Strategic Declarations to Transform Your Life*. Kyle holds a Master of Divinity in biblical studies from Regent University. Connect with him on Facebook, Twitter and Instagram.