



RHYTHM CHURCH AURA · FREE GUIDE

DECLARATIONS FOR YOUR FAMILY

Fridge-friendly Bible declarations for mornings, school, bedtime, marriage and home



Welcome

This guide is full of short, Bible-based declarations your family can speak together. They are designed to be printed, cut out and stuck on the fridge, the bathroom mirror or the back of the car seat.

A declaration is simply speaking aloud what God has already said. It is a way of agreeing with Him and filling your home with His truth. Children who hear these words often will carry them for life.

Before you start: what declarations are and are not

Declarations are:

- A way to agree with what God says in His Word.
- A simple way to renew our minds with truth.
- An act of trust and worship.
- Something the whole family can do together.

Declarations are not:

- A formula that forces God to act.
- A guarantee of a particular outcome.
- A way to pretend everything is fine when it is not.
- A replacement for prayer, wisdom, medical care or professional help.
- A measure of how much faith you have.

Our confidence is not in our words. It is in the God who keeps His promises. As Hebrews 10:23 (NKJV) says, "Let us hold fast the confession of our hope without wavering, for He who promised is faithful."

How to use this guide

- **Start small.** Choose two or three declarations, not the whole list.
- **Anchor them.** Link them to something you already do, like breakfast, the school run or bedtime.
- **Let the kids lead.** Children love to read the card or say the first line.
- **Make it fun.** Add actions, whisper and shout, or take turns.
- **Keep going.** If you miss a day, start again tomorrow. Grace is for parents too.

Each declaration includes a Bible reference so you can look it up together.

Morning declarations

Cut out and stick near the breakfast table.

- This is the day the Lord has made. We will rejoice and be glad in it. *(Psalm 118:24)*
- God's mercies are new this morning. *(Lamentations 3:22-23)*
- God loves me, and I am His child. *(1 John 3:1)*
- I am a new creation in Christ. *(2 Corinthians 5:17)*
- God is with me wherever I go today. *(Joshua 1:9)*
- I can do all things through Christ who strengthens me. *(Philippians 4:13)*
- The joy of the Lord is my strength. *(Nehemiah 8:10)*
- I am fearfully and wonderfully made. *(Psalm 139:14)*

School and work declarations

Cut out and keep in the car or by the front door.

- God gives me wisdom when I ask. *(James 1:5)*
- I grow in wisdom and in favour with God and people. *(Luke 2:52)*
- I am kind, brave and honest because Jesus lives in me. *(Galatians 2:20)*
- God has not given me a spirit of fear, but of power, love and a sound mind. *(2 Timothy 1:7)*
- The Lord watches over my going out and my coming in. *(Psalm 121:8)*
- I am God's workmanship, made for good works. *(Ephesians 2:10)*
- I am a good friend who loves at all times. *(Proverbs 17:17)*
- I am a light in my school and my workplace. *(Matthew 5:14)*

Mealtime declarations

Cut out and keep on the table.

- Thank You, God, for providing for our family. *(Philippians 4:19)*
- Every good gift comes from our Father. *(James 1:17)*
- We give thanks in everything. *(1 Thessalonians 5:18)*
- We are blessed to be a blessing. *(Genesis 12:2)*
- We share what we have with joy. *(Acts 20:35)*

Bedtime declarations

Cut out and stick by the bed.

- I will lie down in peace and sleep, for God keeps me safe. *(Psalm 4:8)*
- When I lie down, I will not be afraid. My sleep will be sweet. *(Proverbs 3:24)*
- God watches over me, and He never sleeps. *(Psalm 121:3-4)*
- Nothing can separate me from God's love. *(Romans 8:38-39)*
- Jesus is with me always. *(Matthew 28:20)*
- I am forgiven, and tomorrow is a fresh start. *(Lamentations 3:22-23)*

A bedtime blessing for parents to speak

"The LORD bless you and keep you; The LORD make His face shine upon you, And be gracious to you; The LORD lift up His countenance upon you, And give you peace." (Numbers 6:24-26)

Place a gentle hand on your child's head or shoulder as you speak it. It takes less than a minute and can become a treasured part of your day.

Declarations for our marriage

For husbands and wives to speak together. Stick inside a wardrobe door or on the bathroom mirror.

- God joined us together, and we are committed to each other. *(Matthew 19:6)*
- With God at the centre, our cord of three strands is not easily broken. *(Ecclesiastes 4:12)*
- We are heirs together of the grace of life. *(1 Peter 3:7)*
- We are kind and tender-hearted, forgiving each other as God forgave us. *(Ephesians 4:32)*
- We are quick to listen, slow to speak and slow to anger. *(James 1:19)*
- We honour each other and put each other first. *(Romans 12:10)*
- Love is patient and kind in our home. *(1 Corinthians 13:4)*
- We do not let the sun go down on our anger. *(Ephesians 4:26)*

Declarations over our home

Stick by the front door.

- As for me and my house, we will serve the Lord. *(Joshua 24:15)*
- Jesus has first place in our home. *(Colossians 1:18)*
- Our home is a place of peace, kindness and forgiveness. *(Ephesians 4:32)*
- God is building our home, and we trust Him. *(Psalm 127:1)*
- Our children are taught by the Lord, and great is their peace. *(Isaiah 54:13)*
- Our home is open to others, and we love to welcome people. *(Romans 12:13)*
- We are a family that prays. *(Philippians 4:6)*

Declarations for hard days

Some days are hard. Someone is sick, money is tight, or the family is grieving. On those days, you do not need to pretend. You can be honest about how you feel and still hold on to God.

- The Lord is near to the broken-hearted. He is near to us. *(Psalm 34:18)*
- God is our refuge and strength, a very present help in trouble. *(Psalm 46:1)*
- We cast our cares on God, because He cares for us. *(1 Peter 5:7)*
- Jesus gives us His peace. *(John 14:27)*
- God will never leave us nor forsake us. *(Hebrews 13:5)*
- God's grace is enough for us today. *(2 Corinthians 12:9)*

If someone in your family is struggling with ongoing worry, sadness or fear, please talk to your GP or a counsellor. Getting help is a wise and faithful step. Our pastors would also be glad to pray with you.

Little ones' declarations

Short lines for toddlers and preschoolers. Add an action for each one.

Declaration	Action	Verse
God loves me!	Hug yourself	1 John 3:1
Jesus is my friend.	Hold hands with someone	John 15:15
God made me special.	Point to yourself	Psalms 139:14
I am brave!	Make strong arms	Joshua 1:9
God is with me.	Point up, then to your heart	Matthew 28:20
I am kind.	Give a high five	Ephesians 4:32

Write your own family declaration

Gather your family and write a declaration together. Here are some simple steps:

1. Choose a verse that means something to your family.
2. Talk about what it means in your own words.
3. Write one or two short sentences, starting with "We are" or "Our family."
4. Decorate it, sign it and stick it somewhere special.

Our family declaration:

A family prayer

Father, thank You for our family. Thank You that You love each one of us. Fill our home with Your peace and our mouths with Your truth. Help us to speak kind words, to forgive quickly and to trust You every day. Let our home be a place where Jesus is known and loved. In Jesus' name, amen.

More resources

- **Read:** *What Are Biblical Declarations?* and *Daily Declarations for Families* at rhythm.au/resources
- **Teaching paper:** *Declarations: The Power of Our Words in Aligning with God's Promises*, available at rhythm.au/resources
- **For kids:** Learn about Rhythm Kids at rhythm.au/kids

Visit Rhythm Church Aura

Families are at the heart of Rhythm. We meet every Sunday at 9:30am at the Nirimba State Primary School hall, 100 Park Avenue, Nirimba QLD 4551, with a safe and fun program for kids. Senior pastors Murray and Kathy Boyton would love to meet your family.

- **Plan your visit:** rhythm.au/plan-your-visit
- **Live stream:** Sundays at 10:15am at youtube.com/@rhythmchurch_au
- **Phone:** 1300 MATTERS

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Rhythm Church Aura is a Pentecostal church (Australian Christian Churches) on the Sunshine Coast. Visit us Sundays at 9:30am, or watch live from 10:15am at youtube.com/@rhythmchurch_au. More free resources at rhythm.au/resources