



*Chosen to root out, pull down to build and to plant*

# **SOUND MIND - STROND SOLDIER**

*Declarations to Overthrow Fear  
and Establish Peace*



# Introduction

Your mind is a gate and a governor. What settles in your thoughts will steer your beliefs, words, choices, and ultimately your life (*Prov. 23:7*). Scripture calls us to transformation that begins inside-out—“*be transformed by the renewing of your mind*” (*Rom. 12:2*). The fiercest battles often arrive as thoughts: fear that forecasts disaster, lies that distort identity, confusion that clouds judgment, heaviness that smothers hope.

Yet you are not defenceless. In Christ you carry the Word of God, living and active (*Heb. 4:12*), and the Spirit of God, who empowers you with a sound mind (*2 Tim. 1:7*). Declarations are not wishful mantras; they are faith-filled verdicts. When the Logos (written Word) is voiced as Rhema (spoken Word), you are not pleading for possibility, you are announcing God’s already-established truth over your inner world (*Job 22:28; Prov. 18:21*).

Truth dislodges lies, peace evicts panic, and hope outlasts the storm (*Isa. 26:3; Phil. 4:7–8*).

Declarations align the heart with Heaven, invite angelic enforcement of the Word, and cultivate a mental atmosphere where wisdom, clarity, and courage can flourish.

These pages are crafted to guard, renew, and fortify your thought life. They move you from reaction to governance, a mind guarded by peace, guided by truth, girded with strength, and growing in the mind of Christ (*Phil. 2:5; 1 Cor. 2:16*).

Expect resistance as old patterns protest, but expect victory as the truth takes root. You are not merely trying to think better, you are enthroning Jesus over the realm of your thoughts.

# Declarations Over Your Mind

- **Sound Mind & Freedom from Fear**

**Scripture:** *“For God has not given us a spirit of fear, but of power and of love and of a sound mind.” (2 Timothy 1:7)*

I decree and I declare that fear, confusion, panic, and mental torment lose all legal ground in me. I receive power to think clearly, love to feel securely, and self-control to decide wisely. My thoughts come under the order of the Holy Spirit; mental storms are calmed by the Prince of Peace. I refuse intrusive lies and embrace God’s truth about me. I carry the mindset of victory in Jesus’ name.

- **Renewed & Transformed Thinking**

**Scripture:** *“Do not be conformed to this world, but be transformed by the renewing of your mind.” (Romans 12:2)*

I decree and I declare daily renewal over my thought life, old patterns break, new pathways form. I reject worldly moulds and welcome Scripture’s reshaping until I discern God’s good, acceptable, and perfect will. Cynicism gives way to faith; distraction yields to focus; compromise bows to consecration. My decisions flow from revelation, not pressure. I think as a child of the King.

- **The Mind of Christ Within**

**Scripture:** *“Let this mind be in you which was also in Christ Jesus.” (Philippians 2:5)*

I decree and I declare that the humility, obedience, and wisdom of Christ govern my inner world. Pride, defensiveness, and self-exaltation are uprooted. I choose the servant path that invites God’s exaltation in due time. I think redemptively about people and situations. The attitude of Jesus becomes my automatic response.

- **Setting the Mind on Things Above**

**Scripture:** *“Set your mind on things above, not on things on the earth.” (Colossians 3:2)*

I decree and I declare a heaven-first focus over my attention and imagination. Earthly anxieties shrink as eternal priorities expand. I fix my thoughts on the King and His Kingdom, and everything else aligns under His rule. My meditation fuels purity, purpose, and perseverance. I live from above to govern what is below.

- **Possessing the Mind of Christ**

**Scripture:** *“But we have the mind of Christ.” (1 Corinthians 2:16)*

I decree and I declare access to Christ's perspective in every decision. I receive holy insight, strategic discernment, and Spirit-led solutions. Hidden things are revealed; complex things become simple by His light. I do not lean on guesswork or gossip. I think God's thoughts after Him. Wisdom marks my judgments and conversations.

- **Perfect Peace & Guarded Thoughts**

**Scriptures:** *"You will keep him in perfect peace, whose mind is stayed on You."* (Isaiah 26:3)

*"And the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus."*  
(Philippians 4:7)

I decree and I declare a garrison of divine peace around my heart and mind. My thoughts are tethered to God's faithfulness, not to fluctuating circumstances. Anxiety, dread, and foreboding bow to the Prince of Peace. I breathe in His calm and exhale His confidence. My inner climate remains steady, protected and whole.

- **Capturing Rogue Thoughts**

**Scripture:** *"For the weapons of our warfare are not [a]carnal but mighty in God for pulling down strongholds, <sup>5</sup> casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ."* (2 Corinthians 10:5)

I decree and I declare that every rogue thought is arrested and tried under the Lordship of Jesus. Mental strongholds, arguments, and high things topple before truth. I refuse doom loops, self-sabotage, and mental clutter. My mind becomes a sanctuary for God's voice and a vault for His promises. I think thoughts that build, not break.

- **Meditating on the Right Things**

**Scripture:** *“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.” (Philippians 4:8)*

I decree and I declare a new appetite for truth, purity, and excellence. My inputs come under holy scrutiny; I curate what I watch, read, and repeat. I reject toxic narratives and embrace edifying ones. My meditation becomes momentum toward holiness and hope. My mind feasts on what strengthens my soul.

- **Delighting in the Word**

**Scripture:** *“But his delight is in the law of the Lord, And in His law he meditates day and night. He shall be like a tree planted by the rivers of water, that brings forth its fruit in its season, whose leaf also shall not wither; and whatever he does shall prosper.” (Psalm 1:2–3)*

I decree and I declare that Scripture saturates my mind and stabilises my seasons. I plant my roots by the river of God's Word; drought cannot wither me and storms cannot uproot me. Fruitfulness becomes predictable; leaves remain green. I delight to hear, study, and obey the Word. My prosperity flows from obedience.

- **Casting Every Anxiety**

**Scripture:** *“Cast all your anxieties on Him because He cares for you.” (1 Peter 5:7)*

I decree and I declare that worry is evicted and trust takes residence. I transfer burdens to Jesus and refuse to take them back. The Shepherd's care becomes my confidence; His hand sustains my day. Catastrophic thinking is silenced; God's faithful track record steadies me. Peace replaces pressure as I rest in His care.

- **Wisdom & Revelation for a Bright Mind**

**Scripture:** *“That the God of our Lord Jesus Christ, the Father of glory, may give to you the spirit of wisdom and revelation in the knowledge of Him, the eyes of your [f] understanding being enlightened; that you may know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints.” (Ephesians 1:17–18)*

I decree and I declare an open heaven over my understanding. The Spirit tutors my intellect with revelation knowledge. I know the hope of His calling, the riches of His inheritance, and the greatness of His power toward me. Ideas are illuminated; timing is clarified; purpose is confirmed. I think in light, not in shadows.

- **Strengthened Thought-Life for Battle**

**Scripture:** *“Be strong in the Lord and in the power of His might.” (Ephesians 6:10)*

I decree and I declare a resilient, battle-ready mind in Christ. I put on strength, not strain; I wear the armour of God and stand my ground. Weariness, mental fog, and burnout are replaced with divine vitality. I persevere under pressure and finish assignments with excellence. My mind is fortified by the might of God.

## **Consecration of the Mind**

*Father, we present our minds to You, set apart for Your truth and governed by Your peace. By the blood of Jesus, close every door to fear, lies, and condemnation. By Your Holy Spirit, establish power, love, and a sound mind within us. Let Your Word dwell richly; let Your peace garrison our hearts; let the mind of Christ shape our attitudes, reactions, and decisions. From this day, let clarity increase, anxiety decrease, and resilience rise, so that Jesus is glorified in our inner world. Amen.*