

I'm Taking Hold of Life!

Whether you live long and strong or short and weak is up to you. ✦ So decide to take hold of life! Begin meditating on God's Word and daily confessing:



I take hold of the Word of God—the Word of life. Circumstances are temporal and subject to change (2 Corinthians 4:18). But the Word is the eternal truth (John 17:17).

Hear, O my son, and receive my sayings, and the years of your life shall be many. Take firm hold of instruction, do not let go; guard her, for she is your life (Proverbs 4:10, 13, The Amplified Bible).

God said I have a choice. I choose life and blessing!

I have set before you life and death, blessing and cursing; therefore choose life, that both thou and thy seed may live (Deuteronomy 30:19).

I choose to follow God and His Word, His life-giving wisdom.

Happy is the man that findeth wisdom, and the man that getteth understanding. Length of days is in her right hand. She is a tree of life to them that lay hold upon her (Proverbs 3:13, 16, 18).

Holy Spirit, open my eyes to God's promises of life, healing and health. I choose to walk in love, forgiveness and obedience to God's Word so I can live long and strong. Show me what to do, both in the natural and spiritual realms.

My son, attend to my words; incline thine ear unto my sayings. Let them not depart from thine eyes; keep them in the midst of thine heart. For they are life unto those that find them, and health to all their flesh (Proverbs 4:20-22).

Keeping God's Word gives me a long life worth living.

My son, forget not my law or teaching, but let your heart keep my commandments; for length of days and years of a life [worth living], these shall they add to you (Proverbs 3:1-2, The Amplified Bible).

I guard my heart and believe what the Bible says about me.

Keep and guard your heart with all vigilance and above all that you guard, for out of it flow the springs of life (Proverbs 4:23, The Amplified Bible).

He satisfies me with long life and shows me His salvation (Psalm 91:16).

God has offered me 120 years, and I receive it. I'm taking hold of life! (Genesis 6:3).