

7 COURAGE DECLARATIONS

for the New Year

Scriptures and truths to speak over yourself as you step into who you already are.

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Posture Podcast

 **POSTURE**



Before You Begin

Declarations are not magic words. They're not about convincing God of something or trying to manifest a feeling you don't have.

Declarations are agreements with what's already true.

When you speak truth out loud over yourself, you're not performing for an audience or checking a box. You're reminding your soul of what God has already said about you. You're aligning your mind with the reality of who you are in Christ.

Most of us aren't short on information. We know the scriptures. We've sat through the sermons. But when fear or anxiety shows up uninvited, that head knowledge doesn't always make it to our lived experience.

Declarations bridge that gap. They move truth from something we know to something we embody.

Here's how to use this resource:

Read the lie. Notice if it sounds familiar. No shame here—just awareness.

Receive the truth. Let the Scripture and explanation sink in. This is what God says.

Speak the declaration. Out loud if you can. Your ears need to hear your mouth agree with God.

Sit with the reflection. Let the question lead you into a conversation with the Lord.

You're not trying to become courageous this year. You're discovering the courage that's already yours because of the One who lives in you.

Let's begin.

Declaration 1

I belong to God, not to fear.

1 John 4:4

"Little children, you are from God and have overcome them, for he who is in you is greater than he who is in the world."

The Lie We Believe:

Fear is just part of life. It's normal to be anxious about the future, afraid of failure, and overwhelmed by uncertainty.

The Truth:

Fear may be common, but it is not your master. You belong to God. Your sense of belonging is not dictated by feelings—it's anchored in the One who lives in you. He is greater than anything you will ever face.

Declare Over Yourself:

I belong to God, not to fear. The One who lives in me is greater than anything in the world around me. Fear does not own me, define me, or direct me. I am His.

Reflect:

Where have I been letting fear dictate my decisions instead of remembering Whose I am?

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Declaration 2

What's true about Jesus is true about me.

1 John 4:17

"As he is, so also are we in this world."

The Lie We Believe:

I need to earn my way to closeness with God. The more I do, the more like Jesus I'll become.

The Truth:

You don't become like Jesus by striving harder. When you believed in Him, you were placed into Christ and Christ was placed into you. What's true about Jesus—His righteousness, His peace, His authority—is already true about you. You're not working toward union with Him. You're living from it.

Declare Over Yourself:

What's true about Jesus is true about me. I am not striving to become something. I am discovering who I already am in Him. His victory is my victory. His peace is my peace. His identity is my identity.

Reflect:

What aspect of Jesus' nature am I struggling to believe is also mine?

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Declaration 3

My identity is fixed in Christ, not fluctuating with circumstances.

Romans 6:4

"We were buried with Him through baptism into death, that just as Christ was raised from the dead by the glory of the Father, even so we also should walk in newness of life."

The Lie We Believe:

My spiritual health depends on how I feel, how well I performed today, or how my circumstances are going.

The Truth:

Your identity doesn't fluctuate based on your behavior or your emotions. You died with Christ. You were raised with Him. This isn't something you're becoming—it's something you already are. Your job isn't to create a new self. It's to walk in the newness of life that's already yours.

Declare Over Yourself:

My identity is fixed in Christ. It doesn't rise and fall with my feelings or my circumstances. I died with Him and I was raised with Him. I am walking in newness of life today—not because I earned it, but because He gave it.

Reflect:

What circumstance or emotion have I been allowing to define me more than my identity in Christ?

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Declaration 4

I am living in a victory He won, so I can't lose.

John 16:33

"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."

The Lie We Believe:

If I'm really in Christ, my life should be easier. Trouble means something is wrong with my faith.

The Truth:

Jesus never promised you a life without trouble. He promised you His presence in every trouble. The absence of difficulty is not proof of His victory—His permanent presence in you is. You are living in a victory He already won. The outcome is secure even when the process is hard.

Declare Over Yourself:

I am living in a victory Jesus already won, so I cannot lose. Trouble does not disqualify me from peace. Hard circumstances do not separate me from Him. I take heart—He has overcome the world, and I am in Him.

Reflect:

Where have I been measuring God's faithfulness by my comfort instead of His presence?

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Declaration 5

I don't become an overcomer by overcoming.
I overcome because I already am one.

Romans 8:37

"In all these things we are more than conquerors through him who loved us."

The Lie We Believe:

I have to fight my way to victory. If I just try harder, pray more, and do better, I'll finally overcome.

The Truth:

You don't become more than a conqueror by conquering. You already are one—through Him who loved you. Overcoming isn't about your effort. It's about your identity. You fight from victory, not for it.

Declare Over Yourself:

I am more than a conqueror—not because of what I've accomplished, but because of who loves me. I don't fight for victory. I fight from it. I overcome because I am already an overcomer in Christ.

Reflect:

In what area of my life have I been striving to overcome instead of resting in the identity of an overcomer?

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Declaration 6

Peace is not a feeling I chase. It's a presence within me.

Colossians 1:27

"Christ in you, the hope of glory."

The Lie We Believe:

Peace is something I have to find, grab hold of, and force myself to feel. If I could just calm down enough, I'd finally have peace.

The Truth:

Peace isn't a feeling floating around outside of you that you have to capture. Peace is a Person—and He lives in you. You don't chase peace. You access the Prince of Peace who has made His home in you. He's not leaving. He's not going anywhere.

Declare Over Yourself:

Peace is not something I chase. It's Someone who lives in me. Christ is in me—my hope, my peace, my glory. I don't have to manufacture calm. I access the presence of the One who is my peace.

Reflect:

How would my response to stress change if I truly believed peace was already within me?

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Declaration 7

My circumstances don't challenge my identity. My identity challenges my circumstances.

2 Corinthians 5:17

"If anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come."

The Lie We Believe:

My circumstances reveal the truth about my life. When things are hard, it means something is wrong with me or my faith.

The Truth:

You are not being transformed into the image of your circumstances—good, bad, or ugly. You are being transformed into the image of Christ. So instead of letting what's happening around you challenge what you believe about God and yourself, let who you are in Christ challenge what's happening around you.

Declare Over Yourself:

I am a new creation. The old is gone and the new has come. My circumstances do not get to define me, limit me, or dictate my peace. Instead, my identity in Christ challenges every circumstance I face. I look to the One I am one with.

Reflect:

What would it look like today to let my identity challenge my circumstances instead of the other way around?

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A Final Word

Courage isn't the absence of fear.

It's knowing Who holds you when fear shows up.
You belong to God. You are in Christ. And nothing—no circumstance, no fear, no failure—can change that.

Step into 2026 as who you already are.

Connect with Lindsay

Instagram: [@lindsay.vanzyl](https://www.instagram.com/lindsay.vanzyl)

YouTube: [youtube.com/@lindsayvanzyl](https://www.youtube.com/@lindsayvanzyl)

