

30 DECLARATIONS TO FIGHT SPIRITUAL DRYNESS

Speak These Over Your Life — Every Single Day

There are seasons when prayer feels like talking to the ceiling. When the Bible feels dry. When worship feels mechanical. When God feels distant — and you wonder if something is wrong with you.

Nothing is wrong with you. Every great person of faith walked through the wilderness. But you don't stay there.

These 30 declarations are weapons. They are anchors. Speak them out loud. Mean them even when you don't feel them. Faith comes by hearing — so let your own ears hear the truth until your heart believes it again.

HOW TO USE THIS GUIDE

1. Find a quiet moment each morning — even 5 minutes is enough.
2. Read each declaration out loud with intention. Don't rush.
3. Pause on the verse. Let it sink in.
4. Reflect on the personal note — it's speaking directly to you.
5. Do this for 30 days straight and watch your spirit come alive.

1

I am deeply rooted in God's love, and no drought can dry up what He has planted in me.

"He is like a tree planted by streams of water... its leaf does not wither." — Psalm 1:3
Even when you don't feel it, you are rooted. Roots don't need sunlight to hold firm.

2

I declare that the Holy Spirit is alive and active within me, even when I feel spiritually distant.

"The Spirit of God dwells in you." — Romans 8:9
Feelings are not facts. The Spirit doesn't leave when life gets hard.

3

I choose to draw near to God today, trusting He will draw near to me.

"Draw near to God and He will draw near to you." — James 4:8
Even one small step toward Him counts. You don't have to sprint — just lean.

4

I am renewed day by day, even when my outward self feels tired and worn.

"Though outwardly we are wasting away, inwardly we are being renewed day by day." — 2 Corinthians 4:16
Spiritual renewal is happening beneath the surface. Trust the process.

5

I declare that God's Word is a lamp to my path — I will read it even when I don't feel like it.

"Your word is a lamp to my feet and a light to my path." — Psalm 119:105
Open the Bible even for five minutes. God speaks to the willing heart.

6

I am not spiritually abandoned. God has promised to never leave me or forsake me.

"I will never leave you nor forsake you." — Hebrews 13:5
Spiritual dryness is not God leaving — it's an invitation to seek Him more intentionally.

7

I declare that my thirst for God will be satisfied. He is the living water.

"Whoever drinks the water I give them will never thirst again." — John 4:14
Bring your empty cup to Him. He loves to fill what is surrendered.

8

I rebuke every spirit of spiritual heaviness, apathy, and numbness in Jesus' name.

"For God gave us a spirit not of fear but of power, love, and self-control." — 2 Timothy 1:7
You have authority. Speak against the fog. Call on the name of Jesus out loud.

9

I declare that worship is a weapon and praise will lift the heaviness off my soul.

"He has sent me to bestow on them a crown of beauty instead of ashes." — Isaiah 61:3
Put on a worship song right now. Let your lips lead your heart back to life.

10

I am not defined by my spiritual low seasons. Seasons change, and so will this.

"To everything there is a season, a time for every purpose under heaven." — Ecclesiastes 3:1
Winter is not the end of the garden. Spring always follows.

11

I declare that prayer is my lifeline, and I will pray even when words feel hollow.

"The Spirit helps us in our weakness. We do not know what we ought to pray... the Spirit himself intercedes for us." — Romans 8:26
When you don't have words, groans will do. God hears beyond language.

12

I declare I will not give up on my faith. God is faithful even when I am faithless.

"If we are faithless, He remains faithful — He cannot deny Himself." — 2 Timothy 2:13
Your faith doesn't hold God. His faithfulness holds you.

13

I choose gratitude today. I will count my blessings and watch my perspective shift.

"Give thanks in all circumstances; for this is God's will for you." — 1 Thessalonians 5:18
Write down three things you're grateful for. Gratitude is the enemy of spiritual dryness.

14

I declare that God is working in the silence and the waiting. He has not forgotten me.

"But those who hope in the Lord will renew their strength." — Isaiah 40:31
Waiting is not wasted. God is doing His best work in the quiet places.

15

I am surrounded by a great cloud of witnesses — I am not alone in my struggle.

*"Since we are surrounded by such a great cloud of witnesses... let us run with endurance."
— Hebrews 12:1*

Every saint you admire walked through their own dry seasons. You're in good company.

16

I declare that God's mercies are new every morning. Today is a fresh start.

"His mercies are new every morning; great is Your faithfulness." — Lamentations 3:23

Yesterday's spiritual state doesn't determine today's. New morning, new mercy.

17

I choose to meditate on what is true, noble, and pure — I will guard my mind.

"Whatever is true, noble, right, pure, lovely... think about such things." — Philippians 4:8

What you feed your mind matters. Reduce the noise, increase the Word.

18

I declare that God's strength is made perfect in my weakness. I don't need to perform.

"My grace is sufficient for you, for My power is made perfect in weakness." — 2 Corinthians 12:9

You don't have to fake spiritual highs. Come to God exactly as you are.

19

I declare I will seek community with other believers and not isolate in this season.

"Let us not give up meeting together... but encourage one another." — Hebrews 10:25

Call a friend. Attend church. Isolation is a trap in dry seasons.

20

I declare that the enemy has no victory over my spiritual life. I resist him and he must flee.

"Resist the devil and he will flee from you." — James 4:7

Spiritual dryness is sometimes an attack. Stand firm. Resist. Keep worshipping.

21

I am not spiritually dead — I am in a resting season. God is still the God of resurrections.

"Jesus said, 'I am the resurrection and the life.'" — John 11:25

He raised Lazarus after four days. He can breathe life into what feels dead in you.

22

I declare that fasting and prayer will break through the spiritual fog over my life.

"When you fast... your Father, who sees what is done in secret, will reward you." — Matthew 6:17-18

Consider a simple fast — even one meal. Hunger for God replaces spiritual numbness.

23

I declare that serving others will reignite the fire in my heart. Love is action.

"Whoever refreshes others will themselves be refreshed." — Proverbs 11:25

Volunteer. Help a neighbor. Give to someone in need. Serving pulls you out of your head.

24

I declare that my heart is God's dwelling place and I invite His presence in right now.

"Here I am! I stand at the door and knock. If anyone opens the door, I will come in." — Revelation 3:20

Just say: 'Come in, Lord.' That simple. He's been waiting at the door.

25

I choose to remember what God has done for me before. My history with God is my testimony.

"I will remember the deeds of the Lord; yes, I will remember your miracles of long ago." — Psalm 77:11

Journal your past answers to prayer. Let memory fuel your present faith.

26

I declare that I hunger and thirst for righteousness — and that hunger will be filled.

"Blessed are those who hunger and thirst for righteousness, for they will be filled." — Matthew 5:6

Even the desire to desire God is a sign of grace. He honors honest hunger.

27

I declare that God's plans for me are good and full of hope — even in dry seasons.

"For I know the plans I have for you, plans to prosper you and not to harm you." — Jeremiah 29:11

This promise was given to people in exile — far from home and feeling forgotten. It's for you too.

28

I declare that I will be still and know that He is God. I rest in His sovereignty today.

"Be still and know that I am God." — Psalm 46:10

Sometimes the spiritual discipline you need most is silence. Just sit with Him.

29

I declare that God's love for me is not based on my performance or spiritual consistency.

"Nothing can separate us from the love of God." — Romans 8:38-39

You cannot out-fail God's love. That is the scandalous grace of the gospel.

30

I declare that this dry season is producing endurance, character, and hope in me. It is not wasted.

"We also glory in our sufferings because we know that suffering produces perseverance... character... hope." — Romans 5:3-4

The desert prepared Moses. The wilderness prepared Jesus. It will prepare you too.

A Final Word for You

Spiritual dryness doesn't mean spiritual death. It means you're human. Every prophet, every apostle, every person in Scripture who moved mountains also walked through valleys of silence and uncertainty.

But they kept showing up. They kept speaking truth over themselves. They kept choosing faith over feeling — and so can you.

*"He who began a good work in you will carry it on to completion."
— Philippians 1:6*

He is not done with you. Not even close.

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