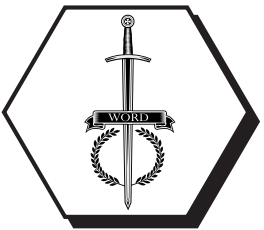
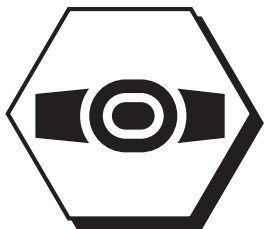


# #SUITUP

*Declare out loud and do the motions of putting on each piece of the Armor of God*



**Belt of Truth:** “I put on the belt of truth. I am girded in the truth of God. My core is strengthened. I will not double over. I stand tall and strong in the Lord. My belt of truth has a compass on it and always points me to the truth of God and His word on my kingdom path!”

**Breastplate of Righteousness:** “I put on the breastplate of righteousness that the Lord Jesus Christ made for me Himself. My heart is guarded. My soul is guarded. My spirit is guarded. Nothing can come against me in the name of Jesus. I move forward powerfully for the Lord. The Lord God Himself is my rear guard. I walk in the righteousness of the Lord Jesus Christ.”

**Shoes Of the Gospel of Peace:** “I put on the shoes of the gospel of peace. I will not lose my peace today. I will go forward powerfully and spread the gospel and the glory of the Lord Jesus Christ.”

**Shield of Faith:** “I take the shield of faith, and I quench all the fiery darts of the wicked. No one can curse whom the Lord has blessed, and the Lord has blessed me! No weapon formed against me shall prosper. Every tongue that rises against me, I condemn right now, in the name of Jesus. I speak to every curse of witchcraft and every single demonic word and word of negativity that’s ever been spoken against me, be quenched and canceled now in the name of Jesus!”

**Helmet of Salvation:** “I put on the helmet of salvation. I have the mind of Christ. I command every thought in my mind to come under the obedience of Jesus Christ. Nothing demonic can come against my mind today, in the name of Jesus.”

**Sword of the Spirit:** “I take my sword of the Spirit, which is the word of God — my two-edged sword. Holy Spirit, give me remembrance of the word of God today as I need it. I hang onto and hold up my sword of the Spirit all day and all night. I stand on the word of God, in Jesus’ name. In the name of Jesus, I chop off the head of every lying, deceiving serpent right now, and I cast it out to the dry place, and, Father, I ask you to bring your holy fire and destroy it, in Jesus’ name.”

**Kingdom Ambassador/Spokesperson:** “Holy Spirit, give me utterance that I will speak boldly as I ought to speak, and I shall stand and speak boldly as an ambassador for the Kingdom of God.”

# SEAT OF AUTHORITY

*Sit in a chair; turn to your left, and say out loud:*

“Father God, I accept Your gracious word that You have given me according to Ephesians Chapter 2. In humble faith, I now take my Seat Of Authority at Your right hand, in Christ Jesus. I now rule and reign in Christ Jesus through Christ Jesus. I proclaim Jesus Christ is the name above all names — King of kings and Lord of lords. I put everything of the kingdom of darkness under my feet because it is all under the feet of King Jesus. I enforce the authority of Jesus Christ over everything in my life today, in Jesus’ name!”

*Out loud, cover yourself, your family, your house, your vehicles, your work, and your ministry with the blood of Jesus. Commit your day and night to the Lord, and apply the blood daily to whatever you want protected.*

“In Jesus’ name, I place \_\_\_\_\_ in the blood of Jesus Christ today. I cover everywhere my good name is and the names of my loved ones are in the blood of Jesus. Lord Jesus, release the power of your blood over \_\_\_\_\_. Lord, let your blood speak today over \_\_\_\_\_. Lord, Your blood speaks life now into \_\_\_\_\_. Lord Jesus, Your blood exposes and destroys all darkness operating in and around \_\_\_\_\_. Thank you, Jesus, for your precious blood! I proclaim the blood of Jesus speaks a better word over all words today, in Jesus’ name! I enforce the blood of Jesus over everything in my life today, in Jesus’ name!”

*Send the Hosts of Heaven to take you and your household and family OFF the frequency of the demonic and invite the Holy Spirit.*

**Decree:** “In the name and authority of Jesus Christ, in whom I am seated, I ask You now, Father God, for the hosts of Heaven, the angel armies of the Lord, to assist me today as one of my mighty spiritual weapons. Thank You, Father, for sending your angels to keep me in all my ways according to Your word in Psalm 91. I now invite the hosts of Heaven, God’s army angels — by faith, now assigned to me — to come now, in Jesus’ name, and take me and my household, my work, ministry, family, and children OFF the frequency of the demon-ic! I declare that the demonic cannot see, hear, or perceive us today! O God, arise and scatter Your enemies far, far away from me and my household, in Jesus’ name! I declare that the only frequency that my house, my family, and I operate on today is the frequency of the HOLY SPIRIT, in Jesus’ name! Holy Spirit, YOU are welcome here! Come surround and fill us with Your presence! Thank you, Father God! Amen!”

**Decree:** “Almighty God, I proclaim Your glory is my covering today, and Your favor surrounds me as a shield! I am in expectation of signs, wonders, and miracles in my life and in my family! I go forward on this day in faith and boldness for YOUR kingdom and glory, in Jesus’ name! Amen.”



**NOW YOU ARE SUITED UP AND READY TO GET IT DONE FOR THE LORD!**

Amen and Whoo hooo!!!  
Love, Coach Annamarie

- Have an amazing and blessed day!
- [www.annamariestrawhand.com](http://www.annamariestrawhand.com)