

Creating Affirmations – Refining Our Words of Faith

Overview: There is power in our words. That is especially true when speaking the Word of God. Last Semester we learned the 43 wonderful things that happen when we speak the Word. It is important, as we implement affirmations in our lives, that we put thought into our affirmations to make sure that they are precise and accurate in order to ensure we receive what we believe.

A. Guidelines for Powerful Affirmations.

1. **Based on the Word of God.**

Titus 3:8

Scripture: Phi 4:19 But my God shall supply all your need according to His riches in glory by Christ Jesus.

Affirmation: God supplies all my needs according to His riches in glory by Christ Jesus.

Affirmation: In the name of Jesus, my business has an abundance of new customers.

2. **Use the name of Jesus.**

John 14:13-14

Scripture: 1Co 2:16 For who hath known the mind of the Lord, that he may instruct him? But we have the mind of Christ.

Affirmation: In the name of Jesus, I have the mind of Christ.

3. **Personalize for yourself: “I”, “me”, “my”.**

Scripture: Luk 10:19 Behold, I give unto you power to tread on serpents and scorpions, and over all the power of the enemy: and nothing shall by any means hurt you.

Affirmation: In the name of Jesus, nothing shall by any means hurt me.

Affirmation: In the name of Jesus, no evil of: man, satan, animals, nor nature can harm me.

Affirmation: In the name of Jesus, every germ, disease, virus, parasite, bacteria, micro-organism, mold and fungus potentially harmful to me, dies on contact with my body.

Affirmation: In the name of Jesus, every radiation, chemical, drug, poison, hormone and allergen potentially harmful to me is neutralized on contact with my body

4. **Past tense. Present tense is acceptable in some cases.**

Scripture: 1Pe 2:24 Who his own self bare our sins in his own body on the tree, that we, being dead to sins, should live unto righteousness: by whose stripes ye were healed.

Affirmation: I have been healed by the stripes of Jesus.

Affirmation: My left knee has been healed by the stripes of Jesus.

Affirmation: In the name of Jesus my eyes see 20-20 or better. Or, My eyes have been healed by the stripes of Jesus.

Affirmation: In the name of Jesus, my heart and cardio-vascular system are healthy, healed, whole and restored.

5. **Accurate and precise but not wordy.**

Affirmation dealing with a diagnosis of Type I Diabetes: My pancreas has been healed by the stripes of Jesus

Affirmation dealing with a diagnosis of Type II Diabetes: In the name of Jesus, every cell in my body receives and processes sugar normally.

6. **Pinpoint the body part/area/function not the diagnosis.**

Affirmation: My heart has been healed by the stripes of Jesus.

Affirmation: In the name of Jesus, my abdomen is free of all pain and discomfort.

Affirmation: In the name of Jesus, my hormone levels are normal and in balance.

7. **Always include general affirmations along with specific affirmations.**

Affirm equal number of general with specific.

B. Common Mistakes that Hinder Manifestation.

1. Using the name of Christ, instead of Jesus.

Incorrect Affirmation: I have been healed by Christ's wounds. Or, In Christ's name, my left knee has been healed.

Correct Affirmation: I have been healed by the stripes of Jesus. Or, In the name of Jesus, my left knee has been healed.

2. Undermining the Name of Jesus.

Incorrect Affirmation: In the name of Jesus, my eyes have been healed by the stripes of Jesus.

Correct Affirmation: In the name of Jesus, my eyes have been healed. Or, My eyes have been healed by the stripes of Jesus.

3. Personalizing disease as part of an affirmation.

Incorrect Affirmation: My high blood pressure has been healed by the stripes of Jesus.

Correct Affirmation: In the name of Jesus, my blood pressure is 120/80. Or, In the name of Jesus my blood pressure is normal. Or you can call it down in increments of 10. In the name of Jesus my blood pressure is 140/80. When obtained... my blood pressure is 130/80 etc. until it reaches your goal.

4. Straying too far from the meaning or spirit of the Word.

Incorrect Affirmation: In the name of Jesus, John M. Moran will call me today for a date that will lead to marriage.

Correct Affirmation: In the Name of Jesus, God will bring me a date with the person whom He wants me to marry.

5. Avoid self diagnosis and the Chinese menu.

When you have a symptom, the devil will give you many choices for you to select one. Your choosing one opens the door for the devil to bring it to pass in your life, as it is empowered by your agreement. Then, if you tell others, most likely they will agree with you by reporting it to their friends and families. If there is a pain in your stomach, without trying to figure it out, simply affirm the solution, "My stomach has been healed by the stripes of Jesus". Research can lead to fear, doubt and unbelief.

6. Being too wordy; keep it short.

Incorrect Affirmation: In the name of Jesus, my business has an abundance of new customers which come in everyday and order a minimum of \$100 each including new products and talks to their friends about them.

Correct Affirmations:

- In the name of Jesus, my business has an abundance of new customers.
- In the name of Jesus, each new customer orders a minimum of \$100.00 including new products.
- In the name of Jesus, my business grows by word of mouth advertising.

7. Covering too many unrelated items.

Incorrect Affirmation: My heart, lungs, right hand, ears, digestive system, lower back pain and insomnia has been healed by the stripes of Jesus.

Correct Affirmations:

- My heart and lungs have been healed by the stripes of Jesus.
- My ears have been healed by the stripes of Jesus.
- My right hand has been healed by the stripes of Jesus.
- My digestive system has been healed by the stripes of Jesus.
- My right hand and lower back have been healed by the stripes of Jesus.

- In the name of Jesus, my sleep is sweet, deep and peaceful according to the Word of God.
(Notice the “My Insomnia” – subtle way to take ownership, which we do not want)