



Lessons By: Rev. Dr. Johnny R. Freeman

**8 Week Bible Study Series**

**Wednesdays | 6:50pm**

**United Institutional Baptist Church**

**802 E. Market Street, Greensboro, N.C. 27401**

# **‘THE POWER OF POSITIVE CONFESSION!’**

**Week 4 | Text: Philippians 4:10-13**

In our last lesson we were reminded that words have power. Our words have the power to build up as well as tear down. Our words can inspire and discourage. Words have the power to motivate as well as humiliate. Our words can build confidence and they can intimidate. We have to be careful of what we say.

More important than the words that we hear from others is our self-talk. I’ve seen people prove their critics wrong because they refused to accept what others said about them as final. If you’ve heard the concept of ‘dumbing down’ you know that the idea means that you lower yourself to do something less than you’re capable of. When you ‘dumb down’ your abilities to fit in or get along with others you cheat yourself. The point is you don’t have to become what others want to call you or become what other people try to define you to be. When Isaac gave names to his sons, he named the first born Esau or ‘red.’ Isaac named the younger son Jacob, which meant ‘heel grabber,’ or ‘schemer.’ In the book of Genesis we learn that at first Jacob lived according to the name that his father had selected for him. Jacob used his brother’s impetuous and thoughtless nature against him, by using his own weakness against his brother to rob Esau of

his birthrite blessing. (Genesis 25:29-34) Jacob also conspired with his mother Rebekah to deceive his father Isaac into giving him the blessing of birthrite that should have been given to Esau. (Genesis 27:1-28)

On the other hand, when you know who you are and what you believe you develop the power to counter what other people say so they don't influence you in negative ways. You have the power to determine the life you will have and it starts with the words that you speak. Notice in the book of First Samuel the story of David. When his father called David in from the fields taking care of the sheep, to go and take food to his brothers and King Saul, as well as check on his sons, David was confronted by his brother Eliab. David's brother Eliab scolded David for his boldness and courage in the face of everyone else's fear. According to Eliab David should be more humble and fearful about the giant Goliath as all the other soldiers were including King Saul. And when David dared to go out and face Goliath once again David was discounted and laughed at, by Goliath because of his small stature. However, David didn't let his self-talk be determined by what his brother Eliab, or what Goliath said about him David spoke out of what he believed. (1 Samuel 17:22-37)

Your words can render ineffective hateful and spiteful words from others. What you say to yourself has the power to deflect and refute what others say to you and about you. The point is not so much about what others say to you, or about you but what do you say? We need to learn how to guard our

self-talk. What is self-talk? Self-talk represents the values, views, self-image that you see and believe about yourself. Your self-talk is the language of the soul, the heart, our emotions and a reflection of what we believe. Self-talk reflects your vision and views of yourself that have more to do with what you think and believe about yourself than anything others say.

Just as God has endowed the body with an immune system that is given to us to help our body resist and fight off harmful bacteria and disease we also have the power to resist and reject negative words about who we are or what we are capable of from others. Our self-talk reflects our self-image.

When we allow who we are, and how we see ourselves to be defined by what other people say to us then we are treading down a slippery slope. Unhealthy self-talk can lead to an unhealthy self-image and life. When you allow other people to determine your vision of how you see yourself they can really leave your life twisted. When you allow other people to shape how you see yourself they can manipulate you and toy with your emotions. Nothing is worse than the feeling of having to fit into the image other people set for you. You have no root or sure foundation when you allow who you are and what you believe to be totally controlled by other people. When you need the approval and validation of other people you set yourself up to be a puppet on a string controlled by the whim of how other people want to treat you. No person should have that kind of power over you.

And yet that's exactly what we allow other people to do to us when we don't have a clue about who we are.

That's why it's so important that your words reflect something deeper and richer than what other people think or the result of an uninformed life. When we have a positive self-image then it's a lot easier to reject negative comments from others. When we have a positive self-image then we know within ourselves that the negative opinions of others are not to be trusted or accepted. Just as a healthy immune system helps the body fight off harmful viruses and bacteria in the air when we have a positive self-image negative and hurtful words cannot change what we know to be true about who we are. While we cannot control the words that others say to us, or about us we do have the power to choose what we say in response. We don't have to accept someone else's truth as valid about who we are or what we are capable of achieving in life. No one other than God should be given the power to determine what we think or speak about ourselves. The point is you don't have to accept as truth how others want to define you.

So what determines what we say? Because we are true believers, who have a personal relationship with Jesus what we say should be what God says in His word! We need to say what God says. This is what is called a positive confession. Confession means to acknowledge or declare what God says to be true about a situation. When God says 'by His stripes we are healed' then we say what God says about our sickness regardless of what the medical doctor says. Saying what God

says means to that we believe that God has the last word about everything in our lives.

## **STEPS TO EXPERIENCING THE POWER OF POSITIVE CONFESSION**

**1) SEEK IT** - The bible says 'My people are destroyed for lack of knowledge.' (Hosea 4:6) If you don't find out what God says in His word then you want know what you have access to. The bible says 'study to show thyself approved unto God a workman who need not be ashamed rightly dividing the word of truth.' (2 Timothy 2:15) 'Faith comes by hearing the word of God.' (Romans 10:17)

**2) SPEAK IT** - Your faith will never rise above the level of your confession. In other words, you've got to say to yourself, and keep saying it over your situation until you see the results. The bible says 'death and life are in the power of the tongue, and they that love it shall eat the fruit therefore.' (Proverbs 18:21) We speak those things that are not as though they already are. We say what God says about our situation, not what we see or how we feel. Notice all the positive confessions there are in the bible. 'We are more than conquerors through Him that loves us.' (Romans 8:37) 'Greater is He who is in me than he that is in the world.' (1 John 4:4) 'I can do all things through Christ who strengthens me.' (Philippians 4:13) 'You are a chosen generation, a royal priesthood, a holy nation, a peculiar people that you should show forth the

praises of Him who has called you out of darkness into His marvelous light' (1 Peter 2:9) In order to see the results that God promises, you've got to believe it if you really want to see it. **Jesus said "whatever you ask for in prayer, believe that you have received it and it will be yours."** (Mark 11:24)

**3) STAND ON IT** - Seeing what God says in your life may not happen overnight that's the hard part about seeing the results. You have to wait on God for the results God promises in your life! No way around waiting! You have to trust the process that if God says it God will perform it! In order for the process to work for you, the way God says you have to resolve to stand on what God says! You have to trust the process, without giving up on God. **Jesus said "if you have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you. Howbeit this kind goeth not out but by prayer and fasting."** (Matthew 17:20-21) You've got to keep believing God unto you see what God promises.

**4) SEE IT** - Whatever God says God will do! **The bible says 'God is not a man, that He should lie; neither the son of man, that He should repent; hath He said, and shall He not do it? Or hath He spoken, and shall he not make it good?'** (Numbers 23:19) Our faith in God, along with our positive confession will produce the results God said will happen. **The book of Hebrews goes**

further in revealing our part in seeing the results that God promises by adding, 'for he that comes to God must believe that He is and that He is a rewarder to them that diligently seek Him.' (Hebrews 11:6)

**5) SHARE IT** - Every believer in Jesus Christ who sees God work is now to join God in spreading the word of His power and goodness to others so they may come to know God for themselves. **God is no respecter of persons but wants everyone to come to the knowledge of Christ. (Acts 10:34)** It is not God's will that any should perish but that all will come to the knowledge of Christ. (2 Peter 3:9) Jesus said "let your light so shine before men so they may see your good works and glorify your Father in heaven." (Matthew 5:16)