# 10.00 P

# THE **TONGUE** HAS THE **POWER** OF **LIFE** AND **DEATH**, AND THOSE WHO LOVE IT WILL **EAT** ITS **FRUIT**

"Sticks and stones make break my bones, but words will never hurt me"

That's a big, fat lie, isn't it?

Words matter. We all know it, even if we don't admit it. What others say about us, what we say about ourselves, and most importantly, what God says about us can shape and mold our day and destiny.

We must not be passive or causal with the words coming out of our mouths, nor about the words we allow to define us. We must look to our God and allow His words, His truth to define and refine us.

The powerful passage of Scripture above is one of the main motivations for compiling the following confessions you hold in your hand. Take the advice of King Solomon in Proverbs 18:21 and begin speaking, not just reading, truth and love over your life.

Inside you will find God's word collected into 12 topics and written to be read in the first person. Open your mouth and read them outloud to yourself, your family, your kids, etc. Enjoy the sound of your voice speaking truth and life, rather than doubt and frustration.

Sow seeds of truth and enjoy the fruit of life as a result.



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#### BEING SET APART FOR GOD

Today I choose to deny myself, take up my cross, and follow Jesus. (Luke 9:23) I choose to lose my life for Christ and for the gospel. (Mark 8:35) I count the cost and give up everything I have to be Christ's disciple. (Luke 14:28,33) I say to God, "Here am I. Send me!" and "Speak, for your servant is listening." (Isaiah 6:8; 1 Samuel 3:10)

I am God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for me to do. (Ephesians 2:10) I am not my own; I was bought at a price. Therefore I will honor God with my body. (1 Corinthians 6:19-20) I have been crucified with Christ and I no longer live, but Christ lives in me. The life I live in the body, I live by faith in the Son of God, who loved me and gave Himself for me. (Galatians 2:20) I eagerly expect and hope that I will in no way be ashamed, but will have sufficient courage so that now as always Christ will be exalted in my body, whether by life or by death. For to me, to live is Christ and to die is gain. (Philippians 1:20-21)

In view of God's abundant mercy toward me, I offer my body as a living sacrifice, holy and pleasing to God-this is my true act of worship. I will not conform any longer to the pattern of this world, but I will be transformed by the renewing of my mind. Then I will be able to test and approve what God's will is-His good, pleasing and perfect will. (Romans 12:1-2) If I am out of my mind, it is for the sake of God. For Christ's love compels me, because I am convinced that one died for all. And if He died for all, then those who live should no longer live for themselves but for Him who died for them and was raised again. (2 Corinthians 5:13-15)

I cleanse myself from every ignoble purpose, making myself an instrument for noble purposes, made holy, useful to the Master and prepared to do any good work. I flee the evil desires of youth, and pursue righteousness, faith, love and peace. (2 Timothy 2:20-22) I have been set free from sin and have become a slave to God. (Romans 6:22) The world has been crucified to me, and I to the world. (Galatians 6:14) I seek first God's kingdom and His righteousness, knowing that I will be given all that I need. (Matthew 6:33) For the eyes of the Lord range throughout the earth to strengthen those whose hearts are fully committed to Him. (2 Chronicles 16:9)

#### FRUIT IN MINISTRY

Jesus has chosen me and appointed me to go and bear fruit-fruit that will last. (John 15:16) Christ is the vine; I am the branch. If I remain in Him and He in me, I will bear much fruit. Apart from Him I can do nothing. If I remain in Him and His words remain in me, I can ask whatever I wish, and it will be given to me. This is to the Father's glory, that I bear much fruit, showing myself to be His disciple. (John 15:5-8)

All authority in heaven and on earth has been given to Jesus. Therefore I will go and make disciples of all nations. (Matthew 28:18-19) I will be fruitful and multiply. (Genesis 1:28) The things that I have learned I will entrust to reliable men who will also be qualified to teach others. (2 Timothy 2:2) I am obligated to all men and am eager to preach the gospel wherever I go. I am not ashamed of the gospel, because it is the power of God for the salvation of everyone who believes. (Romans 1:14-16) All over the world this gospel is bearing fruit and growing. (Colossians 1:6)

I will not become weary in doing good, for at the proper time I will reap a harvest if I do not give up. Therefore, as I have opportunity, I will do good to all people. (Galatians 6:9-10) I will stand firm and let nothing move me, always giving myself fully to the work of the Lord, because I know that my labor in the Lord is not in vain. (1 Corinthians 15:58) If I sow in tears, I will reap with songs of joy. (Psalm 126:5) Even if I am the least I will become a thousand; even if I am the smallest I will become a mighty nation. In the proper time, the Lord will do this swiftly. (Isaiah 60:22)

#### HANDLING ANXIETY

I come today Lord, knowing that you are God. (Ps 46:10) I thank you that I can be anxious for nothing (Phil 4:6), for You have given me the grace to obey your command. I cast all of my anxiety upon You, for You care for me. (1 Peter 5:7) As I fill my thoughts and focus on you Lord, You will keep me in perfect peace. (Isaiah 26:3) Your peace, O Lord, which surpasses all understanding, shall guard my heart and my mind like a fortress. (Phil 4:7)

I shall lie down in peace and sleep deeply, for You give Your beloved sleep and that sleep is sweet. (Ps 4:8, 127:2, Pr 3:24) I shall not be afraid of anything, for You are in control and will always take care of me. (Isaiah 41:10) I can relax and let go. You are faithful to provide for my every need. (Phil 4:19) I shall not lack any good or necessary thing. (Ps 34:10) No anxious thought assigned against me shall prosper (Isaiah 54:17), for I can take every thought captive to the obedience of Christ. (2 Cor 10:5) I can be decisive and focused, for you have given me the spirit of a sound and disciplined mind. (2 Tim 1:7)

I can resist obsessive/compulsive tendencies, and they will flee. (James 4:7) I do not have to worry about tomorrow, but can live in the present, knowing that tomorrow will worry about itself. (Matt 6:34) I can trust in You with all my hear, not relying on my own understanding, because You have ordered my steps. (Pr 3:5-6) You cause all things to works together for my good because I love You and have been called according to Your purpose. (Romans 8:28) I can take heart and keep things in perspective, knowing that all trials only last for a season. (James 1:2, 5:7-8)

I can have peace and victory in all of my relationships. (1 Thes 3:13) I can lovingly and confidently confront others (Eph. 4:15), living free of bitterness and resentment. I can bridle my tongue, being disciplined and succinct in my speech. (James 1:19, 3:2) I can be joyful, thankful, and positive at all times, for this is Your will for me. (1Thes 5:16) Your joy is my strength. (Neh 8:10)

#### IDENTITY IN CHRIST

God is not a man that He should lie. Therefore, whatever He says about me is true. (Numbers 23:19) God has blessed me with every spiritual blessing through His Son Jesus Christ. Before the creation of the world he chose me to be holy and blameless in His sight. In love He predestined me to be adopted as His son through Jesus Christ. God has lavished His grace on me and I am redeemed and forgiven. I have been marked in Christ with a seal, the promised Holy Spirit who is a deposit guaranteeing my eternal inheritance. Because of God's abundant goodness, I will live for the praise of His glory. (Ephesians 1:3-14)

I have been crucified with Christ and I no longer live, but Christ lives in me. (Galatians 2:20) I have been washed, I have been sanctified, I have been justified in the name of the Lord Jesus Christ and by the Spirit of God. (1 Corinthians 6:11) I am a new creation; the old has gone, the new has come! (2 Corinthians 5:17) I am the righteousness of God. (2 Corinthians 5:21) I have been set free from sin and have become a slave to righteousness. (Romans 6:18) I am God's workmanship, created in Christ Jesus to do good works which God prepared in advance for me to do. (Ephesians 2:20) There is no longer any condemnation for me because through Christ Jesus the law of the Spirit of life has set me free from the law of sin and death. (Romans 8:1-2) Because the Son has set me free, I am free indeed. (John 8:36)

I have been born again, not of perishable seed, but of imperishable, through the living and enduring word of God. (1 Peter 1:23) Because I am born of God, I will overcome the world. (1 John 5:4) I am part of a chosen people, a royal priesthood, a holy nation, and I belong to God. (1 Peter 2:9) I know God and He knows me. (Galatians 4:9) He has lavished His love on me and called me a child of God. (1 John 3:1) When Christ appears, I will be like Him. (1 John 3:2) Christ is not ashamed to call me His brother. (Hebrews 2:11) Even while I was God's enemy, Christ died for me. (Romans 5:8) Nothing will be able to separate me from the love of God that is in Christ Jesus my Lord. (Romans 8:39)

I am no longer a foreigner, but a fellow citizen with God's people and a member of God's household. (Ephesians 2:19) My citizenship is in heaven. (Philippians 3:20) The Spirit Himself testifies with my spirit that I am God's child. And since I am God's child, I am also an heir-an heir of God and a co-heir with Christ. (Romans 8:16-17) I am not just Christ's servant, I am His friend. (John 15:16)

According to God's word I am strong, the word of God lives in me, and I have overcome the evil one. (1 John 2:14) I am more than a conqueror. (Romans 8:37) God did not give me a spirit of timidity, but a spirit of power, of love and of self-discipline. (2 Timothy 1:7) Thanks be to God! He gives me the victory through my Lord Jesus Christ. (1 Corinthians 15:57)

#### INTIMACY WITH GOD

I love the house where You live, O Lord, the place where Your glory dwells. (Psalm 26:8) One thing I ask of the Lord, this is what I seek: that I may dwell in the house of the Lord all the days of my life, to gaze upon the beauty of the Lord and to seek Him in His temple. (Psalm 27:4) My heart says of You, "Seek His face!" Your face, Lord, I will seek. (Psalm 27:8) As the deer pants for streams of water, so my soul pants for You, O God. My soul thirsts for God, for the living God. When can I go and meet with God? (Psalm 42:1-2) I have seen You in the sanctuary and beheld Your power and Your glory. Because Your love is better than life, my lips will glorify You. I will praise You as long as I live, and in Your name I will lift up my hands. (Psalm 63:2-4)

How lovely is Your dwelling place, O Lord Almighty! My soul yearns, even faints, for the courts of the Lord; my heart and my flesh cry out for the living God. (Psalm 84:1-2) Better is one day in your courts than a thousand elsewhere; I would rather be a doorkeeper in the house of my God than dwell in the tents of the wicked. (Psalm 84:10)

I do not live on bread alone but on every word that comes from the mouth of the Lord. (Deuteronomy 8:3) I will not depart from the commands of God's lips; I treasure the words of His mouth more than my daily bread. (Job 23:12) When God's words come, I will eat them; they are my joy and my heart's delight, for I bear the name of the Lord God Almighty. (Jeremiah 15:16)

I will listen to the voice of Jesus. As He calls me and leads me, I will follow Him, because I know His voice. (John 10:3-5) I love Jesus and will obey Him; He loves me and will show Himself to me. He and the Father will come and make Their home with me. (John 14:21,23) No longer do I relate to God on the basis of the experience of others. Instead, whether I am the least or the greatest, I myself will know God. (Jeremiah 31:34) Because Jesus has gone before me, I will approach God's throne with confidence. (Hebrews 4:16) As I come near to God, He will come near to me. (James 4:8) Though I was once far away, I have been brought near to God through the blood of Christ. (Ephesians 2:13) Jesus Himself dwells in my heart through faith. (Ephesians 3:17) He will be with me always, to the very end of the age. (Matthew 28:20)



This is the day that the Lord has made; I will rejoice and be glad in it. (Psalm 118:24) God has given me a garment of praise instead of a spirit of despair. (Isaiah 61:3) The joy of the Lord is my strength. (Nehemiah 8:10) God has filled my heart with greater joy than when the lost get what they chase after. (Psalm 4:7)

I have set the Lord always before me. Because he is at my right hand, I will not be shaken. Therefore my heart is glad and my tongue rejoices; my body also will rest secure, because God will not abandon me to the grave, nor will He let me see decay. God has made known to me the path of life and fills me with joy in His presence, with eternal pleasures at His right hand. (Psalm 16:8-11) I will be glad and rejoice in God's love, for He has seen my affliction and has known the anguish of my soul. (Psalm 31:7)

I will obey Christ's commands so that His joy may be in me and that my joy may be complete. (John 15:10-11) I rejoice in the hope of experiencing the glory of God. (Romans 5:2) I also rejoice in sufferings, because suffering produces perseverance, character, and hope. (Romans 5:3-4) I rejoice because I have been reconciled to God. (Romans 5:11) I will overflow with hope by the power of the Holy Spirit. (Romans 15:13) The fruit of God's Spirit in my life is joy. (Galatians 5:22)

I will rejoice because Christ is being preached all throughout the world. (Philippians 1:18) I will rejoice in the Lord always. (Philippians 4:4) I will consider it pure joy whenever I face trials of many kinds, because I know that the testing of my faith develops perseverance, making me mature and complete. (James 1:2-4)

I will greatly rejoice in the midst of any grief because God, in His great mercy, has given me new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that can never perish, spoil, or fade-kept in heaven for me. I am shielded by God's power through faith until the coming of the salvation that is ready to be revealed in the last time. (1 Peter 1:3-6) I am filled with an inexpressible and glorious joy because I am receiving the goal of my faith, the salvation of my soul. (1 Peter 1:8-9)

# OVERCOMING FEAR & WALKING IN BOLDNESS

The Lord is my light and my salvation-whom shall I fear? The Lord is the stronghold of my life-of whom shall I be afraid? When evil men advance against me to devour my flesh, when my enemies and my foes attack me, they will stumble and fall. Though an army besiege me, my heart will not fear; though war break out against me, even then will I be confident. (Psalm 27:1-3) God has not given me a spirit of timidity, but a spirit of power, of love and of self-discipline. (2 Timothy 1:7) Even though I walk through the valley of the shadow of death, I will fear no evil, for You are with me; Your rod and Your staff, they comfort me. (Psalm 23:4)

I say of the Lord, "He is my refuge and my fortress, my God, in whom I trust." (Psalm 91:2) A thousand may fall at my side, ten thousand at my right hand, but it will not come near me. (Psalm 91:7) I make the Most High my dwelling. Therefore, no harm will befall me; no disaster will come near my house. For God will command His angels concerning me, to guard me in all my ways; they will lift me up in their hands, so that I will not strike my foot against a stone. I will tread upon the lion and the cobra; I will trample the great lion and the serpent. (Psalm 91:9-13) I have no fear of sudden disaster or of the ruin that overtakes the wicked, for the Lord is my confidence and will keep my foot from being snared. (Proverbs 3:25-26)

I have not received a spirit that makes me a slave again to fear, but I have received the Spirit of sonship. (Romans 8:15) By Jesus' death I am set free from the fear of death. (Hebrews 2:14-15) I will not fear what the world fears. I will not be frightened. In my heart I set apart Christ as Lord. (1 Peter 3:14-15) Because of God's perfect love for me, I will not live in fear. (1 John 4:18) The Lord is my helper; I will not be afraid. What can man do to me? (Hebrews 13:6) I will not be afraid of anything I may suffer. I will be faithful, even to the point of death, knowing that Jesus will give me a crown of life. (Revelation 2:10)

Because I am righteous, I am as bold as a lion. (Proverbs 28:1) I am not ashamed of the gospel, because it is the power of God for the salvation of everyone who believes. (Romans 1:16) I will not be ensnared by the fear of man. (Proverbs 29:25) If I were still trying to please men, I would not be a servant of Christ. (Galatians 1:10) I will call to the Lord who makes me bold and stouthearted. (Psalm 138:3) I will be strong and courageous. I will not be terrified; I will not be discouraged, for the Lord my God will be with me wherever I go. (Joshua 1:9) No weapon formed against me will prosper. (Isaiah 54:17) Thanks be to God! He gives me the victory through my Lord Jesus Christ. (1 Corinthians 15:57)

# POWER, MIRACLES AND HEALING

The Spirit of the Lord is on me, because He has anointed me to preach good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to release the oppressed, to proclaim the year of the Lord's favor. (Luke 4:18-19) My prayers are powerful and effective. Elijah was a man just like me. He prayed earnestly that it would not rain, and it did not rain on the land for three and a half years. Again he prayed, and the heavens gave rain, and the earth produced its crops. (James 5:16-18) Everything is possible for him who believes. (Mark 9:23)

Because of my faith in Jesus, I will do the things that He did while on the earth. I will do even greater things. I may ask Jesus for anything in His name, and He will do it. (John 14:12-14) Because I believe, these signs will accompany me: In Jesus' name I will drive out demons; I will speak in new tongues; I will place my hands on sick people, and they will get well. (Mark 16:17-18)

I pray that the eyes of my heart may be continually enlightened in order that I may know God's incomparably great power for us who believe. That power is like the working of His mighty strength, which He exerted in Christ when He raised Him from the dead and seated Him at His right hand in the heavenly realms, far above all rule and authority, power and dominion, and every title that can be given, not only in the present age but also in the one to come. (Ephesians 1:18-21) I have this treasure in a jar of clay to show that this all-surpassing power is from God and not from me. (2 Corinthians 4:7)

I will praise the Lord with all of my being, and will forget none of His benefits-that He forgives all my sins and heals all my diseases; that He redeems my life from the pit and crowns me with love and compassion; that He satisfies my desires with good things so that my youth is renewed like the eagle's. (Psalm 103:2-5)

Now, Lord, consider the threats of those who don't know You and enable Your servants to speak Your word with great boldness. Stretch out Your hand to heal and perform miraculous signs and wonders through the name of your holy servant Jesus. (Acts 4:29-30)

# PROVISION AND GENEROSITY

I renounce the love of money, which is a root of all kinds of evil. (1 Timothy 6:10) Instead I store up for myself treasures in heaven. For where my treasure is, there my heart will be also. (Matthew 6:19-21) I cannot serve both God and money. (Matthew 6:24) I will use worldly wealth to invest in people, so that when it is gone, I will have relationships with eternal significance. (Luke 16:9) I will be trustworthy in handling money so that I can be trusted with true riches. (Luke 16:11)

I will not rob God in tithes and offerings. I will always give my whole tithe. As I test God's promise, He will throw open the floodgates of heaven and pour out so much blessing that I will not have room enough for it. Others will look at me and call me blessed. (Malachi 3:8-12)

It is not my power or the strength of my hands that produces wealth for me. It is the Lord my God who gives me the ability to produce wealth. (Deuteronomy 8:17-18) As I obey God's commands, I will be blessed wherever I go. My children will be blessed. My home will be blessed. My career will be blessed. I will be blessed when I come in and blessed when I go out. (Deuteronomy 28:3-6)

I will be generous and give to others, knowing that a good measure will be given to me. For with the measure I use, it will be measured to me. (Luke 6:38) I will refresh others and will myself be refreshed. (Proverbs 11:25) I will sow into others generously, knowing that I will reap generously. (2 Corinthians 9:6) I will give cheerfully, not reluctantly or under compulsion, for God loves a cheerful giver. (2 Corinthians 9:7) And God will make all grace abound to me, so that in all things at all times, having all that I need, I will abound in every good work. (2 Corinthians 9:8) As I live to produce a harvest of righteousness, I will be made rich in every way so that I can be generous on every occasion with the result that others will give thanks to God. (2 Corinthians 9:11)

I do not consider godliness to be a means to financial gain. But godliness with contentment is great gain. (1 Timothy 6:5-6) I will learn the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through Him who gives me strength. (Philippians 4:12-13) My God will meet all my needs according to His glorious riches in Christ Jesus. (Philippians 4:19)

#### **PURITY**

I make a covenant with my eyes not to look at anyone lustfully. (Job 31:1) I will not commit adultery in my heart. (Matthew 5:28) I will keep my hands clean and my heart pure so that I may ascend the hill of the Lord and stand in His holy place. (Psalm 24:3-4) I will not allow a hint of sexual immorality to be in my life. (Ephesians 5:3) I will set before my eyes no vile thing. (Psalm 101:3)

My body is not meant for sexual immorality. It is meant for the Lord. My body is a member of Christ himself. Therefore I will never use it for ungodly activity. My body is a temple of the Holy Spirit, who is in me. I am not my own; I was bought at a price. Therefore I will honor God with my body. (1 Corinthians 6:13-20) I will also honor the covenant of marriage and keep the marriage bed pure. (Hebrews 13:4) Above all things, I will guard my heart, for it is the wellspring of life. (Proverbs 4:23)

I will set an example for others in speech, in life, in love, in faith and in purity. (1 Timothy 4:12) I will not allow any unwholesome talk to come out of my mouth, but only what is helpful for building others up according to their needs. (Ephesians 4:29) I will put away perversity from my mouth and keep corrupt talk far from my lips. (Proverbs 4:24)

#### RIGHT THINKING

I love God's Word. I meditate on it all day long. His commands make me wiser than my enemies, for they are ever with me. I have more insight than all my teachers, for I meditate on His statutes. I have more understanding than the elders, for I obey God's precepts. I have not departed from God's laws, for He Himself has taught me. (Psalm 119:97-100,102)

I will love the Lord my God with my entire mind. (Mark 12:30). I will conform no longer to the pattern of this world. I will be transformed by the renewing of my mind so that I will be able to test and approve what God's will is-His good, pleasing and perfect will. (Romans 12:2) Because I have the Spirit of God, I will make right judgments about all things-for I have the mind of Christ. (1 Corinthians 2:15-16) The mind of sinful man is death, but the mind controlled by the Spirit is life and peace. (Romans 8:6) I will not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, I will present my requests to God. And the peace of God, which transcends all understanding, will guard my heart and my mind in Christ Jesus. (Philippians 4:6-7)

My heart is not proud. I do not concern myself with great matters or things too wonderful for me. But I have stilled and quieted my soul. (Psalm 131:1-2) I take captive every thought to make it obedient to Christ. (2 Corinthians 10:5) I am not wise in my own eyes. (Proverbs 3:7) But I trust in the Lord with all my heart and lean not on my own understanding. (Proverbs 3:5)

# TIME MANAGEMENT & GOAL SETTING

Show me, O Lord, my life's end and the number of my days, let me know how fleeting my life is. You have made my days a mere handbreadth; the span of my years is as nothing before you. Each man's life is but an instant in eternity. (Ps. 39:4-5) My life is a mist that appears for a little while and then vanishes. (James 4:14) The length of my days is seventy or eighty years, if I have the strength, and they will quickly pass. (Ps. 90:10) Teach me to number my days that I might gain a heart of wisdom. (Ps. 90:12) You created time; it belongs to you (Col 1:16) and you have portioned some to me. I will prove faithful to steward the time you have given me. (1 Cor. 4:2)

Without a vision for my life, I would lose focus and do nothing of value. (Pr. 29:18) Therefore, I will be diligent to plan so that my life will be profitable and not impoverished. (Pr. 21:5) I will write down a vision for my life so that I can see it and run with it. (Hab. 2:2) I will not become lazy, but imitate those who through faith and patience inherit what has been promised. (Heb. 6:12) Diligent hands will rule, but laziness ends in slave labor. (Pr. 12:24) My diligence will result in all my desires being fully satisfied. (Pr. 13:4) I will not be a slacker and an accomplice to destruction. (Pr. 18:9)

Today, I will not be worried and bothered about so many things, but choose to focus on only the few things that are necessary. (Luke 10:41-42) I will seek first your kingdom and your righteousness and all other things I need will be given to me as well. (Matt 6:33) I will prioritize what you say is important. I will love you, Lord, with all my heart and with all my soul and with all my mind and love my neighbor as myself. (Matt 22:37-39) I will go and make disciples of all nations, baptizing them in the name of the father and of the son and of the Holy Spirit and teach them to obey everything you have commanded. (Matt 28:19-20a) I will train myself in godliness because it has value in all things. (1 Tim 4:8) I will devote myself to the apostles teaching and to fellowship, to the breaking of bread and to prayer. (Acts 2:42) I will continue to meet together with others to encourage one another and spur one another on toward love and good deeds. (Heb 10:24-25) I will be very careful how I live and will make the most of every opportunity, (Eph 5:15-16) serving your purposes in my generation, (Acts 13:36a) because I will give account of myself to you (Rom 14:12) when I appear before the judgment seat of Christ and receive what is due me for the things I've done, whether good or bad. (2 Cor 5:10)