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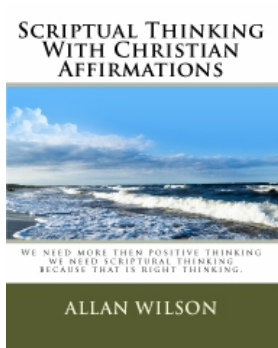
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Allan is the creator of....

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How the Affirmations Process Really Work

The affirmations process is an intriguing one with many believing it is just too easy to be true. However affirmations really do work if you are consistent in affirming the statements into your life. Think about the affirmations process as a way of rewriting a script. Say for example you are a screen writer for a popular television series and in one particular episode the end scene leaves everyone feeling sad, empty and down. As a screen writer all you have to do is change the script by writing a more positive ending to the show.

Of course in real life it doesn't seem quite as easy as that however you are the screen writer of your life and you can change your script. Another way of thinking about the affirmations process is to consider it as a reprogramming of your mind. Your mind is like an amazing computer however just like a normal computer it can be corrupted with bad programming, or the software may not work because of programming glitches or the computer may get a virus.

The point is our minds, just like computers can suffer from these things however we tend to think that because it is our mind and not a literal computer that we can't treat such things. When in fact the opposite is true - our brains can be reprogrammed just like a computer and can have all viruses or faulty functions removed or improved.

The affirmations process works by affirming what is actually true. This also is an important point - the affirmation must be true. You can not believe something that is too far-fetched and neither should you. Affirmations are not a way of escaping reality they are to help you face reality with confidence. We have about 25,000 to 50,000 thoughts per day and most of those thoughts run on auto-pilot. The problem for a great many people is that most of those thoughts are negative - and that is not reality. So affirmations used correctly can help in the adjustment back to reality.

The affirmations process works by us continually reading, hearing or saying affirmations **until they become a part of our sub-conscious** and literally become a part of who we are. It is not a 5 minute fix or an instant cure but rather a long term method of accepting reality for what it is without the negative unreal view of every situation.



The Christian Affirmations Blueprint to Success

Affirmations are just lovely little sentences or nice statements unless we actually sow them into our subconscious. We just can't read them or say them once or twice and expect everything to be rosy from that day forward. The true success from using affirmations is actually in what I just said... using!

We have to use affirmations in such a way that they permanently permeate into our sub-conscious mind. This can only be done by repeating the affirmations to ourselves and dwelling upon the positive statements every day.

Affirmation simply means to affirm something to be true and there are many ways we use affirmations as a Christian sometimes without even knowing we are doing it.

For example: Every time we pray either by ourselves or in a Church meeting situation we end the prayer request with Amen. This is a way of affirming what was just asked of the Lord to be true because Amen simply means - so be it. Think about that next time you say Amen to something you actually saying so be it and therefore affirming or agreeing that what was just asked will come to pass.

Another way Christian use affirmations is by singing choruses. It is amazing how many wonderful affirmations are contained in the choruses. So next time you sing a chorus... just don't let your mind wonder off actually take hold of what is being said.

Every chorus and hymn contains positive affirmations that we actually sing into our subconscious mind to build up our faith and trust in God.

Reading the Bible is another way we sow positive affirmations into our subconscious minds. The Bible is constantly reminding us that we can, and that we are well able and God has an extreme love for us. While in the world we might face negativity and doubt, the word of God encourages us to be renewed and to be faithful and positive.

Praying is another way we can sow positive Christian affirmations into our life. Jesus encouraged us to ask in his name. Come before God in prayer and let your requests be known unto him and if we believe we shall have whatsoever we require of him.

That is an amazing promise so why not use the formula God has provided us with?

Meditation is another way to sow affirmations into our subconscious minds. To most people meditation conjures up images of someone sitting with the legs crossed and chanting but that's not what I am referring to here.

To meditate on something simply means to dwell on it. Therefore, think about it constantly. I go for long walks for exercise and love meditating on positive statements and scriptures from the Bible.

I also mix it up with listening to mp3 affirmations I have on my iPod which I also find very uplifting.

In summary we will reap what we sow. If we do want good things in our life we just can't sit back and wish it to be so, instead we need to actually train our brains to be spiritual. As you can see from the few suggestions mentioned above, that nothing has to be complicated.



Self Esteem For Christians

In Christianity there seems to be a lot of confusion over the issue of self esteem. In deed to read a lot of the stuff circulating on the web you are almost made to feel guilty if you want to improve your low self esteem. Let's not confuse the issue of self esteem with humility.

Feeling unworthy, guilty or inadequate has nothing to do with humility. Jesus knew exactly who he was and what power was available to him yet he still was humble.

Paul said in Romans 12:3 that we should not think of ourselves more highly than we ought. However do you honestly think he would want us to think more lowly of ourselves than we ought as well?

The Bible has plenty of warnings about not being full of ourselves. Those who love to be seen of men, those who love to make a show in public with grand religious garments, loving the upper seats, those who would rather stand on the street corner praying than in the privacy of their closet, those who are self righteous, proud and so on.

Jesus said verily they have their reward. So having self esteem has nothing to do with that rubbish.

The problem with most people who suffer from low self esteem is that they think they are far inferior to other people. I am here to tell you today that is definitely not the case. The problem is with your own thinking and this can be changed by the renewing of your mind.

Here is what the Bible says about all of us before we come to Christ.

Romans 3:23 says ALL have sinned and come short of the glory of God.

Isaiah 64:6 we are ALL unclean and ALL our righteousness is as filthy rags.

Now check out Romans 3:19

Now we know that what things soever the law saith, it saith to them who are under the law: that every mouth may be stopped, and all the world may become guilty before God.

EVERYONE has sinned, everyone has come short of the glory of God, everyone has been unclean, **the best anyone could ever be as far as righteousness is concerned is as a filthy rag.**

Really - the righteousness of the nicest, best person outside of Christ looks like a filthy rag in the sight of God. Every mouth is stopped when it comes to righteousness outside of Christ and the whole world - yes - everyone, are guilty before God.

Think about what I'm saying here...

If you are not thinking of yourself more highly than you should you have done well. But why do you think you're lesser than anyone else when everyone without exception is no better than you?

The Christian should have more self esteem than anyone because now your life is hid in Christ. Now you have been washed, cleansed, entered the glory of God, been made righteous, absolved of guilt and become a new creature.

Get the balance right. Just as you don't want to think of yourself more highly than you should because it is Christ Jesus that gives you the victory not you then also stop thinking less of yourself than you should because it is Christ Jesus that gives you the victory not you.

Why should you be suffering from self esteem when you are in Christ?

If in Christ you are in the body of Christ and have his strength, his love, his faith, share in his work, share in his reward, share in his inheritance, have eternal life, and the list can go on and on.

More so the Bible says in 1 Corinthians 2:16 that we have the mind of Christ. Therefore stop leaning to your understanding as it says in Proverbs 3:5 because your own understanding full of negative self doubt and low self esteem is wrong. **Put on the mind of Christ** and be humble but with the power of Jesus Christ in your life there is no reason for you to suffer from low self esteem.

Finally in Philippians 2:6-7 it says:

Let this mind be in you, which was also in Christ Jesus: Who, being in the form of God, thought it not robbery **to be equal** with God.

Where is low self esteem in those verses?

Let this mind be in you - **ALLOW IT** - know who you are in Christ. The next few verses go onto explain how Jesus humbled himself and made himself of no reputation. That is way different from suffering from low self esteem. Dear Christian we are to be humble but please don't mistake humility with low self esteem.



Christian Affirmations Of Trust

As we get older and experience pain and hurt from broken relationships and friendships slowly our trust gets eroded and we become more wary of people, which is quite sad. However there is someone we can totally trust with one hundred percent confidence who will never let us down, and that person is Jesus Christ.

In fact Jesus promises us that he will never leave us or forsake us.

How good is Psalm 5: 11-12? But let all those that put their trust in thee rejoice: let them ever shout for joy, because thou defendest them: let them also that love thy name be joyful in thee. For thou, LORD, wilt bless the righteous; with favour wilt thou compass him as with a shield.

Look at all the affirmations contained in these verses...

- ❖ I will put my *trust in the Lord*
- ❖ Because I put my trust in the Lord *I will rejoice*
- ❖ I will ever *shout for joy*
- ❖ The Lord *defends me*
- ❖ *I love* the name of the Lord
- ❖ *I am joyful* because I love the name of the Lord
- ❖ *God blesses me*
- ❖ *Gods favor surrounds me* like a shield

From other scriptures from the Bible we can find affirmations like:

- ❖ *I will trust in the Lords mercy*
- ❖ *My heart trusts in the Lord*
- ❖ *I trust in the Lord and I am surrounded by mercy*
- ❖ *I am blessed when I trust in the Lord*
- ❖ *I will trust in the Lord at all times*

The word trust means to have **confidence** in, feel **secure**, have **hope** in and to **be sure** about. It is a shame that the great majority of relationships are not realising the full potential of love that is available because one or both partners are holding back in the fear of being hurt on some way.

Jesus has proven to us that he will never hold anything back; he even died for us before we were in a relationship with him. We can have full confidence in him so the onus then falls back on us to completely love him without holding anything back. We can do this, we can stop holding back in fear because he is someone we can totally trust.



Christian Affirmations Of Love

I am sure you have heard of the saying that love conquers all and it is very true. Love... along with forgiveness, are the two most powerful substances known to man. With unconditional love you have no fear, you hold no grudges and you have perfect peace that so many strive to find.

The Bible has a lot to say about love and even goes as far as to say that God is love. That statement alone should alert us to the fact that if we want to find love then we need to go to the place where it is. God is love; God is that place where love can be found.

1 Corinthians Chapter 13 is quite often referred to as the love chapter. It uses the word charity which actually means love. Let's break down the verses of this chapter to see what love is and is not.

Love is patient and kind

Love protects

Love is not jealous

Love always trusts

Love does not boast

Love always hopes

Love is not proud

Love always perseveres

Love is not rude

Love never fails

Love is not self-seeking

Love keeps no record of wrongs

Love is not easily angered

Love is never glad about wrongdoing

Love rejoices with the truth

Wow! How great is love?

So let's see how many affirmations we can get out of this chapter...

- ❖ I have the love of God and so...
- ❖ I am patient and kind
- ❖ I am will not allow myself to be jealous
- ❖ I will not boast
- ❖ I will not be proud
- ❖ I am never rude
- ❖ I will not be self seeking
- ❖ I am not easily angered
- ❖ I will keep no record of the mistakes others make
- ❖ I will not rejoice about evil things
- ❖ I will rejoice in the truth
- ❖ I will protect others by loving them
- ❖ I will always trust and not think the worse
- ❖ I will always hope
- ❖ I will continue to persevere
- ❖ My love will never fail

Finally let's finish with this scripture: Romans 5:5 - And hope maketh not ashamed; because the love of God is shed abroad in our hearts by the Holy Ghost which is given unto us.

Where is the love of God? What has been shed abroad in our hearts? How did God put his love in our hearts? All the answers are in the above verse.

By the way shed abroad means to: pour out, to distribute largely. He hasn't just sprinkle this love onto our hearts he has poured it into our hearts in large portions.



Christian Affirmations of Faith

Faith is the conviction of the truth and it simply means to believe. The word affirmation means to affirm something to be true. One of the remarkable stories in the Bible is when the Apostles said to Jesus - Increase our faith. I also like the NLT version of the scripture that says, **Lord we need more faith, tell us how to get it.**

If you are anything like me (then you are totally weird) but beside that, I bet you have asked the same type of questions at times in your life. How do I get more belief? Or... I need more belief?

The remarkable answer to this question by Jesus was that **we really don't need much belief** to see miraculous things. He said if you has faith the size of a grain of mustard seed you could move mountains and pluck up trees. So I pose the question to you then... **How powerful is faith?**

If just the tiniest portion of faith (the size of a tiny grain of mustard seed) can remove mountains **then what could an entire fist full of faith accomplish?** The next time you are in a Church gathering and your fellowship is praying for someone or something, think about the entire collective joined together **as one massive powerful force of faith.** If all just possessed a mustard seed of faith then combined your prayers can bring forth miracles.

I am also fascinated that Jesus continued in Luke 17: 7 started talking about us putting servants to work for us. He was still talking in the context of faith. If we use his analogy then we can say **that faith is our servant** which we can put to work to bring forth what we need.

Here are some personalized Biblical affirmations about believing:

- ❖ I shall live by believing
- ❖ I will live by believing
- ❖ I am living by believing
- ❖ Hey I actually do live by believing
- ❖ I am justified by believing
- ❖ I have been made righteous by believing
- ❖ I have been made just by believing
- ❖ By believing I have access to the grace of God
- ❖ I am a child of God by believing in Christ Jesus
- ❖ Christ dwells in my heart by believing
- ❖ I have faith in God
- ❖ I am full of belief and power
- ❖ I have the belief to be healed
- ❖ My heart is purified by belief
- ❖ I will continue living in belief

Brethren as Jude said in verse 20 - But ye, beloved, **building up yourselves** on your most holy faith, praying in the Holy Ghost, Keep yourselves in the love of God, looking for the mercy of our Lord Jesus Christ unto eternal life.



Christian Affirmations of Confidence

I love exploring the meanings of words in the Bible concordance and the word confidence can also mean: that which has a foundation, that which is firm, steadfastness of mind, courage, resolution, assurance and firm trust.

Confidence is that which has a firm and solid foundation and to me it all begins with having Jesus as our foundation because he is the rock which we can stand upon with full assurance and trust.

In the book of Proverbs chapter 3 and verse 26 it says the Lord shall be our confidence.

Some affirmations of confidence we can draw from this verse are:

- ❖ The Lord is my confidence
- ❖ The Lord is my foundation
- ❖ The Lord gives me steadfastness of mind
- ❖ The Lord gives me courage
- ❖ The Lord gives me assurance
- ❖ I have firm trust in the Lord

In Philippians 1:6 we are told we can be confident of this very thing, that he which has begun a good work in us, will perform it until the day of Jesus Christ.

- ❖ More affirmations of confidence from this verse:
- ❖ God has begun a good work in me
- ❖ God will continue to perform that good work in me
- ❖ I am confident that God who has begun a good work in me will keep it going til Jesus returns.

One of the most amazing scriptures about confidence is also a chorus we sing from 1 John 5:14-15 which says...

And this is the confidence that we have in him, that, if we ask anything according to his will, **he hears us.** And if we know that he hear us, whatsoever we ask, **we know that we have the petitions that we desired of him.**

Wow! How great is that? In Christianity we have a firm foundation and blessed assurance that he hears us. And by having this confidence, steadfastness of mind and firm trust we know that we have the petitions that we desired of him. We have full confidence that God will answer our prayers.



Christian Affirmations of Peace

There is a chorus we sing that has line in it that says I have peace like a river and when you cast your thoughts to a river and imagine being there watching the water gently streaming by running over stones, the you cast your eyes to the surrounding beautiful country side featuring well watered green grass and trees, then you look up and see the birds and wildlife attracted to the lush surroundings you can not but help have a feeling of peace.

The word peace can also mean: rest, security, safety and prosperity.

Just like the scene of the river mentioned above if we want to attract others to us (or more importantly to Christ who we represent) we ourselves need to be at peace. If we are at peace we will be like that river and we will be surrounded by well watered vegetation that will attract the wildlife (the unsaved - no offense guys it's just an analogy).

Isn't this peace, rest, security, safety and prosperity what everyone is looking for? Can you imagine your life if you had this kind of peace in it? This kind of peace is can be found in Jesus Christ.

In John 14:27 Jesus said, Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.

Some affirmations of peace we glean from the above scripture are:

- ❖ Jesus has given me his peace
- ❖ Jesus has given me rest
- ❖ Jesus has given me security
- ❖ Jesus has given me safety
- ❖ Jesus has given me prosperity
- ❖ I will not let my heart be troubled
- ❖ Jesus has given me his peace there is no need for my heart to be troubled any more
- ❖ I will no longer be afraid because I have safety in Jesus

When preaching the gospel we don't really think of it as preaching peace yet that is exactly what we are doing. In Acts 10:38 it says, The word which God sent unto the children of Israel, preaching peace by Jesus Christ: (he is Lord of all:).

When we respond to the gospel look what happens Romans 5:1 - Therefore being justified by faith, we have peace with God through our Lord Jesus Christ:

We have peace with God! One of my sayings is that most tombstones are engraved with RIP which means Rest in Peace. My argument is that it is too late to rest in peace when you die - we can partake of the born again experience right now and be resting in the peace of Jesus Christ our entire life's.

If we want to rest in this amazing peace that God provides us through Jesus Christ then as it says in Romans 8:8... to be spiritually minded is life and peace. There is the secret folks... being spiritually minded is the key to true happiness.

Finally brethren I'll leave you with the following scripture in Romans 15:13 - Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost.



Christian Affirmations of Purpose

There is nothing more sad then going through life aimlessly with no goals and no purpose. Christians do have a purpose and it is an amazing thing to be a part of when you see what the Bible says about it. First of all it might be uplifting for you to realize that you have been called according to Gods purpose. In fact in Ephesians chapter 1 it goes as far as to say that we have been predestined according to the purpose of God.

If you think about that word predestined it spells out loud and clear that we as Christians have a destiny. We have been pre- destined (yeah I know it's not a real word) but it shows that every Christian has a purpose. How many movies have you watched where the hero discovers he or she has a destiny? How many lines have been uttered that say something like - Fulfill your destiny?

If you have become a Christian you have a destiny and the encouragement is that you too need to fulfill your destiny. Anything outside of that doesn't really bring you fulfillment or happiness. A destiny is exciting - going on quest to fulfill your destiny is a challenge. The Bible says we have no continuing city here on earth because Christians are sojourners looking for a better country. We are all on our destiny quest.

Hebrews 13:1 says, Wherefore, holy brethren, partakers of the heavenly calling, consider the Apostle and High Priest of our profession, Christ Jesus.

We are partakers of the heavenly calling. The word partaker means: sharing in, a partner. Christians are partners in this heavenly calling, we share the same destiny as Jesus Christ.

Colossians 1:12 says, Giving thanks unto the Father, which hath made us meet to be partakers of the inheritance of the saints in light:

The word meet means: to make sufficient, render fit, to equip one with adequate power to perform the duties of one.

What a wonderful purpose we share:

- ❖ I will give thanks to the Father
- ❖ God has made me sufficient to share in the inheritance of the saints
- ❖ God has rendered me fit to be a partner of the inheritance of the saints
- ❖ God has equipped me with adequate power to perform the duties of a saint

Finally I will leave you with this verse from Colossians 1:13 - Who hath delivered us from the power of darkness, and hath translated us into the kingdom of his dear Son.

To translate means to take from one place to the other. We have been taken out of an aimless and purposeless world and translated into the amazing kingdom of Jesus Christ full of purpose. From this day forward my friends, Fulfill your Christ given destiny.



Christian Affirmations of Strength

The question that you need to sit back and take stock of today is in whose strength are you relying upon in your day to day life?

If it is your own strength then you are destined for failure.

Turn things around today by relying upon Gods strength.

How is your heart going?

Would you like a stronger heart?

Then take hold of Psalm 73:26 which says, God is the strength of my heart.

You don't want to be afraid anymore?

Then Psalm 27: 1 is for you because it says, Who shall you fear? When the Lord is the strength of your life, of whom shall you be afraid?

Are you going through a hard time?

Then Psalm 37: 39 says the Lord will give you strength in a time of trouble. Psalm 46: 1 also says that God is our refuge and strength, a very pleasant help in trouble.

Some Christian Affirmations of Strength

- ❖ God is the rock of my strength
- ❖ I will go in the strength of the Lord
- ❖ The Lord is my strength and song
- ❖ God is the strength of my heart
- ❖ It is God who girdeth me with strength
- ❖ I will be strong in the Lord and in the power of his might
- ❖ I will be strong in the grace that is in Christ Jesus
- ❖ In the day I cried to the Lord he answered me and strengthened me with strength in my soul.

In Luke 11:21 it says, When a strong man armed keepeth his palace, his goods are in peace.

We are in the house of God (the palace) and Jesus is our strong man who protects the palace and we are his goods and in total peace and security.

We don't have to struggle in our strength when we have a strong man who is way more then powerful watching over us.



Christian Affirmations of Hope

One of the Bible concordance meanings for hope is to **have a joyful and confident expectation**. The scriptures encourage us to have our faith and hope (joyful and confident expectation) in God. The Bible goes on to say that this joyful and confident expectation we have is a **lively hope**.

The word *lively* means to enjoy a *real life, a true life, an active, blessed and endless life, a fresh, strong, active and powerful life.*

Here are some affirmations of hope from the Bible:

- ❖ My hope and faith is in God
- ❖ In Gods great mercy he has given me a new birth into a living hope
- ❖ I have a hope that is an anchor for my soul
- ❖ I will lay hold of the hope that is set before me
- ❖ I have a joyful and confident expectation of living forever
- ❖ I rejoice in hope
- ❖ I am saved by hope
- ❖ I have a joyful and confident expectation through patience and comfort of the scriptures
- ❖ I am filled with joy and peace in believing and I abound in hope
- ❖ I have a hope laid up for me in heaven

The hope that we have in Christ Jesus is just not an empty hope so sought of feeling, it is a real tangible and exciting hope.

The Bible says that **there is a hope that *purifies us***.

1 John 3:3-4

Beloved, now are we the sons of God, and it doth not yet appear what we shall be: but we know that, when he shall appear, we shall be like him; for we shall see him as he is. And every man that hath this hope in him purifieth himself, even as he is pure.

In Psalm 130:5 it says, I wait for the LORD, my soul does wait, and in his word do I hope.

It is in Gods word that we should place our joyful and confident expectations and of course by extension Jesus Christ because he was the word made flesh. By reading and saying Bible affirmations of hope we remind ourselves of the much bigger picture and the wonderful things God has planned for us.

It is easy to take our eyes off these things when we are going through the every day things we come against in life so it pays to sit back and take stock sometimes and to remember the hope that we have through Christ Jesus.



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