

## Prayer of Affirmation

### A) Definition

1. The Prayer of Affirmation is speaking/declaring God's Word over yourself or your situation.
2. You are what the Bible says you are. You can do what the Bible says you can do. So, speaking affirmations is calling yourself what the Bible says you are.
3. It is the profession of your faith (Heb 10:23 KJ) and the faith which you confess. Heb 10:23 Amp
4. Healing is your divine birthright, but you walk in the blessings of your salvation Matt 12:37 package based on what you say, because you are justified by the words of your mouth.

### B) The Process of Affirmations

1. Affirmation starts as an expression of gratitude to God for answering your prayer. Mark 11:24
2. You thank God for His answer as many times as you wish. Phil 4:6
3. Affirmation continues as spiritual warfare. Mark 11:23, Mk 5:28 Amp
4. In obedience to the Scriptures, you affirm these truths constantly. Tit 3:8

### C) The Importance of Affirmations

1. The Sword of the Spirit is used as a battering ram. Eph 6:17; Joshua 1:8
2. You create your world by calling things that be not as though they were. Rom 4:17
3. Your spoken word releases angels to work on your behalf. Psalm 103:20
4. You overcome all challenges by the Blood of the Lamb and your testimony. Rev 12:11

### D) How to Affirm

#### Required items

1. Confess your sins frequently and/or before you start affirming the Word. 1 John 1:9
2. The affirmation must be based on a Scripture (i.e., a promise of God). Heb 6:12
3. The affirmation must contain the Name of Jesus. Phil 2:9-11
4. Speak the Affirmations.
  - a) The affirmations should be audible (i.e., through your lips). Mark 11:23
  - b) The affirmations should be spoken in the past tense: already done (spiritually). 1 Peter 2:24

#### Recommended items

1. Count the number of affirmations. - Highly recommended.
2. Do the affirmations in sets of tens or hundreds. - Recommended.
3. Use your fingers to help with the counting. - Suggested.
4. Do maintenance affirmations. Increase during times of challenges. - Highly recommended.

#### Additional Considerations

1. High energy focus or dramatization is not necessary.
2. Have a godly answer prepared in advance before people ask how you are doing.
3. Affirmations are NOT vain repetitions.
4. Do **NOT** call things that be as though they are not. For example, saying:  
"My arm is not broken" when it is in a sling.  
"I am not sick" when you have all the symptoms of flu.  
"I am fine" when you have the flu or a pain in your body.

#### Instead of the above, say:

- "My arm has been healed by the stripes of Jesus."  
"I have been healed by the stripes of Jesus" and/or "Flu symptoms have no right to be in my body and, in the Name of Jesus, they must go."  
"I believe that I am fine" or, even better, say, "In the Name of Jesus, I am fine."