

## AFFIRMATIONS - Part One

### Breaking Satan's LIES and Replacing Them with God's TRUTH!

Listed below are some of the thoughts that people deal with that are not of God, but we have accepted them as our truth; our reality. We have bought into the lies of the enemy, Satan. Often these are thoughts that have been with us since childhood. They are firmly grounded into our thinking process and dictate our behavior and our actions toward self and others.

"No one could ever love me".	"I don't deserve to be happy".	"I am powerless over my fate".
"I am cursed; nothing good will ever come out of my life".	"I am a bad person and no one will ever accept me".	"If someone is mad, it must be my fault; I did something wrong".
"What happened to me was my fault".	"I can't cry in front of people; it is a sign of weakness".	"I don't have time for fun and games; there is always work to do".
"My needs will never be fulfilled".	"I can't trust anyone".	"I have to always be strong"!
"I have to be responsible for everyone; it is my job to fix people".	"Everything must be "perfect" around me".	"I can't love anyone, because I don't love myself". "I don't know how".

These are typical thoughts of people (victims) who have been abused. (I am choosing to replace the word victim with the words, person or people, because as Christians, we are no longer victim, or survivors, but we are learning to be overcomers in Jesus Christ). The relentless repetition of negative thoughts leads the person into acute depression, paralyzing fear, phobias, anxiety/panic attacks and self-defeating feelings of low self-esteem. Oftentimes the person is not even aware of these destructive thoughts because they have been a part of the person's mind and in their life for so many years that the person's whole personality and behavior patters are based on them.

#### AFFIRMATIONS:

1. Are positive thoughts, which are intended to replace, negative ones.
2. Are positive statements (truths) which we say or write to ourselves as we personalize them
3. Are ways of consciously saying positive thoughts to ourselves as we unclog our minds of the destructive ideas from the past.
4. Are not magical. They are not positive mind trips that keep us in denial to the truth of those curses that we need to break and replace with words of blessings
5. . Are simply saying positive thoughts to yourself, as you invoke the power and the truth of God's word to bring about healing and set you free from curses brought on by self and/or others.
6. Are programming your subconscious mind to think positively. You are familiar with computers and the term reprogramming, so if you liken your mind to work as a computer, this is what happens in the process - your conscious mind analyzes and judges what you think. The subconscious mind accepts what you tell it without analyzing or judging it. Therefore your conscious mind programs your subconscious mind by feeding it information, by telling it what to think.
7. Are allowing your subconscious mind to follow the instructions of your conscious mind and make them reality.

**The more that you say your affirmations, the quicker they will be fully accepted by your subconscious mind and will override your earlier thoughts (as a child).**

The **best time** to say your affirmations are:

1. In the morning before getting out of bed (your mind is clear and free to receive them)
2. In the evening after going to bed and before falling to sleep (it/they are the last thing/s that you are thinking of and can be reinforced in your subconscious mind).
3. Personalize each affirmation. It is healing to **hear you speak your name** positively.

Your mind is the most relaxed at these times and is open and receptive to the reprogramming. Start out by saying your affirmation/s out loud (if possible). Repeat each one three times or more and the go on to the next affirmation (You may be starting out with only one). At this point, **do not worry about whether or not you believe them** because the more that you repeat them, the more you will believe them. They **will** become your truth and reality.

It sounds simple but it is work and you need to ask the Lord to keep you on track. Replacing old lies with the truth of God will not happen overnight. It may take several months to become your reality and then you move on to another. This is your reassurance, **they do work!!**

Below are some **affirmations** that I spoke to myself on my “**road to recovery**”. They helped me to “**Let Go**” and receive healing. They helped me to “**Hang On**” to the healing and encouraged me to continue into wholeness. They are used as examples, but if you were abused, you will relate to several of them.

We as survivors of dysfunctional (see definition below) families are learning to break the codependent emotional patterns we have learned as a child. We are learning to release suppressed feelings, recognize our bondages and reach out to others, allowing them to be a part of the healing process. This is **NOT EASY!** It will take persistence, and humility (pride is a big factor in this equation). It will take a **willingness** to do what Jesus suggested, to spiritually become as a little child (visiting the past with Him for healing).