

Tools for the Daily Walk – Affirmations that Work

One of my favorite tools for study is Webster's 1828 Dictionary. The original definitions hold great value and line up with scripture.

Did you know…

The meaning of affirmation includes:

1. The act of affirming or **asserting as true**; opposed to negation or denial.
2. That which is asserted; position **declared as true**; averment.
3. Confirmation; ratification; an **establishing of what had been before done or decreed.**
4. A **solemn declaration** made under the penalties of perjury, by persons who conscientiously decline taking an oath; which *affirmation* is in law equivalent to testimony given under oath.

If we put these together we could paraphrase that an affirmation **asserts and declares what is true**, **establishing what has been** until it becomes a **solemn declaration**. Can you imagine what our life would be like if we did this?

What the Bible says…

Scripture is filled with powerful and beautiful affirmations we can pattern after. One of the most famous is Psalm 23. It beautifully portrays God as a Shepherd who leads, guides, protects and provides. It powerfully declares that David would not experience lack and would live in overflow and abundance.

- I shall not lack
- My cup overflows
- I am guided and led
- I shall not fear
- He anoints my head with oil

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We can also find powerful declarations in the New Testament, such as:

"My God shall supply all of my needs" Phil 4:17 and
"In God I live and move and exist" Acts 17:28

What Science says…

I remember:

- **10%** of what I **read**
- **20%** of what I **hear**
- **30%** of what I **see**
- **50%** of what I both **see and hear**
- **80%** of what I **say**
- **90%** of what I **act upon**

Writing, reading, and saying affirmations creates new neuropathways and allows us to retain them. So why don't most people experience what they are affirming?

1. **Affirmations fail when we do not BELIEVE or EXPECT them.** I can go around saying, "I am a rabbit, I am a rabbit" but I will never become one. The mind says, "No you are not" and that settles it. The same is true if we say, "I am a millionaire" but have never earned 6 figures.

2. **Affirmations fail when we do not use the language of the brain.**
    a. **Past tense –** affirmations do not work in the past e.g, "I should have"
    b. **Negative -** the brain does not understand negative. If we say "don't spill the milk" the brain must image spilling to reverse engineer. Chances are high you will do or have what you don't desire.
    c. **Words such as "need, have to, or should"** do not work. Replace these with I choose or I choose not to.

Do This…

In order to trick your mind follow this sequence. Begin with "I choose" to tap into your God-given power to choose. Then tap into the feeling of that

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choice. Finish with the most powerful words "**I AM**": *Note: "I AM" is the name of God! Do not use words after the name of God that does not accurately describe God!

I CHOOSE:

I FEEL

I AM:

Add SpiritTapping© and prayer to increase the speed you re-wire your nervous system. "Holy Spirit re-new my thoughts, believes, and emotions to line up with the truth of your word. Thank you."

Seal it by taking action to create space for that which you **expect.**

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