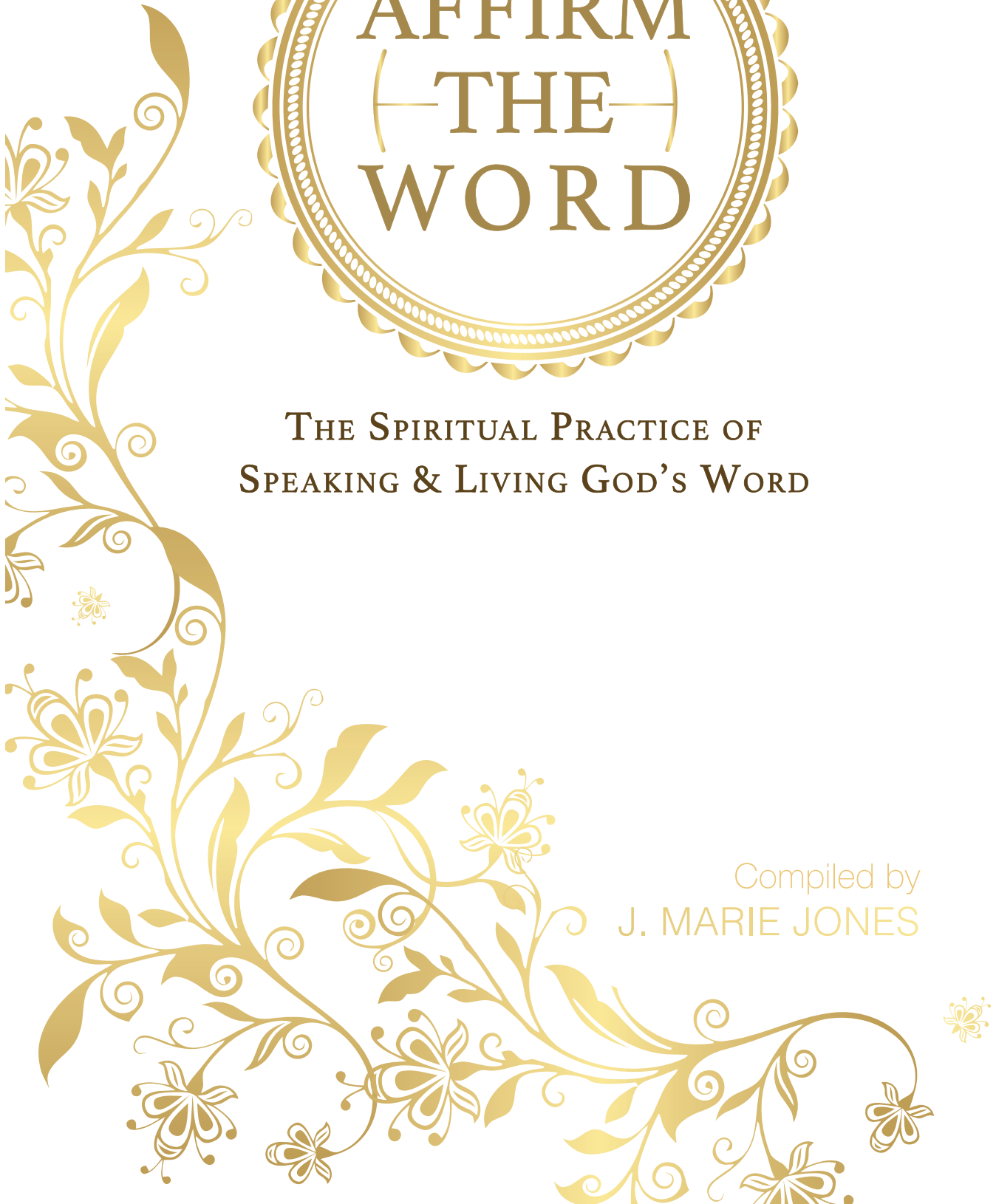




AFFIRM
—THE—
WORD

THE SPIRITUAL PRACTICE OF
SPEAKING & LIVING GOD'S WORD

Compiled by
J. MARIE JONES





THE SPIRITUAL PRACTICE OF
SPEAKING & LIVING GOD'S WORD

Compiled by J. Marie Jones

Copyright © 2020 by J. Marie Jones
www.affirmtheword.org

ISBN: 978-1-64953-075-2



Published by Absolute Author Publishing House
New Orleans, Louisiana

All rights reserved. Affirm The Word is under
Copyright protection. No part of this book with the exception of attributed
scripture may be used or reproduced in any manner without written permission
except in the case of brief quotations embodied in critical articles and reviews.

Unless otherwise stated, Scripture quotations taken from the ESV® Bible (The
Holy Bible, English Standard Version®), copyright © 2001 by Crossway, a
publishing ministry of Good News Publishers. Used by permission.

Also used: The New American Standard Bible® (NASB), Copyright © 1960,
1962, 1963, 1968, 1971, 1972, 1973, 1975, 1977, 1995 by The Lockman
Foundation Used by permission. www.Lockman.org

Also used: The Message (MSG). Copyright © 1993, 1994, 1995, 1996, 2000,
2001, 2002. Used by permission of NavPress Publishing Group."

Also used: New International Version®, (NIV)®. Copyright © 1973, 1978,
1984, 2011 by Biblica, Inc.™ Used by permission of Zondervan.

All rights reserved worldwide.

Also used: Contemporary English Version (CEV), Copyright © 1991, 1992,
1995 by American Bible Society. Used by Permission.

For wholesale inquiries contact: sales@affirmtheword.org

Printed in China

For

The twelve-year-old me discovering God,
the many versions of me that would continue to seek His face in the
years to follow, and all those searching for Him in a real and true way.
May your belief in His existence, and diligence in seeking him, bring you
total healing: Joy unspeakable, peace unexplainable,
and rewards far greater than the mind can comprehend.

Without faith, it is impossible to please God,
for anyone who comes to God must believe that He exists,
and that He rewards those who earnestly seek Him.

Hebrews 11:6

Table of Contents

Preface	1
Introduction	3

Biblical Word Affirmations

Affliction	9
Anger	11
Anxiety	13
Reflections on Casting Your Burdens	15
Asking	17
Belief/Unbelief	18
Affirmation for Supernatural Belief	20
Reflections on Binding and Loosing	21
Blessings (God's)	27
Blood of Jesus	29
Boldness	30
Business – Work/Job Related	32
Child Rearing	33
Children's Daily Affirmation	35
Comfort	36
Condemnation (Guilt)	37
Confession (Sin – Faith)	38
Confidence (In God)	39
Confusion	41
Contentment (Joy – Happiness)	42
Counsel (Wise Vs. Unwise)	44
Death – Loss	46
Debt-Credit Matters	47
Depression – Heartache	50

Deliverance	51
Affirmations for Total Freedom.....	53
Prayer for Deliverance –	54
Addiction (Alcohol, Drugs, Sex)	
Prayer for Deliverance –	55
Soul-Ties/ Ungodly Attachments	
Discouragement	56
Reflections on Divorce	59
A Prayer for Healing following Divorce	60
Reflections on Faith (Unwavering).....	61
Faith.....	66
Fasting.....	67
Fear	68
Reflections on Divine (True) Forgiveness	70
Forgiveness.....	74
Reflections on Giving.....	77
Gluttony	81
God (Presence – fellowship - Kingdom).....	83
Guidance–Wisdom	84
Reflections on Healing	86
Healing (Physical and Spiritual)	90
Hindrances	92
Intercession	93
Judgment (Godly Vs. Ungodly)	94
Justice (Vengeance).....	96
Loneliness	98
Reflections on Divine Love.....	99
Practical Application of Loving God	102
Love.....	104
Affirmations for Divine Love	106
Practical Application of Loving our Neighbors. 108	

Marriage	112
Affirmations for Divine Marriage Commitment .	115
Patience – Perseverance	115
Peace	117
Poverty	119
Prayer	120
Pride	122
Prosperity	123
Protection	125
Righteousness.....	126
Salvation.....	127
Three Steps to Salvation: ABCs	129
Sin	130
Speaking	134
Spiritual Warfare – Whole Armor of God	133
The Whole Armor of God	134
Strength	139
Reflections on Divine Surrender	141
Surrender (God’s Will and Way).....	146
Temptation	148
Trust	149
Truth	150
Victory.....	151
Vision – Plans/Goals	152
Voice of God (Was that You God?)	153
Waiting on God.....	156
Wisdom.....	156
Reflections on Divine Self Worth (Identity)	158
Worth	162
Affirmations for Divine Self Worth	163

Preface

Most believers, meaning those who have chosen to follow God's will by making Jesus Christ Lord of their lives, understand that there is power in the Word of God. However, very few understand the importance of speaking the Word of God, as well as life-affirming words over their lives every day. That's right, every day. Why? Because every day we are bombarded with negative words, imagery, experiences, and subsequently feelings that rob us of the joy, peace, and blessings afforded to us under grace as a result of our salvation. Right thinking, living, and being does not come about through osmosis. It is not automatic and requires effort and participation on our part, which starts by first, speaking the change we want to see and be.

Many people, including believers, also fail to understand the importance of speaking life-giving words with faith and intention; they ignorantly speak negativity over themselves and those they love with the full force of their hurt, resentment, and anger. Or, they speak "positive affirmations" with fear and speculation, "hoping" for change, but doubtful that it will come. As a result, they consistently manifest the things they DON'T want in their lives with no clue how to stop the cycle. That is why the name of this book is not merely "Speak The Word" but AFFIRM the Word, which denotes speaking with faith, intention, and full assurance in that which you are speaking. Here's how Dictionary.com defines the word affirm:

Affirm: to state or assert positively; maintain as true: to confirm or ratify: to assert solemnly: to express agreement with or commitment to; uphold; support.

In other words, to agree with and declare what you know to be true, of everything you believe and hope to believe, with life-affirming words over yourself, your relationships, and your circumstances, as well as everything else God has Divinely purposed for your life.

People often confuse conversion (instant salvation through one's faith and confession in Jesus Christ), with transformation (gradual, yet consistent change in one's thinking and behavior), as being one and the same. No— real lasting transformation takes WORK, not in our own strength because righteous, sustainable change is not possible in our own strength but through the power of the Holy Spirit, as we internalize God's Word, speak it over our lives without ceasing, and are led by His spirit concerning our life's purpose in the process. Nothing is impossible for the person with a heart surrendered to God's will, and a willingness to be transformed into His image, through His Word. And it is so!

Introduction

Why Affirm The Word?

Proverbs 18:20-21 says: From the fruit of his mouth, a man's belly is filled; with the harvest from his lips, he is satisfied. The tongue has the power of life and death, and those who love it will eat its fruit.

I have been a believer (AKA follower of Christ) since I was 12 years old; however, notice I didn't say, "A practicing believer." Maybe a pretending believer, an ignorant believer, an inconsistent believer, and possibly a number of different types of believers all of us have had the pleasure or misfortune of encountering. But one thing I can truly say about myself is that no matter how off I was in my efforts to follow God, I always maintained a sincere desire to become all that He called me to be. I had no idea exactly how to do that, and until a few years ago, I had no idea where to start to ensure lasting and consistent transformation. But I knew I had to start somewhere.

At the time, I was enduring a serious situation on my job. You guessed it; I'd gotten myself into a terrible work "situationship." I wouldn't dare classify it like that at the time, as it indeed had all the elements of a relationship. But whatever one wants to call it, "it" was not good. However, I couldn't, and quite possibly didn't want to see that at the time. My almost twenty-year marriage had just ended, and after doing things "God's way" most of my life, and being miserable, I was determined to really, once and for all, do things "my way," but with God's help, of course.

Eventually, after many scrapes, bruises, tears, and tantrums, I was beginning to see that I could no longer do things as I had always done. Meaning, I could no longer try to live righteously in my own

strength, formulate plans steeped in my own self-interest (yet with a righteous objective), barter with God to bless said plans through sacrificial service, fail miserably, formulate my own methods of rescue and retaliation, fail miserably, beg God for rescue, rinse, and repeat. Even though I'd become more selfish in meeting my direct wants and needs, I was still behaving the same way I did when I was "serving God" because my service had always been about trying to protect myself and secure my future.

Therefore, my usual M.O. of trying to come up with ways of getting out of the situation, pleading and threatening the offender, bartering, consulting friends and family, and soliciting outside intervention, was not an option. Also, Ms. Cleo, the TV Psychic, had passed away and she too was no longer an option, so there wasn't even that last shred of hope in the all too familiar, "Call me now!" – Lol! May she rest in peace.

In all seriousness, I am thankful that during that time, I met a woman who gave me some valuable insights. I'd heard that she had the spiritual gift of knowledge, and although I was not sure that still existed, I wanted to find out for myself. I'd actually met her on Facebook through an old friend, and on learning that she was starting a Brick and Mortar operation and was looking for a graphic designer, I sent her a message that I did logo design. We soon connected, and as we were reviewing her spec sheet, I began to tell her a bit about what was happening with me. I wasn't sharing with her so much about the situation, just where I believe I was going, and where I wanted to be in my spiritual walk. She then began to tell me about all that was happening in my life, the people who were around me during that season, and what she was seeing concerning my walk with the Father and my spiritual gift.

About an hour into our call, I decided that I needed to start recording because I could not believe how accurate she was concerning me — internally. She asked me straight out, “Why won’t you commit to fully following God.” WOW! I asked her how she knew that. I mean, that was a major question because I had never spoken about my hesitation, but had thought of the specific reasons why many times. It was years before that I’d decided internally that I would not completely turn myself over to God in total surrender. Oh, I believed in Him. I wanted to follow Him so that He would bless me, but I wasn’t trying to be a minister or anything. I wasn’t trying to be “perfect.” Why? Well, the main reasons were: #1) I didn’t want to start something I couldn’t live out, #2) I didn’t want God to ask me to do something I didn’t want to do, and #3) I didn’t want to become a holy-roller, walking around with opaque stockings and a doily on my head; I’m just keepin’ it real! Simply put, I wanted to retain my false sense of control.

She went on to say that angels were telling her this, and she was just simply repeating what they were saying. She then proceeded to tell me what my spiritual gift was, not meaning the practical application but the result of my gifting poured out in service on this earth. She also told me about the supernatural developments that would take place in my life if I finally surrendered myself to God. This included how to do so; surrender, that is. And lastly, she told me about a book that would change my life.

The name of that book was *The Game of Life and How to Play It*, by Florence Schoval Schinn. The name alone had me totally intrigued, and change my life it did. To this date, I have now read and/or listened to it almost 100 times. Not only has it taught me about the power of Christ that lives in all believers, but it also taught me the power of speaking the

Word to manifest change within us, ultimately changing our surroundings, both naturally and spiritually.

The Word of God teaches that there are two critical things believers must do upon conversion. The first is to be transformed into their NEW, Divine selves by renewing their minds. Conversion is free and only requires us to accept and believe. Transformation takes place via the work of the Holy Spirit in us, as we internalize God's Word and renew our mind in the process. The second is to follow Christ. One cannot effectively and consistently do the latter without simultaneously doing the former. We will always be a work in progress. The hope, however, is that our constant evolution is ever toward the image of God and not that of our carnal self.

“And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.”

Romans 12:2 NASB

Learning to follow Christ at such a young age, I had no idea what I was doing. I didn't know if what I was doing was right, or for the right reasons, or anything. When I did try to research, memorize, and live certain scriptures in the Word, I was told by parents, ministry leaders, and other seasoned “saints” that I was doing too much, and no one really did the word “literally.”

I didn't know that I could ask God to reveal Himself to me in a way I could understand and that He would. I didn't know that God means what He says concerning His character and how we are to love and serve Him, either directly or via various teachings throughout His Word. I also

didn't know how important it was for ME to speak His work over my life, every day, into my OWN hearing. I always thought the scripture, "Faith comes by hearing, and hearing by the Word of God" (Romans 10:17), meant through the preacher.

I was not encouraged to search the scripture for myself, and during the many times I tried, I would eventually get overwhelmed whenever I hit a "thus," "thither," "beseech," or biblical genealogy full of weird sounding names. I would also be admonished for trying to do too much, or be "perfect," which really discouraged me. Looking back, it would have helped to have key scriptures, in plain English close by, and the understanding of my need to speak them out loud, to help me stay on course. It would have also helped to have certain scriptures or concepts in the bible explained in concise, everyday terms, like, how to really forgive someone or how to cast your burdens on God. Just about everyone I knew seemed to "cast their burdens" on God by getting to the end of their rope, throwing themselves on the altar in desperation, and then getting up from said altar, only to go back to doing the same ol' thing as before, hoping and praying for a different result.

Now, some people would call that insanity, but I call it 'just not knowing any better.' There's a saying that goes, "when you know better, you do better." The purpose of this book is to assist believers endeavoring to be transformed into the image of God, with internalizing God's Word and engaging in the spiritual practice of speaking LIFE, while in pursuit of their Divine purpose. Helping you to know better by providing you with indexed scriptures to easily learn the Word, and do better by putting the Word into practice, through the power and assistance of the Holy Spirit.

In my first attempt at committing scripture to memory, I was directed to a topical concordance. If you know anything about a concordance, then you are aware that they house about 20,000 topics, over 100,000 verses, and are usually as large as those old-school coffee table bibles. Affirm The Word, however, contains a small index of what I believe to be critical scripture verses essential to the believer's walk, for protection against spiritual warfare and assistance with walking in total victory. It is meant to be carried with you daily, and it is spiral bound so that you can quickly reference scripture notations, write and access personal notes, and even tear out a prayer request or two for posting in your prayer closet.

There is no doubt that being created in God's Divine image, we are all worthy and valued as human beings. But, we must surrender our will to His plan in order for that plan to manifest. By consistently and prayerfully engaging in the practice of speaking God's Word over your life as well as the vision birthed in your heart through the Spirit of God, you will be empowered to walk in total trust in His ability to transform you into the highest expression of your true "self."

May the fruit of your efforts bring forth with clarity, your God-ordained purpose in this earth, a purpose He established for your life before time began. And may this book be to you, a pivotal resource to supplement your daily bible reading, prayer time, meditation, and fellowship with our Heavenly Father. For His glory, your good, and the good of others. And it is so!

Biblical Word Affirmations

Affliction

For he has not despised or abhorred the affliction of the afflicted, and he has not hidden his face from him but has heard when he cried to him.

Psalm 22:24

The afflicted shall eat and be satisfied; those who seek him shall praise the Lord! May your hearts live forever! Psalm 22:26

When the righteous cry for help, the Lord hears and delivers them out of all their troubles. The Lord is near to the brokenhearted and saves the crushed in spirit. Many are the afflictions of the righteous, but the Lord delivers him out of them all. He keeps all his bones; not one of them is broken. Psalm 34:17-20

It is good for me that I was afflicted, that I might learn your statutes.

Psalm 119:71

Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not put us to shame because God's love has been poured into our hearts through the Holy Spirit who has been given to us. Romans 5:3-5

For I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us. Romans 8:18

So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day. For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal. 2 Corinthians 4:16-18

But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong. 2 Corinthians 12:9-10

Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness. And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing. James 1:2-4

Behold, we consider those blessed who remained steadfast. You have heard of the steadfastness of Job, and you have seen the purpose of the Lord, how the Lord is compassionate and merciful. James 5:11

Anger

A fool’s anger is known at once, But a prudent man conceals dishonor. Proverbs 12:16 NASB

A quick-tempered man acts foolishly, And a man of evil devices is hated. Proverbs 14:17 NASB

He who is slow to anger has great understanding, But he who is quick-tempered exalts folly. Proverbs 14:29 NASB

A gentle answer turns away wrath, But a harsh word stirs up anger. Proverbs 15:1 NASB

A hot-tempered man stirs up strife, But the slow to anger calms a dispute. Proverbs 15:18 NASB

He who is slow to anger is better than the mighty, And he who rules his spirit, than he who captures a city. Proverbs 16:32 NASB

He who restrains his words has knowledge, And he who has a cool spirit is a man of understanding. Proverbs 17:27 NASB

Good sense makes one slow to anger, and it is his glory to overlook an offense. Proverbs 19:11

A man of great wrath will pay the penalty, for if you deliver him, you will only have to do it again. Proverbs 19:19

Make no friendship with a man given to anger, nor go with a wrathful man . . . Proverbs 22:24

A fool always loses his temper, But a wise man holds it back.
Proverbs 29:11 NASB

An angry person stirs up conflict, and a hot-tempered person commits many sins. Proverbs 29:22 NIV

Do not be quickly provoked in your spirit, for anger resides in the lap of fools. Ecclesiastes 7:9 NIV

But I say to you that everyone who is angry with his brother will be liable to judgment; whoever insults his brother will be liable to the council; and whoever says, ‘You fool!’ will be liable to the hell of fire. Matthew 5:22

Never take your own revenge, beloved, but leave room for the wrath of God, for it is written, “Vengeance is Mine, I will repay,” says the Lord. “But if your enemy is hungry, feed him, and if he is thirsty, give him a drink; for in so doing you will heap burning coals on his head.” Do not be overcome by evil, but overcome evil with good. Romans 12:19-21 NASB

Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil. Ephesians 4:26-27

Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you. Ephesians 4:31-32

But now you also put them all aside: anger, wrath, malice, slander, and abusive speech from your mouth. Colossians 3:8 NASB

Have nothing to do with foolish, ignorant controversies; you know that they breed quarrels. And the Lord's servant must not be quarrelsome but kind to everyone, able to teach, patiently enduring evil . . . 2 Timothy 2:23-24

For an overseer, as God's steward, must be above reproach. He must not be arrogant or quick-tempered or a drunkard or violent or greedy for gain . . . Titus 1:7

Older men are to be sober-minded, dignified, self-controlled, sound in faith, in love, and in steadfastness. Titus 2:2

Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; for the anger of man does not produce the righteousness of God. James 1:19-20

Anxiety

Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go.” Joshua 1:9

Reflections on Faith (Unwavering)

This reflection was written by someone who is not only a minister, but also a spiritual father to many, and a friend. In November 2019, after a Tuesday night bible study, Minister Reggie came back to the greenroom to share a word he received concerning the praise team. I was one of the worship leaders that night and was blessed to be present.

At first, I was excited until he began speaking about the spirit of heaviness he felt coming from the stage during service. He then encouraged us to press into God's leading and "go hard" in pursuit of Him, and anything else He was leading us to do, until the end of the year. After hearing his words, my excitement was restored because it confirmed the word I received from my mother just the day before. Her instruction required my commitment to pray for a particular person for 30 days straight — without wavering — which I agreed to do.

As I was leaving, he and I crossed paths, and I told him about that mandate, specifically "not wavering." He then asked, "Do you know what it means to not waver?" I believe I gave him a drawn-out response, which was, in short, "to keep believing no matter what." After patiently listening to my definition, he responded with a profound response that has continued to bless me in my faith-walk with God to this day.

Instead of rewriting what he shared, I reached out to him and asked if he would write this reflection. I am so grateful that he humbly obliged, and I pray it will be as much a blessing to you as it was to me.

Unwavering Faith - Produced through Fire

By Min Reggie Alvarez

Pure gold put in the fire comes out of it proved pure; genuine faith put through this suffering comes out proved genuine. When Jesus wraps this all up, it's your faith, not your gold, that God will have on display as evidence of his victory. 1 Peter 1:3-9 MSG

If we are thrown into the blazing furnace, the God we serve is able to deliver us from it, and he will deliver us from Your Majesty's hand. But even if he does not, we want you to know, Your Majesty, that we will not serve your gods or worship the image of gold you have set up. Daniel 3:17-18 NIV

How do I know if my faith is authentic like that of Peter, who was one of the 12 disciples of Christ and unwavering like that of Shadrach, Meshach, and Abednego, the three Hebrew boys in the book of Daniel? What brought them to that place that even when they were in the very crucible of crisis, in the very center of suffering, they would not turn away from God or renounce their faith?

Well, if we look closely at Peter's walk, who was the leading disciple of Jesus, you will find that he knew first-hand about the highs and lows of the Christian life like no other disciple. You will find that Peter was the one who walked on water because of the faith he placed in Christ; but he also almost drowned, a few steps later, because his faith was still small, as Jesus would point out in Matthew 8:26.

When Peter thought his faith was strong enough to never deny Jesus, it was Christ who forecasted and told Peter that he would indeed deny Him three times...which he did. And it was Peter who was the only one to be rebuked by Jesus with these words, "Get behind me Satan," and then told that he was still setting his mind on human concerns rather than the things of God.

When we look closely at all these different trials that Peter went through in his life, we can find ourselves in most, if not all, of his experiences...right? We can confess easily enough that there were times when our faith was small and feeble in certain situations, and if we can



J. MARIE is a mom to a wildly talented little girl, bursting with life and comedic energy. She is also a former media professional, who traded in her role in the areas of video production and communications, to walk in her God-ordained role of daughter and dedicated follower of the Most-High. Her passion is sharing with others the wonders and peace that follow those who accept Jesus Christ as their savior. She desires to be a sister and guide to the believer, dispatched by the Father to assist those endeavoring to be transformed into His image, through the spiritual practice of internalizing God's word and engaging in the daily discipline of affirming it in their lives.