



The Christian faith is not merely something we believe, it also involves what we say and confess. "For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation" [Romans 10:10](#).

The importance and necessity of confession is evident here. Jesus informs us in [Matthew 10:32-33](#) and [John 12:42-43](#) that salvation involves confession as well as belief. We are admonished twice in the Book of Hebrews to "hold fast the confession of our faith without wavering" [Hebrews 10:23, 35-36](#), and Jesus teaches us in [Mark 11:23](#) that whatever we confess in faith will come to pass.

Just as a positive confession in harmony with God's Word will bring blessing and victory, conversely a negative confession of doubt, fear, sickness, or defeat will result in adversity and failure, for the Scriptures declare that you can be "snared with the words of thy mouth" [Proverbs 6:2](#).

Satan will keep you bound, poor, sick, and oppressed by ensnaring you with your own words when you make negative confessions.

Our words are a powerful thing. What you can do with your words are more powerful than what you do with your hands. If you want to hurt someone, the tongue is much more effective than the fist is. If you want to apologize to someone, all the flowers in the world won't accomplish what a few sincere words like, 'I'm sorry' or I love you can do.

"Death and life are in the power of the tongue, and those who love it will eat its fruit." [Proverbs 18:21](#)

Think for a minute what the Lord is trying to convey to us with these specific words. There are two things to pick up from this verse.

The first thing that God is trying to tell all of us is that we have "power" in our tongues. Our tongue is referring to the verbal words that we speak out of our mouths to other people.

When God is using the word "power," He is telling us that every single one of us has power residing in our mouth and in our tongues with the words that we release to other people.

And with this kind of power residing in our ability to release spoken words to other people, God then tells us what can happen with this kind of power. This power can either be used to bring life or death to the person that we are speaking to. Think of the responsibility and ramifications of this revelation, that our spoken words to other people can either bring them life or bring them death!

You can either choose to learn how to speak and release positive words of love, encouragement and edification to other people in your own personal dealings, or you can choose to release negative words of condemnation, criticism, coldness and harshness. The choice is yours!

"There is one who speaks like the piercings of a sword, but the tongue of the wise promotes health. The truthful lip shall be established forever, but a lying tongue is but for a moment." [Proverbs 12:18](#)

"Keep your tongue from evil, and your lips from speaking guile. Depart from evil, and do good; seek peace, and pursue it." [Psalm 34:13](#)

"A man's stomach shall be satisfied from the fruit of his mouth, and from the produce of his lips he shall be filled." [Proverbs 18:20](#)

"The Lord God has given me the tongue of the learned, that I should know how to speak a word in season to him who is weary." [Isaiah 50:4](#)

"Walk in wisdom toward those who are outside, redeeming the time. Let your speech always be with grace, seasoned with salt, that you may know how you ought to answer each one." [Colossians 4:5](#)

"The mouth of the righteous is a well of life, but violence covers the mouth of the

wicked." [Proverbs 10:11](#)

"The words of a man's mouth are deep waters; the wellspring of wisdom is a flowing brook." [Proverbs 18:4](#)

"A wholesome tongue is a tree of life, but perverseness in it breaks the spirit." [Proverbs 15:4](#)

"Pleasant words are like a honeycomb, sweetness to the soul and health to the bones." [Proverbs 16:24](#)

"Anxiety in the heart of man causes depression, but a good word makes it glad." [Proverbs 12:25](#)

"A soft answer turns away wrath, but a harsh word stirs up anger. The tongue of the wise uses knowledge rightly, but the mouth of fools pours forth foolishness." [Proverbs 15:1](#)

"He who guards his mouth preserves his life, but he who opens wide his lips shall have destruction." [Proverbs 13:3](#)

"Whoever guards his mouth and tongue keeps his soul from troubles." [Proverbs 21:23](#)

"The heart of the righteous studies how to answer, but the mouth of the wicked pours forth evil." [Proverbs 15:28](#)

"Set a guard, O Lord, over my mouth; keep watch over the door of my lips." [Psalm 141:3](#)

If you will notice, some of the verses have two sides to them. On the one side are the positive benefits and blessings one can receive as the result of learning how to speak properly to others. On the other side are the negative things that can occur as a result of not properly expressing yourself to others, either in the specific words that you choose to say to a person or in the way or manner in which you say these words to a person

Your condition will always parallel your confession.

The Word of God tells us why: "For as he thinketh in his heart, so is he" [Proverbs 23:7](#), and "out of the abundance of the heart the mouth speaketh" [Matthew](#)

12:34. If you think you will fail, you will. If you say you can't, then you can't. If you confess you are sick, you will be sick. If you say you cannot overcome the problem, then you cannot. If you confess that you will be defeated, you will. Why? It is because you will generally experience what you think and confess.

Jesus came to give us an abundant life, a life free from sin, sickness, poverty, fear, depression, worry, and defeat. However, most Christians have allowed Satan to rob them of their joy and peace, as well as their health and prosperity, through his influence upon their thoughts and their confession.

If you confess what the Word of God says about your sins **1 John 1:9**, you receive forgiveness. In the same manner, if you confess what His Word says about your diseases **Psalm 103:3; James 5:14-15**, you will receive healing.

The Scriptures declare that "by his stripes ye were healed" **1 Peter 2:24**. God's Word states, that you are to believe that you have received the answer to your petition when you pray **Mark 11:24**. Thus, any confession that does not harmonize with what the Scriptures say will nullify the Word of God on your behalf.

Some individuals who lack understanding of the Scriptures concerning the importance of maintaining a positive confession, even in the face of symptoms or circumstances, will ask, "But isn't it dishonest to say that I am healed when I still have my pain and symptoms?"

It is never dishonest to confess what the Scriptures tell you to say about your condition. It is not mere suggestion, but a confession of God's Word when you confess that God has heard and answered your petition when you pray **Mark 11:24; 1 John 5:14-15**.

The reason God requires us to confess, not what we feel or see, but what His Word promises us, is that our condition and circumstances generally remain on about the same level as our confession.

Satan's power to afflict or oppress increases or decreases in direct proportion to the positive or negative nature of our confession.

The importance of our confession is to be seen in Jesus' warning that "by thy words thou shalt be justified, and by thy words thou shalt be condemned" **Matthew 12:37**.

Are you aware that as you begin each day it is you that will determine the nature of the day you will have, as well as its outcome? Are you aware that you have been given the choice of deciding whether or not you will be happy or sad, sick or well, worried or calm, victorious or defeated?

It is important to know, especially when illness or other adversity strikes, that there are three factors to consider if Divine help is to be obtained:

1. What God says about our situation ("He healeth all our diseases," [Psalm 103:3](#)).
2. What Satan says about the situation ("you are sick"; "you may die"; "don't be foolish and rely on prayer alone).
3. What you confess about your situation: what you say determines the outcome, for you have the choice of agreeing either with God or with your adversary, the devil.

In [Revelation 12:10](#) Satan is called "the accuser of the brethren," who stands before the throne of heaven accusing us day and night. Jesus, on the other hand, is designated as our Advocate [1 John 2:1](#), and the High Priest of our confession [Hebrews 3:1](#), who pleads our case without ceasing before the Father. On what basis is Jesus pleading on our behalf? On the basis of two things: His blood, and our confession. Satan is overcome by the blood of the Lamb, and by the word of our testimony [Revelation 12:11](#).

As the High Priest of our confession, Jesus is pleading our defense against Satan's accusations. He pleads not only with His precious blood, but also with what we say. Jesus Christ cannot act as your High Priest if you have negative confessions of doubt, fear, or failure. He can only act as the High Priest of a good confession, which must be in harmony with the Word of God. A negative confession simply gives your accuser the fiery darts with which to wound you.

Jesus tells us that He has given us authority over all the power of the enemy [Luke 10:17-19](#), and that all power in heaven and earth has been given unto Him, which He in turn has committed unto us [Matthew 28:18-20](#); [Mark 16:17-20](#). Victory will not be yours until you believe it and confess that it belongs to you

God expects us to confess that we have been liberated and renewed in mind, body, soul, and spirit, for our circumstances and condition will never rise above

the level of what we believe we are in Christ. The Scriptures declare that "ye are complete in him" [Colossians 2:10](#), that you have been liberated from the "power of darkness" [Colossians 1:13](#), as well as from the effects of the curse [Galatians 3:13](#), and that you are now sons of God and joint-heirs with Christ

God has given us all things in Christ, as joint-heirs with Him [Romans 8:16-17](#). The Scriptures are filled with thousands of promises, whereby God had made provision for our every need, both spiritual as well as for the accomplishment of the work he has commissioned us to do.

It is tragic that Satan is able to keep Christians in such bondage because they have not been taught what really belongs to them as joint heirs with Christ.

Frequently we hear Christians confessing what they cannot do. We hear them say, I'm afraid to testify in public.

- I've tried and tried, but I haven't been able to receive the baptism in the Holy Spirit.
 - I just can't seem to receive my healing.
 - I can't get out of debt, no matter how hard I try.
 - I can't get along with my employer or co-workers.
 - I may have to leave the service early. I don't feel very good.
- ... And so on. This is often the way many Christians talk.

One thing is certain: you will never be able to do more than you are willing to confess that you can do in Christ. To walk in victory, you should never confess that you cannot do something, or that anything is impossible, for the Scriptures say that you should always confess, "I can do all things through Christ which strengthens me" [Philippians 4:13](#).

Jesus said, "He that believeth on me, the works that I do shall he do also; and greater works than these shall he do" [John 14:12](#)

Peter began to sink when he confessed that he could not stand on the water, which he had been walking.

Jesus promises us that we shall receive whatsoever we say. In [Romans 10:10](#) Our confession is the means by which we obtain possession of that which we believe." The reason the Scriptures place such an emphasis upon positive confession is that we will never rise above the level of our confession.

Bearing False Witness

You will have the vengeance and wrath of God Almighty Himself come down on you and your life if you ever try to hurt anyone else with any type of false accusation or false charge. Let these verses be a major warning to any Christian who is thinking about doing this for personal revenge.

"Do not be a witness against your neighbor without cause, for would you deceive with your lips? Do not say, "I will do to him just as he has done to me; I will render to the man according to his work." [Proverbs 24:28](#)

"A false witness will not go unpunished, and he who speaks lies will not escape." [Proverbs 19:5](#)

"Do not speak evil of one another, brethren." [James 4:11](#)

"Lying lips are an abomination to the Lord, but those who deal truthfully are His delight." [Proverbs 12:22](#)

"Getting treasures by a lying tongue is the fleeting fantasy of those who seek death." [Proverbs 21:6](#)

Notice the second verse says that anyone who bears a false witness will not go unpunished. The first verse tells us that we cannot even try to bear false witness against someone even as a matter of personal revenge. The Bible tells us that any type of vengeance or payback always belongs to the Lord. It does not belong to you or to any of your friends who would like to try and get even for you.

Many people have lost some of their best friends as a result of getting caught talking behind their backs or spreading personal information about them. Once that personal trust has been violated to any significant degree in a good friendship, it will be very hard to get them to ever be able to trust you again.

These next 6 verses are a true word to the wise.

1. "But shun profane and vain babblings, for they will increase to more ungodliness. And their message will spread like cancer." [2 Timothy 2:16](#)

2. "In all labor there is profit, but idle chatter leads only to poverty." [Proverbs 14:23](#)

3. "A talebearer reveals secrets, but he who is of a faithful spirit conceals a matter." [Proverbs 11:13](#)
4. "A brother offended is harder to win than a strong city ..." [Proverbs 18:19](#)
5. "A perverse man sows strife, and a whisperer separates the best of friends." [Proverbs 16:28](#)
6. "... but he who repeats a matter separates the best of friends." [Proverbs 17:9](#)

Guard your confession

The Scriptures tell us that we shall receive whatever we confess; therefore, if we desire to walk in victory 365 days a year, we must develop the habit of making a positive confession when we speak. How is this accomplished? The secret of a positive confession is six-fold.

1. First, you must set a watch on your lips, and guard your mind.

If we expect to walk in health, prosperity, and victory, then we must, first of all, pray as David, "Set a watch, O Lord, before my mouth; keep the door of my lips" [Psalms 141:3](#), confessing "I will take heed to my ways, that I sin not with my tongue: I will keep my mouth with a bridle." [Psalm 39:1](#).

As the Scriptures urge, "Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers" [Ephesians 4:29](#).

A positive confession begins with a sanctified silence. The Lord admonishes us to stop confessing our doubts, symptoms, and fears, as well as our uncertainties, and to "be still and know that I am God" [Psalm 46:10](#).

"Be not rash with thy mouth, and let not thine heart be hasty to utter anything before God." [Ecclesiastes 5:2](#)

Likewise, you should refuse entrance into your mind anything of a negative, contrary, resentful, or depressive nature. Guard your heart and mind, for this is the place the Enemy usually works the hardest, knowing that you will generally confess what you think, believe or feel, for "out of the abundance of the heart, the mouth speaketh.

There is a continual warfare going on between God and Satan for the control of your mind and thoughts. If Satan can gain control here, he knows that he can largely determine what you will say and confess which in turn will affect the course of events in your life. In this way he can limit or destroy your effectiveness in the Kingdom of God. So, then, the secret of a positive confession is first to set a watch on your lips and to guard the door of your mind.

2. Refuse to confess doubt or anything of a negative nature.

Admitting doubt, even in a small way, will paralyze faith and withhold God's blessings from you [James 1:6-7](#). You must absolutely refuse to confess doubt, fear, defeat, or anything of a negative nature. Time and time again Christians talk themselves out of their faith, as well the answers to their prayers, by what they say or confess after claiming some promise from God's Word.

One of the greatest causes for defeat in the lives of a believer is the tongue. A negative confession, or a confession of doubt, is your own admission that you are defeated and that Satan has the victory. Develop a vocabulary of faith from God's Word.

3. Harmonize your confession with God's.

A positive confession must extend even to our praying, or we cannot expect God to answer our prayers. God never works in advance of the level of your faith, for your faith is the channel through which He works to answer your prayers. Do not expect God to bless you in spite of your negative confession, for He has promised to help those who are willing to confess by faith what He has said and promised to do [1 John 5:14-15](#).

4. Confess victory before you see it.

Gideon and his small band of 300 men shouted the victory beforehand, and as a result the Midianites became so frightened that they destroyed one another in their confusion. The Israelites did not wait until the walls of Jericho began to crumble before believing that God had given the city into their hands, but they shouted the walls down by faith. The Apostle Paul tells in Hebrews 11:1 that "faith is the evidence of things not seen." Faith is not sight. Faith can only operate in the realm of the invisible, concerning those things which we have prayed for, but which we do not see manifested to our sight.

We dare not depend upon feelings or appearances, for Satan works through the

realm of the senses. He can manipulate the feelings with symptoms and pains, and he can also deceive us by what appears to be true to our sight.

Faith is confessing the victory ahead of time; it is confessing you have the answer when you pray, believing God to give the manifestation in due time as He has promised [Hebrews 10:23, 35-36](#); [Numbers 23:19](#). You are only entitled to that which you boldly confess is already yours by virtue of God's faithfulness.

5. Hold fast to your confession of faith without wavering.

Once you confess a promise of God, you must absolutely refuse to take a word of your confession back, regardless of the circumstances, or how long you must wait for the manifestation of the answer. Why? We are told in [Hebrews 10:23](#), "Let us hold fast the confession of our faith without wavering; for he is faithful as promised."

We are to maintain a daily, constant confession of faith in the promise we have claimed until it is manifested. Many can believe a promise and claim it in prayer initially; but if the answer is not manifested soon enough, they begin to waver and doubt, giving up their confession of faith. As a result they receive nothing.

When you claim anything, you have thereby challenged Satan's right to oppress you. You have then entered his domain, and a battle often ensues. He will contest every inch of ground which you claim. Often he will not withdraw his symptoms until the last moment that God allows him, as he knows from past experience that if he can maintain his hold long enough, he can ultimately discourage most Christians and break their confessions of faith.

This is why a constant confession of faith in the promise of God will eventually overcome Satan's oppression, and he will have to release his hold on you. Satan's power to afflict and oppress you increases or decreased in direct proportion to your confession of faith in the Word of God which you have claimed.

When Satan discovers that you have learned the secret of using God's Word to overcome him [Revelation 12:11](#), he will eventually be forced to release his hold on you or on your circumstances. But often he will not withdraw until he has exhausted his resources in an attempt to break your confession of faith. But he knows that your confession, if maintained without wavering, will ultimately defeat him and his work in your life.

6. If Satan tempts you to doubt, boldly take the initiative away from him.

Holding fast to your confession of faith without wavering [Hebrews 10:23](#) whereby you keep faith in the promise of God until the manifestation of the answer.

Finally, we must keep in mind that mental attitudes are vitally important; the power of thought and suggestion over our bodies is phenomenal. If Christians could realize just how much of their own illness, depression, problems, and defeat stem from emotional stress that results from wrong attitudes and thoughts, as well as from their negative statements concerning these matters, they would never again allow such attitudes and expressions to rob them of their health, joy, peace, and victory, but would begin each day with a positive expectation, confessing: "This is the day which the Lord hath made; I will rejoice and be glad in it."