

Introduction to the Prayer of Affirmation

Overview: Affirm a faithful saying constantly – Titus 3:8

A) Definition

1. The Prayer of Affirmation is the speaking or declaring of 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
4. It is the faith which you confess. Heb 10:23 Ampl

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; 5:28 Ampl

C) The Importance of Affirmations

1. Sword of the Spirit as a battering ram. Eph 6:17; Joshua 1:8
2. Calling things that be not as though they were. Rom 4:17
3. Releasing angels to work. Psalm 103:20
4. Overcoming by the Blood and 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).
3. The affirmation must contain the Name of Jesus.
4. Speak the Prayer of Affirmation (i.e., the affirmations) audibly through your lips.
5. Speak the affirmations in the past tense. It has already been done (spiritually).

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

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. 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, getting better, say, “In the Name of Jesus, I am fine.”

“I am challenged with...”

4. Affirmations are NOT vain repetitions; not useless and not proud (Matt 6:7).

Note: - Kenneth E. Hagin Sr. – From his book Redeemed from Poverty, Sickness and Spiritual Death, Chapter 2: Redemption from the Curse of Sickness pgs. 21-22. “Seemed like 10,000 times” – From near death to healing in 3 days saying affirmations every waking moment.