

BUILDING CONFIDENCE

*Meditation  
Confessions*



*Pastor Sandy Mays*



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## *Meeting the real you.*

As a born again believer in the Body of Christ, it is essential for us to come to realize, that we are spirit beings, we have a soul, and we live in a body. (1Thessalonians 5:23 ) Our body is not the real us, it is the house we live in.

You may have heard this for years, but never really gave it any deep thought. Why is this so significantly important? Because until we start living from the power of our born again spirit, we will find it challenging to maintain true confidence in life.

Without this knowledge activated in our lives, we will base our confidence level on our appearance and what we have around us. Our possessions, accomplishments, promotions, social status, and relationships, just to name a few, will control our confidence level. When we experience loss in any of these areas, we lose our confidence and will either try to find something else to replace it.

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# *True confidence comes from God.*

When we are not able to find another replacement for our confidence, we end up with low confidence or none at all. So, we could end up living our lives continually, looking for an external reason or possession to base our confidence on.

God filled us with everything we need to live confidently when we received Jesus Christ as our Lord and Savior. The Bible says in *1 Corinthians 1:30-31 AMP*...<sup>30</sup> *But it is from Him that you have your life in Christ Jesus, Whom God made our Wisdom from God, [revealed to us a knowledge of the divine plan of salvation previously hidden, manifesting itself as] our Righteousness [thus making us upright and putting us in right standing with God], and our Consecration [making us pure and holy], and our Redemption [providing our ransom from eternal penalty for sin].*

<sup>31</sup> *So then, as it is written, Let him who boasts and proudly rejoices and glories, boast and proudly rejoice and glory in the Lord.*

Jesus became the curse for us and connected us to God, so that in every area of our lives, we would have the power we need to live confidently. Not trusting in ourselves or our possession, but trusting in God. Our relationship and connection with God will stabilize our confidence for His glorious plan in our lives, just like it stabilized Jesus' confidence when He walked the earth. Living our best life happens through our strong stable confidence with God.

The key to accessing this confidence is to get to know ourselves as spirit beings and interact with God, Who is a Spirit. How do we do this? Through our knowledge, and meditation of the Word of God, and the power of the Holy Spirit. The Holy Spirit is here to give us revelation and empower us spiritually to hear and grow in our revelation from God.

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# *I am a spirit, born of God.*

We are divinely connected to God through Jesus spiritually, so we can hear His voice and follow His instruction daily.

Making the adjustment in your life, to listen to the inner voice of your spirit, will revolutionize your confidence and your life.

Jesus has been made to us wisdom, righteousness, sanctification and redemption. These spiritual forces of life listed in *1 Corinthians 1: 30-31*, are working for us within our born again spirit, to give us everything we need for every circumstance in life. The power of the Holy Spirit will give us wisdom for every problem, that leads us to stand in our righteousness, receive our sanctification and declare our redemption until it comes to pass in this natural realm. This operation is all done through our spirit, under the direction of the Holy Spirit. So, do you see why it is so important for you, meet the real you? The real you is a spiritually endowed powerhouse, born of God!

In closing, I encourage you to take a look at the enclosed Scriptures and start to meditate and ponder on them, until you become more and more aware that you are a spirit being, born of God.

God Bless you,

*Pastor Sandy*

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# Scriptures

*2 Corinthians 5:16 (KJV)*

*<sup>16</sup> Wherefore henceforth know we no man after the flesh: yea, though we have known Christ after the flesh, yet now henceforth know we him no more.*

*2 Corinthians 5:16 (AMP)*

*<sup>16</sup> Consequently, from now on we estimate and regard no one from a [purely] human point of view [in terms of natural standards of value]. [No] even though we once did estimate Christ from a human viewpoint and as a man, yet now [we have such knowledge of Him that] we know Him no longer [in terms of the flesh].*

## **Confession:**

Consequently, from now on I estimate and regard no one or myself from a purely human point of view in terms of natural standards of value. Even though Christ was once estimated from a human viewpoint and as a man, yet now I have such knowledge of Him, that I know Him not in the terms of the flesh, in Jesus Name.

*2 Corinthians 3:6 (KJV)*

*<sup>6</sup> Who also hath made us able ministers of the new testament; not of the letter, but of the spirit: for the letter killeth, but the spirit giveth life.*

*2 Corinthians 3:6 (AMP)*

*<sup>6</sup> [It is He] Who has qualified us [making us to be fit and worthy and sufficient] as ministers and dispensers of a new covenant [of salvation through Christ], not [ministers] of the letter (of legally written code) but of the Spirit; for the code [of the Law] kills, but the [Holy] Spirit makes alive.*

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**Confession:**

Father, thank You for qualifying me and [making me to be fit and worthy and sufficient] as a minister and dispenser of a new covenant [of salvation through Christ], not of the letter (of legally written code) but of the Spirit; for the code [of the Law] kills, but the [Holy] Spirit makes alive, in Jesus Name.

*John 6:63 (KJV)*

*<sup>63</sup> It is the spirit that quickeneth; the flesh profiteth nothing: the words that I speak unto you, they are spirit, and they are life.*

*John 6:63 (AMP)*

*<sup>63</sup> It is the Spirit Who gives life [He is the Life-giver]; the flesh conveys no benefit whatever [there is no profit in it]. The words (truths) that I have been speaking to you are spirit and life.*

**Confession:**

Father, thank You for filling me with the power of the Holy Spirit [He is the Life-giver]. The words (truths) You are speaking to me through Him are spirit and life. Every word is filling my spirit and renewing my life, in the Name of Jesus.

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