

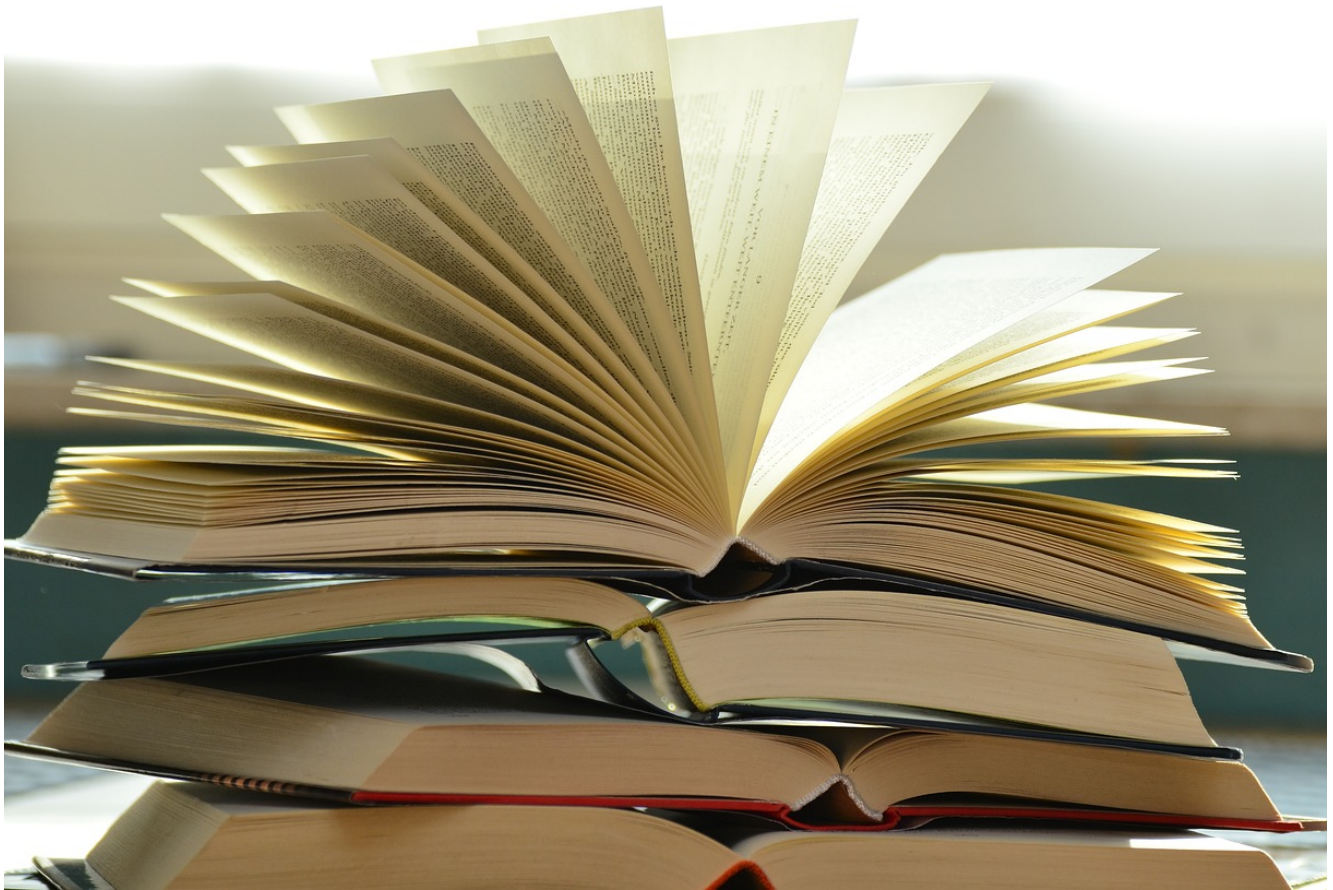
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# How to Use Confessions

## Simple and Powerful Tool

Kamp Jesus - April 4, 2024

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## How to Use Confessions

Colossians 3:10 and Ephesians 4:24 - we are to “put on” the new man.



What does this mean to “put on”? Actually, it’s literal. We behave like we have a “new self” because...we do. As we do this we will be renewed by the Holy Spirit bit by bit. And **we are renewed in the knowledge of the image of the Creator**, just like Colossians says: “And have put on the new self, which is being renewed in knowledge in the image of its Creator.” - Colossians 3:10.

The more we learn about God the more we are renewed!

It’s like when you were in the school play as a kid. You had to “put on the character” you were playing. When you put on the costume, you felt different. You felt like the character and it was easier to behave the way that character behaved. It’s the same with “putting on” the new man. There is a part to us that is changed once we are born again - our Spirit with the Holy Spirit within us. And yes, there are parts to us that drive us crazy because we can’t stand the old behavior because we “know” deep down inside that we are different. It is the struggle that Paul talks about in Romans 7 and 8. The flesh versus the Spirit. They struggle against each other. (I suggest that you read Romans 7 and 8 if you haven’t.)

What we are left with is a choice. Do we behave how our flesh wants us to; or do we behave how the Holy Spirit is leading us in our Spirit. It’s a choice.

This choice comes from “what” we are focused on: flesh or Spirit. **If you want to change your behavior stay focused on the Holy Spirit in your Spirit** by staying in the Word, acting on it, and following His gentle leadings, and making confessions from the Word. It’s that simple.

As we do this we are putting on the new self, that is created to be like God in true righteousness and holiness (Ephesians 4:24).

### *How to make confessions:*

Always have a notebook when you are reading the Word in your prayer time. When a scripture “jumps off” the page at you; or a scripture you don’t understand; or a scripture that just “bugs” you - write them down!

If/when you get any revelation about them you can go back to that page and write it down too.

For the scripture that “jumps off” the page: write it down on a separate piece of paper and change a few of the words to make it personal. I’ll show a scripture in full, then the confession:

John 3:36 - “He that believes on the Son has everlasting life: and he that believes not the Son shall not see life; but the wrath of God abides on him.”

Confession: “I believe on the Son of God, My Lord Jesus Christ, therefore I have everlasting life.”

Here’s a few more:

Romans 8:11 - “And if the Spirit of Him who raised Jesus from the dead is living in you, He who raised Christ Jesus from the dead will also give life to your mortal bodies through His Spirit, who lives in you.”

Confession: “The Holy Spirit, of Him who raised Jesus from the dead is living in me, therefore He who raised Christ Jesus from the dead will also give life to my mortal body through His Spirit, Who lives in me. “

Colossians 2:12-13 - “Buried with Him in baptism, wherein also you are risen with Him through the faith of the operation of God, who hath raised Him from the dead and you, being dead in your sins and the uncircumcision of your flesh, has He quickened together with Him, having forgiven you all trespasses;”

Confession: “I am buried with Jesus in baptism, and I’m also risen with Him because I know God raised Jesus from the dead. Hallelujah! And I am now alive with Him because God forgave me all of my sins through Christ Jesus my Lord.”

Colossians 3:1-3 “If you then be risen with Christ, seek those things which are above, where Christ sits on the right hand of God. Set your affection on things above, not on things on the earth. For you are dead, your life is hid with Christ in God.”

Confession: “I am risen with Christ, I seek those things which are above, I keep my eyes where Christ sits on the right hand of God. I set my affection on things above, not on things on the earth. For I am dead to them and my life is hid with Christ in God.”

However many confessions you have, whether it’s one or 10, or 20, whatever... put them on a sheet(s) of paper and speak them out over yourself in your prayer time. You can do this after you have said your morning prayers and read scripture; or before; or instead of “typical” morning prayers. However the Lord is leading you to do them. Things with the Lord tend to go in cycles. Or seasons, may be a better word. There will be a period of time you may focus on them. Especially if you are retraining your soul (\*See Spirit, Soul, Body article). Until you get your mind renewed (Romans 12:2) with what God says about you, stay on this. You have to change your thinking to His thinking - the way He sees you through the Blood of Jesus. Not through your flesh and not through your personality.

If you have never done this there’s nothing quite like this. You will sense joy, vitality, you’ll get excited. That is the Holy Spirit taking hold together with you on scripture!! It’s a good thing to do!