

# Are You Saying These Bible Confessions To Improve Your Self-Control

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If you want to know how the term bible self control can help you achieve your goal of overcoming any desirable habits that's hard to break that you know you really need to stop because it's causing you pain, then listen to this.

Whether you can't stop giving in to premarital sex or you eat too much and are overweight. Even if you know you need to stop, heck even if you want to stop, you can't. Why? Because you're only half way there. You need to pray these faith confessions to achieve your goal of successfully overcoming your self-control problem.

If someone says, "I always confess my sins to God." I'll say, "That's great, but that's not the type of confession I'm talking about".

The confession I'm talking about is the kind you confess over your life daily to improve it. The ones the self-improvement experts call affirmations or auto-suggestions.

The only difference being most of theirs is not based on the word of God and all of ours will be. However, they still report remarkable results threw case studies and testimonials.

### How Can Confession Help Me

By mixing your desires with the promises from the word of God your confessions are prayer. Yes, I said prayer! They will become more powerful because you are going to say them until you believe them by faith and cause God to act on your behalf.

The Bible says to put God in remembrance of His word which contains everything you need to succeed in life. He goes on to say, "let us plead together: declare thou, that thou mayest be justified." (Isaiah 43:26).

The Bible also says that, "You can do all things threw Christ which strengthens you." (Philippians 4:13). But if you don't open your mouth to declare it, or confess it how can God justify your so called faith?

The heart is filled by the eyes, the ears and the mouth. So, the idea is to fill your heart with the Word of God by looking at, listening to and speaking the Word of God over your life on a daily basis.

Jesus said, "A good man out of the good treasure of his heart bringeth forth that which is good..." (Luke 6:45)

By speaking the word of God consistently over your life you'll begin to see yourself succeeding and you will build up the faith necessary to have what you want.

Faith doesn't grow on trees you have to work at it. And everybody knows that practice makes perfect.

Jesus said, "...If thou canst believe, all things are possible to him that believeth." (Mark 23:9)

But, if you can't stop eating donuts or whatever it is

that you can't overcome then you don't really believe that (Philippians 4:13) applies to you now do you?

Besides, the Bible says, "...of whom a man is overcome, of the same is he brought in bondage." (Proverbs 16:32). Meaning it's not acceptable to lack self-control.

Overcoming Your Problems with Confession.

So what do you need to do? You need to set a side 20 or 30 minutes in the morning before you go to work or whatever you do and another 20 or 30 minutes before you go to bed.

During these two time slots you're going to repeat the confessions from the Bible below.

You'll need to pray each confession out loud for at least 2 or 3 minutes, with your attention fully concentrated.

Keep saying them everyday and don't worry if you miss a few. It's more important that you don't let that cause you to give up.

Confess them with authority while imagining yourself receiving from God the ability to overcome your self-control problem.

Believe that they are working and meditate on them during the day and you'll receive the ability to overcome your self-control problem.

The 10 Confessions

1. I can do all things through Christ who strengthens me
2. If God be for me, who can be against me?
3. I'm in perfect peace
4. The joy of the lord is my strength
5. No man can take my joy from me
6. No weapon that is formed against me shall prosper
7. I have power, love and a sound mind
8. I cast all my cares upon God
9. I am more than a conqueror
10. My God supplies all my needs

(Philippians 4:13), (Romans 8:31), (Isaiah 26:3), (Nehemiah 8:10), (John 16:22), (Isaiah 54:17), (2 Timothy 1:7), (1 Peter 5:7), (Romans 8:37), (Philippians 4:19)

Think of this as only the beginning. After these

confessions works for you, you should search for other scriptures to help you reach your goals. For instance: what about the ones on receiving wealth, finding a spouse or whatever else you desire?

You can fill your heart by using this confession technique and receive anything God has already promised.

In closing, to improve your results even further you should read your Bible for 30 minutes before the start of each prayer confession. This of course will also "bring good success" (Joshua 1:8).