

A photograph of a person with a backpack standing on a rocky peak, looking out over a vast mountain range. The person is wearing a grey long-sleeved shirt, dark pants, and a black backpack. The background shows rolling hills and mountains under a hazy sky. The foreground is a white, textured surface with faint, stylized floral patterns.

ABC's
OF UNUSUAL
ELEVATION

Day 1

Affirm



The ABCs of Unusual Elevation, a 26 day Devotional

*Death and life are in the power of the tongue, and those who love it will eat its fruits.-
Proverbs 18:21 (NKJV)*

As we step into 2023, it is only natural that you aspire, and you have set goals. One way to ensure you keep track of those goals is to affirm God's word over your life daily. Affirmations are positive statements that are used to reprogram the subconscious mind and change negative thought patterns. They can be used to improve self-confidence, over-come fear and anxiety, and achieve goals.

To make affirmations effective, it is important to state them in the present tense and with confidence. For example, instead of saying "my needs will be met," you should say "my needs are met." It is helpful to personalize the affirmation to your specific goals and use strong, positive language in line with God's word. When you start speaking God's word concerning your life in this coming year, you begin to conceive it in your mind's eye, and it gets planted into your subconscious. Romans 4:17 says "even God, who quickeneth the dead, and calleth those things which be not as though they were."

This is a principle God uses as we can see from scripture, in the beginning God created the heavens and the earth by speaking. The New Living Translation of Rom 4:17 says "God who brings the dead back to life and who creates new things out of nothing." We can create what we want in our life by speaking. Genesis 1 tells us how God created by speaking – "and God said". You must understand that God's plans for you are of GOOD so finding scriptures to back up God's plans and promises for you is a crucial part of how our 2023 can be great.

"Affirmations are an effective way to consciously program your mind to create the life you desire." - Jack Canfield

One way to use affirmations is to repeat them to yourself multiple times a day, either out loud or in your head. You can also write them down and post them in a visible location as a reminder. It is important to believe in the affirmations you are using and to have patience, as it can take time for them to manifest in your life.

In addition to repeating affirmations, it can be helpful to take action towards your goals and visualize yourself achieving them. This can help to reinforce the positive beliefs you are trying to instill through the use of affirmations.

So what are God's promises to you this 2023 which you need to constantly affirm to your-self?

To Ponder/ Discussion points for small groups:

- ® *How can I speak more positive this new year?*
- ® *What scriptures can I use to back up God's promises for my life?*

Prayer and confessions:

® *I decree that the lines have fallen for me in pleasant places, and I have a delightful inheritance according to Psalm 16:6. This new year, I remain positive, and my thoughts and words are constantly aligned with God's will for my life. This causes me to experience unusual elevation in Jesus Name. Amen*

