

# Establish the Word in our Hearts

## - Part II -



*Meditating  
& Confessing  
the Word*

# Meditating and Confessing the Word

WHAT

does it mean  
to meditate  
the Word ?





# WHAT does it mean to meditate the Word?

1. To MEDITATE MEANS to:

THINK  
DEEPLY

MUSE  
OVER

CONSIDER  
OVER AND OVER  
AGAIN

SIT  
ON IT

REFLECT

CONTEMPLATE

PONDER

ACTIVE USE OF HEART & MIND

The PURPOSE of Meditation  
is to have the Word  
“written” / hidden  
on the tablets of our hearts.

Proverbs 3:3; 7:3; Psalm 119:11

WHAT does it mean to CONFESS the Word?

To CONFESS MEANS to  
SPEAK FORTH THE WORD  
Established In Our Hearts.

Agreement of the heart & mouth

# WHAT does it mean to CONFESS the Word?

We confess the Word in 3 ways :-

1. We confess as PRAYER COMMUNION with the Lord in thanksgiving, praise and worship.
2. We confess the Word to MINISTER to one another.
3. We Confess the Word to wield the sword of the Spirit to RESIST the evil one.



# WHY we Confess the Word to the LORD ?

## 1. Confessing the Word requires HUMILITY.

Some words  
are very  
difficult to say

I thank  
you

I am  
sorry

I appreciate  
you

please

I love you

I need you

## 2. Confessing the Word requires EFFORT.



# WHY we Confess the Word to the LORD ?

## 3. Confessing the Word is a SACRIFICE.

Hebrews 13:15 - The Sacrifice of Praise –  
the Fruit of lips that confess  
His Name

Psalms 119:108 - Accept, O LORD, the willing  
praise of my mouth

Psalms 34:1 - I will extol the LORD at all times,  
His praise will always be on  
my lips

## WHY we Confess the Word to the LORD ?

4. Confessing the Word is a DECLARATION  
PROCLAMATION of the greatness and  
goodness of God.

Psalm 95 - 100

We cannot praise God in our thoughts.  
We just have to SAY it !

## WHY we Confess the Word – For Victory ?

5. Confessing the Word pulls down  
STRONGHOLDS. [ resist the evil one ]

2 Corinthians 10:3 - 5 - The Word is our  
Spiritual Weapon.

Revelation 12:11 - We overcome by  
the Word we speak /  
testify / declare

## WHY we Confess the Word – For Victory ?

5. Confessing the Word pulls down STRONGHOLDS. [resist the evil one]

God is omniscient but the spirit world is not.

Knowing the Word only in our mind is  
NOT spiritual knowledge

The test / reality is whether we know the  
Word to overcome & be victorious

The mouth speaks from overflow of heart / spirit



# HOW to meditate and confess the Word?

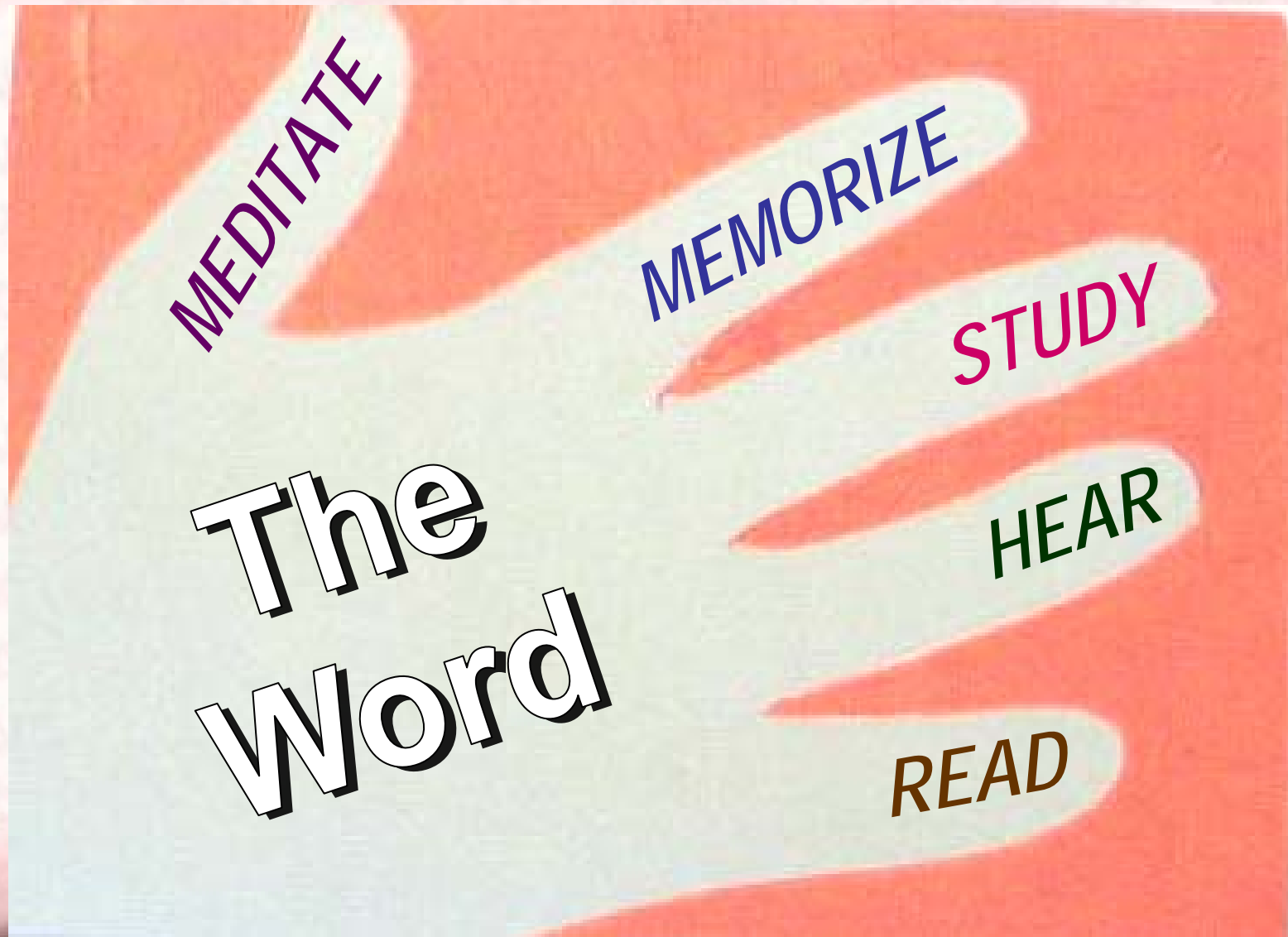
Ezra 7:10

<sup>10</sup>For Ezra had prepared his heart  
to seek the Law of the LORD,  
and to do it, and to teach statutes  
and ordinances in Israel.

### 3 KEYS from Ezra 7:10

1. Study - find out - investigate - search
2. Apply - do it - practice - obey
3. Share it with others - confess - testify

# Five forms of intake of the Word :-



## 6 Application Steps :-

1. READ aloud (*to HEAR yourself*) the selected verses from different versions.
2. Write out the verses.
3. STUDY - find out - investigate - search for the purpose to KNOW and UNDERSTAND  
This is MEDITATION of the Word.



## 6 Application Steps :-

4. PARA-PHRASE in your own words,  
your understanding of the verses.
5. PRAY ALOUD - CONFESS -  
your para-phrase version of the verses.
6. Do it regularly.  
Practice .. Practice .. Practice ..

# Meditate and Confess

Rx#Sr7wro##G##Ekw

:##I\##UWKV

# Our Position in Christ – Truth #1

I am very deeply LOVED by God in Christ.

Romans 5:8

But God demonstrates His own love toward us,  
in that while we were still sinners,  
Christ died for us.

John 3:16

# Our Position in Christ – Truth #1

I am very deeply LOVED by God in Christ.

Zechariah 2:8 - I am the apple of His eye

Ephesians 1:6 - I am accepted in the Beloved

Isaiah 43:4 a - I am precious in His eyes

Zephaniah 3:17 - He rejoices, singing over me

1 John 2:15 – secured in the Father's love



## Our Position in Christ – Truth #2

I have the PEACE OF CHRIST guarding  
my heart and my mind.

Romans 8:1

There is therefore now no condemnation  
to those who are in Christ Jesus, who do not walk  
according to the flesh, but according to the Spirit.

Rev 12:10 – source of guilt & condemnation

Confess the Word instead of focus on self

## Our Position in Christ – Truth #2

I have the PEACE OF CHRIST guarding  
my heart and my mind.

Philippians 4:6 – 7

<sup>6</sup>Be anxious for nothing, but in everything  
by prayer and supplication, with thanksgiving,  
let your requests be made known to God;  
<sup>7</sup>and the peace of God, which surpasses  
all understanding, will guard your hearts and minds  
through Christ Jesus.

## Our Position in Christ – Truth #3

I am the RIGHTEOUSNESS of God in Christ.

2 Corinthians 5:21

For He made Him who knew no sin to be sin  
for us, that we might become  
the righteousness of God in Him.

## Our Position in Christ – Truth #3

I am the RIGHTEOUSNESS of God in Christ.

1 John 1:9

If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

The Blood of Christ covers all my sins.



## Our Position in Christ – Truth #4

I am COMPLETE in Christ who supplies all I need.

Colossians 2:10

and you are complete in Him ...

1 Corinthians 1:30

But of Him you are in Christ Jesus, who became  
for us wisdom from God— and  
righteousness and sanctification and redemption

## Our Position in Christ – Truth #4

I am COMPLETE in Christ who supplies all I need.

2 Peter 1:3 – 4

<sup>3</sup>as His divine power has given to us all things  
that pertain to life and godliness,  
through the knowledge of Him ...

<sup>4</sup>by which have been given to us exceedingly  
great and precious promises, that through these  
you may be partakers of the divine nature ...

# Our Position in Christ – Truth #5

I walk in divine HEALING, HEALTH & LIFE  
in Christ.

1 Peter 2:24

<sup>24</sup> who Himself bore our sins in His own body  
on the tree, that we, having died to sins,  
might live for righteousness—  
by whose stripes you were healed.

Isaiah 53:4-5

Psalm 103:3

# Our Position in Christ – Truth #5

I walk in divine HEALING, HEALTH & LIFE  
in Christ.

Proverbs 3:8

<sup>8</sup>This [ the Word ] will bring health to your body  
and nourishment to your bones.

Proverbs 4:22

<sup>22</sup>for they [ the Word ] are life to those who find  
them and health to a man's whole body.



## Our Position in Christ – Truth #6

I have Christ WITH ME always.

Matthew 1:23

“Behold, the virgin shall be with child, and bear a Son, and they shall call His name Immanuel,” which is translated, “God with us.”

Hebrews 13:5b

... I will never leave you nor forsake you.

# Our Position in Christ – Truth #7

I am always VICTORIOUS in Christ

2 Corinthians 2:14a

<sup>14</sup> Now thanks be to God who always leads us  
in triumph in Christ ...

Colossians 1:27

Christ in you - the hope of glory

Psalms 91

## Summary

### 7 Truths of Our Position In Christ

1. I am very deeply  
loved by God in  
Christ.

### Psalm 23 - The 7 Redemptive Names of God

❖ He is my  
Jehovah-Rohi  
who loves me and  
gave His life for me

## Summary

2. I have the Peace of Christ guarding my heart and my mind.

❖ He is my  
Jehovah-Shalom  
the LORD, My Peace

3. I am the Righteousness of God in Christ.

❖ He is my  
Jehovah-Tsidkenu  
the LORD,  
My Righteousness



## Summary

4. I am complete in Christ who supplies all I need.

❖ He is my **Jehovah-Jireh** - the LORD will provide

5. I walk in divine healing, health & life in Christ.

❖ He is my **Jehovah-Rapha/Rophe** the LORD who heals

## Summary

6. I have Christ  
with me **always.**

❖ He is my  
**JEHOVAH-SHAMMAH**  
the LORD who is  
always there with me

7. I am always  
victorious **in**  
**Christ.**

❖ He is my  
**Jehovah-Nissi**  
the LORD,  
my Banner of Victory

## 6 Application Steps :-

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## Conclusion :

Jeremiah 15:16

Your Words were found [revelation]

And I ate them, [meditation]

And Your Word was to me

The joy and rejoicing of my heart ...

[confession]