

Evening Confessions

Often in the evening when my energy subsides, I find my mind filling with negative thoughts, usually about me personally. So, it made sense to stop these thoughts and bring them into obedience to Christ by confessing what was true and not automatically receiving the accusations.

I started saying out loud, “Evening Confessions,” followed by many things the word of God has to say about me as a believer in Jesus. I am forgiven. I am loved. God is working in me. He cares about me. The list is long, and it comforted me to “think on these things.”

This went on for a few days, and then one morning, my mind was filled with negativity (not my norm). So I said out loud, “Morning Confessions,” and began to speak peace into my new day. “Thank You, Jesus, that I am alive and well. I thank You for this new day You have given me. I thank You that You will guide me,” and the list went on.

A couple of days later, around noon, I once again felt despair. So I said, “Lunchtime Confessions,” and began my list.

A few more days passed, and one mid-morning, I felt surprisingly without any inspiration to do my work. I said, “Mid-morning Confessions,” and began to quote Scripture.

Now, I hadn’t put these thoughts all together as I am for you. I didn’t see what was going on until a few more days passed, and sometime in the afternoon, I caught myself saying, “Mid-after Confessions.” Then my mind put it all together, and I found myself comically amused by it.

I thought, “I guess I need constant encouragement,”

But isn’t it wonderful that at any time of day, we can reject the negative ideas and feelings that we face and instead speak what God has to say about us? I may be what I’m being accused of in the natural, but in God, I am a new creation. I am greatly loved. I am blessed. All that I do will prosper. I have the favor of God.

Oh, that list is so long that you will never run out of things to set your mind upon. Think on those things.

If you aren’t that well-acquainted with who you are in Christ, go to this lesson for encouragement.

[Who We Are and What We Have in Him](#)