

Confession of Belief Yields Receipt of Confession

By Mike Lorence

Our Confession and Our Believing

When I first learned what it took to be born-again, a believer shared with me the following verse.

Romans 10:9 (KJV)

⁹That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved.

There are a couple of critical elements in this verse.

1. Confessing with the mouth
2. Believing in the heart

It sets a standard of receiving something from God. We confess it, we believe it, and then we receive it.

Shortly after getting born-again, I took a biblical class which taught me great keys and principles about God and His Word. One of the first things I ever memorized from that class I found book, *The Bible Tells Me So*, chapter four, entitled *The Synchronized Life*.¹ There was a line in that chapter, "Confession of belief yields receipt of confession."² That phrase changed my life.

So exactly what does it mean? Let's change the phrasing to make it easier to understand. Speak what you believe in the heart and you will receive what you are saying. Another way to say it might be that when you declare and believe something to be true, you will receive the results of that belief in your life. Some have referred to it as positive affirmations, but it's a godly principle of receiving.

Whatever a person believes is directly reflected in what they confess. Have you ever listened to yourself? What comes out of your mouth? What thoughts run through your mind?

We need to pay attention to what we say. Here's what Jesus said.

Matthew 15:10-11 (KJV)

¹⁰And he called the multitude, and said unto them, Hear, and understand:

¹¹Not that which goeth into the mouth defileth a man; but that which cometh out of the mouth, this defileth a man.

Let's speak and say what the Word says. The Word is truth so anything that is contrary to it must be a lie. We are what the Word of God says we are. We have what the Word of God says we have. We will be what the Word of God says we will be. Let's make sure our words are in alignment with the Words of God.

Believing – Positive and Negative

In that same class I learned that believing can either be positive or negative. So, if our confession is positive, we will receive positive results. It's the same with negative believing. Our

¹ Wierwille, V. P. (1971). *The Synchronized Life*. In *The Bible Tells Me So* (1st ed., pp. 31-37). New Knoxville, Ohio: American Christian Press.

² Ibid, p. 31.

confession not only illustrates what we genuinely believe, but it also reinforces those beliefs – positive or negative.

God formed and made the man. That means He also formed and made the brain. It's an amazing organ. It's extremely complex in all that it does. Natural man can study it and how it behaves. They've studied how it responds to certain stimuli which includes what we think and believe. At *NeuroLaunch.com* in an article titled, *The Power of Belief Psychology: How Thoughts Shape Reality*, it states the following.

To truly understand the power of beliefs, we need to delve into the intricate workings of the brain. Our beliefs aren't just abstract concepts floating in our minds; they have a tangible neurological basis that influences how we process information and respond to the world around us.

When we form a belief, our brain creates neural pathways that reinforce this conviction. These pathways are like well-trodden paths in a forest – the more we use them, the stronger and more established they become. This process is closely tied to the concept of neuroplasticity, the brain's remarkable ability to reorganize itself by forming new neural connections throughout life.³

This is valuable information. When we believe in something, our brain actually forms these pathways. Isn't that great? The more we confess our beliefs, the more our brain wants to travel down that pathway. It's the way we renew our mind.

Ephesians 5:22-24 (KJV)

²² That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts.

²³ And be renewed in the spirit of your mind;

²⁴ And that ye put on the new man, which after God is created in righteousness and true holiness.

How do we put off the old man – our natural, five-senses thoughts, beliefs, and actions? By putting on the new man – our spiritual, godly thoughts, beliefs, and actions. God knows exactly how the brain works and He gave us the formula long before those in neuroscience ever figured it out. Perhaps they should study God's Word.

The Power of the Tongue

The tongue is powerful.

Proverbs 18:21a (KJV)

²¹ Death and life are in the power of the tongue:

That is quite a statement. Do you think about what you say and the impact it has? Are your words life or are they death?

Proverbs 4:20-24 (AMP)

²⁰ My son, pay attention to my words *and* be willing to learn; Open your ears to my sayings.

³ NeuroLaunch Editorial Team. (2024, September 15). *The Power of Belief Psychology: How Thoughts Shape Reality*. (NeuroLaunch.com, Ed.) Retrieved February 15, 2024, from NeuroLaunch: Gray Matter Matters: <https://neurolaunch.com/the-power-of-belief-psychology/>

- ²¹ Do not let them escape from your sight; Keep them in the center of your heart.
²² For they are life to those who find them, And healing *and* health to all their flesh.
²³ Watch over your heart with all diligence, For from it *flow* the springs of life.
²⁴ Put away from you a deceitful (lying, misleading) mouth, And put devious lips far from you.

Our beliefs and our words must line up with God's words, otherwise our words are froward (deceitful) and perverse (devious). These are similar words meaning our words are like a crooked path and it deviates us from the proper or right direction. Let's make sure we are speaking the word of life and staying on the straight path which God has set before us.

Let me make a critical point here. Just confessing the Word isn't enough. You also must believe it. When I was out on L.E.A.D. (Leadership, Education, Adventure, Direction), an outdoor Christian leadership development program, a number of us were belaying or climbing the side of tall vertical rock faces. Some individuals were incredibly nervous about doing it, and I observed one person repeating over and over again, "I can do all things through Christ who strengthenth me," but that person never got more than three feet off the ground. Why didn't her confession of belief yield receipt of confession? Because it's confession of BELIEF. She was confessing what the Word said, but she didn't believe she could actually do it. She received what she believed, not the words coming out of her mouth in that situation. We must confess it AND we must believe it. Confessing helps our belief but it's not a magic incantation like saying "Abracadabra" and think it will automatically happen.

The Power of the Spoken Word

The spoken word is powerful. Let's look at a couple of examples.

Genesis 1:3, 6, 7, 9,11, 14, 15, 20, 24, 26 (KJV)

- ³ And God said, Let there be light: and there was light.
⁶ And God said, Let there be a firmament in the midst of the waters, and let it divide the waters from the waters.
⁷ And God made the firmament, and divided the waters which were under the firmament from the waters which were above the firmament: and it was so.
⁹ And God said, Let the waters under the heaven be gathered together unto one place, and let the dry land appear: and it was so.
¹¹ And God said, Let the earth bring forth grass, the herb yielding seed, and the fruit tree yielding fruit after his kind, whose seed is in itself, upon the earth: and it was so.
¹⁴ And God said, Let there be lights in the firmament of the heaven to divide the day from the night; and let them be for signs, and for seasons, and for days, and years:
¹⁵ And let them be for lights in the firmament of the heaven to give light upon the earth: and it was so.
²⁰ And God said, Let the waters bring forth abundantly the moving creature that hath life, and fowl that may fly above the earth in the open firmament of heaven.
²⁴ And God said, Let the earth bring forth the living creature after his kind, cattle, and creeping thing, and beast of the earth after his kind: and it was so.
²⁶ And God said, Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth.

God said...and it was so.

Let's look at another example. A king in the Old Testament knew the power of words and he wanted to use it as a military advantage.

Numbers 22:1-6 (KJV)

¹ And the children of Israel set forward, and pitched in the plains of Moab on this side Jordan by Jericho.

² And Balak the son of Zippor saw all that Israel had done to the Amorites.

³ And Moab was sore afraid of the people, because they were many: and Moab was distressed because of the children of Israel.

⁴ And Moab said unto the elders of Midian, Now shall this company lick up all that are round about us, as the ox licketh up the grass of the field. And Balak the son of Zippor was king of the Moabites at that time.

⁵ He sent messengers therefore unto Balaam the son of Beor to Pethor, which is by the river of the land of the children of his people, to call him, saying, Behold, there is a people come out from Egypt: behold, they cover the face of the earth, and they abide over against me:

⁶ Come now therefore, I pray thee, curse me this people; for they are too mighty for me: peradventure I shall prevail, that we may smite them, and that I may drive them out of the land: for I wot that he whom thou blessest is blessed, and he whom thou cursest is cursed.

Balak knew that if Balaam came and cursed the children of Israel that he could prevail against them. But he also knew that if he blessed them, they'd be blessed. He knew the power of words. The record goes on to tell how Balaam was being offered substantial rewards for cursing the Israelites. God tells Balaam not to go and not to curse this people, but he goes anyway. God eventually gets through to him by confronting him in a unique way. An angel of the Lord confronts him on his travels and tells Balaam to speak only the words the Lord tells him to speak.

Numbers 22:35 (KJV)

³⁵ And the angel of the Lord said unto Balaam, Go with the men: but only the word that I shall speak unto thee, that thou shalt speak. So Balaam went with the princes of Balak.

Balak meets Balaam and Balaam states that God will bless and multiply the children of Israel. Balak doesn't like those words so he takes Balaam to another location hoping that the results will be different.

Numbers 23:20 (KJV)

²⁰ [Balaam says] Behold, I have received commandment to bless: and he hath blessed; and I cannot reverse it.

Now Balaam has actually blessed Israel twice. Look at how Balak responds.

Numbers 23:25 (KJV)

²⁵ And Balak said unto Balaam, Neither curse them at all, nor bless them at all.

Balak would rather have him not say anything, than bless the people. But it was too late. It had already been said and God keeps His Word.

One more example. There was a prophet in Israel by the name of Elisha. As he traveled, he met a Shunamite woman who treated him well and provided him with a place to eat and stay. Elisha

wanted to bless her for her hospitality and he wanted to do something special for her. When his servant told him she didn't have a child, God told Elisha to tell her that she would have a son. She did and the child grew up to be a young man. But one day, while working in the field with his father, he died. The workers took him to his mother and she laid him on the prophet's bed, called a servant to saddle an ass, and quickly to take her to Elisha.

2 Kings 4:21-26 (KJV)

²¹ And she went up, and laid him on the bed of the man of God, and shut the door upon him, and went out.

²² And she called unto her husband, and said, Send me, I pray thee, one of the young men, and one of the asses, that I may run to the man of God, and come again.

²³ And he said, Wherefore wilt thou go to him to day? it is neither new moon, nor sabbath. And she said, It shall be well.

²⁴ Then she saddled an ass, and said to her servant, Drive, and go forward; slack not thy riding for me, except I bid thee.

²⁵ So she went and came unto the man of God to mount Carmel. And it came to pass, when the man of God saw her afar off, that he said to Gehazi his servant, Behold, yonder is that Shunammite:

²⁶ Run now, I pray thee, to meet her, and say unto her, Is it well with thee? is it well with thy husband? is it well with the child? And she answered, It is well:

Notice that when her husband asks why she is going to see the prophet, and when Gehazi asks how everyone in her family is doing, she responds, "It is well." Was it well? No. Her son was dead. Was she lying? No. She was confessing what she believed. Remember, confession of belief yields receipt of confession. She believed in her heart that her son would live and that all would be well, so that's what came out of her mouth. Words, the power of life and death.

2 Kings 4:32-37 (KJV)

³² And when Elisha was come into the house, behold, the child was dead, and laid upon his bed.

³³ He went in therefore, and shut the door upon them twain, and prayed unto the Lord.

³⁴ And he went up, and lay upon the child, and put his mouth upon his mouth, and his eyes upon his eyes, and his hands upon his hands: and stretched himself upon the child; and the flesh of the child waxed warm.

³⁵ Then he returned, and walked in the house to and fro; and went up, and stretched himself upon him: and the child sneezed seven times, and the child opened his eyes.

³⁶ And he called Gehazi, and said, Call this Shunammite. So he called her. And when she was come in unto him, he said, Take up thy son.

³⁷ Then she went in, and fell at his feet, and bowed herself to the ground, and took up her son, and went out.

Was this just wishful thinking on her part? Or was it the power of positive thinking? No. It was confessing what she knew God wanted for her life. She confessed the truth. The truth wasn't that her son was dead. That was a "fact" but the truth was that our God is a God of healing, therefore she spoke the truth in saying, "It is well." She received what she confessed.

Recently, I spoke with a believer, one who has been faithful for many decades. She was telling me of all the negative things that were attacking her in her life. She told me, "I refused to speak

out loud anything negative about the situation, because I know the power of words. I wasn't going to allow any of those words to pass my lips. I spoke aloud the words of God's Word and trusted that God would come through for me, and He did." Confession of belief yields receipt of confession works today just like it did it biblical times.

Bring Every Thought Captive

We need to consider the words that come out of our mouths. And, more importantly, we need to really focus on the self-conversations that go on in our minds. At times, we have a mental loop that plays within our minds. That mental loop are thoughts that run over and over in our minds. Thoughts like, we're not good enough, or that God would never do anything for us. We get trapped in the downward spiral of condemning ourselves. We are sin conscience. We just can't seem to let go of something. Or we hold a grudge or bitterness against someone and feel justified in not forgiving them. These are all contrary to God's Word. Although we may not even voice these thoughts aloud, thinking them still establishes neural pathways in our minds. We MUST break those thoughts and build new God-focused pathways by confessing them and believing them.

2 Corinthians 10:5 (KJV)

⁵ Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;

2 Corinthians 10:5 (Working Translation by Walter J. Cummins)

⁵ demolishing reasonings and every high *thing* that exalts itself against the knowledge of God and leading captive every kind of thinking in obedience in Christ

We must lead EVERY thought captive. We are in charge, not our thoughts. Bishop K.C. Pillai, a Christian minister who taught biblical customs or Orientalisms) used to tell his mind to obey. This is what he said about our confession of the Word.

The mind tells you "it can't be done"; the Spirit says that with God all things are possible. The mind says you surely won't get what you need; the Spirit says your Father knoweth what things you have need of and they will be supplied out of His riches in glory.

In this way, the negative and depressing thoughts of the mind are commanded out, and are replaced with the positive promises of God's Word. The mind is an instrument in our hands. We must command it. Words are power; the words you say that go out into the air are powerful and they come back to you hundred-fold. This is why we should guard our tongues, for we are convicted by every idle word. If you bless them that curse you, you receive blessings in return.⁴

If we are ever going to ready to receive the blessings that God has for us, we must diligently work at putting on spiritual thoughts and confessing those words. Listen to what you're saying and pay attention to what you are thinking. As soon as you realize that it's not godly, change it immediately. Even if you have to do it constantly, over-and-over, do it until your confession matches what God says. It's a wonderful way to live life.

⁴ Pillai, K. (2014, April 29). *The Renewed Mind - Pillai*. Retrieved February 16, 2025, from EternallyBlessed: <https://eternallyblessed.org/archive/the-renewed-mind-pillai-660>

God formed, made, and created man. His intent was for our brain to hold His Word and His thoughts. We have an adversary whose job is to thwart God's plans, so he constantly bombards us via the five senses to think and confess anything and everything contrary to God's Word. But we have victory. We can put on the mind of Christ. Let's confess God's Word and watch the blessings roll in.

Philippians 4:8 (AMP)

⁸ Finally, believers, whatever is true, whatever is honorable *and* worthy of respect, whatever is right *and* confirmed by God's word, whatever is pure *and* wholesome, whatever is lovely *and* brings peace, whatever is admirable *and* of good repute; if there is any excellence, if there is anything worthy of praise, think *continually* on these things [center your mind on them, and implant them in your heart].