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Introduction

Dependence on God leads to self-love and self-confidence. He teaches us how to love and shows us the way to make the impossible possible.

The Story of Gideon in the Book of Judges found in the Bible gives a wonderful insight of God's Strength in our weakness.

I pray that as you read and learn from this wonderful story may you love and be victorious in the things God has called you for.

Remember God Loves You.

(All scriptures are based on the NIV Bible Translation.)

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SELF-LOVE

Breaking Free from Negative Mental State

Judges 6 vs 11-16

The story begins when the angel of the Lord visited Gideon son of Joash. During that time Israel was under oppression by the Midianites.

This was because they worshiped other gods and did not heed the call to worship the Lord God who brought them out of slavery in Egypt, the Lord God who drove their oppressors away and gave Israel their land.

This is a negative state of Israel and it's based on certain decisions and choices taken or allowed to happen.

When we talk about breaking free from negative mental state it's similar to letting go of an identity we have believed in or idolized as our current selves.

This book isn't to teach you to be selfish or be all about yourself. But to set you apart from the many.

What do you believe about yourself; based on your environment, what others have told you and what you think is the right image.

I want you to dive deep into yourself and search. When you find all the things you think you are. I want you to break yourself free from them. Let go and let loose for we are about to rebuild your image.



SELF-LOVE

The Role of Self-Compassion Treating Yourself with Kindness

Judges 6 vs 15-16

I want you to pay attention to this part of the story where the angel of Lord started a conversation with him. Then Gideon talks about the problems he and his people are going through and their needs.

During this time, you must know he was ignorant of whom he was speaking to.

In this verse you notice there is a change from the angel of the Lord to God in the conversation because the reply Gideon got came directly from God since he questioned God and the scripture says “The Lord turned to him and said, “Go in strength you have and save Israel out of Midian’s hand. Am I not sending you?”

Gideon replied not with compassion or courage but with self-doubt and uncertainty. It reads “Pardon me, my

lord,” Gideon replied, “but how can I save Israel? My clan is the weakest in Manasseh, and I am the least in my family.”

To bring it to normal terms he said “Excuse me!” With so much disbelief and in the scripture, he said “lord” beginning with a small letter “l” this also shows his ignorance.

My question is, how far low do you see yourself? How unworthy do you think you are? How unqualified do you rate yourself to be? How unforgiving are you about your past? How broken do you think you are? To what extent do you think you can’t love yourself?

I want you to take a deep breath and say this prayer.

Dear Lord,

Help me let go of this feeling, thoughts and believes.

Lord, I release myself from this bonds and chains.

I lay it all at your feet.

Lord I need your help and direction to forgive myself and others.

Please come into my life, I make You the centre of my life and my source of strength.

Forgive my sins.

Teach me forgiveness and compassion.

Thank You Lord Jesus

Amen.

I pray the Lord gives you a vision of the new love, confidence and identity you have in him. In Jesus Name
Amen.

Now that you've successfully let go, I want you to get ready to fill your soul and spirit with conviction of what he has called you to be and the identity he always gave you.

Remember always that you are "A Child of God", "A Daughter or Son of Zion".



SELF-LOVE

Reclaiming Your Reality and Truth

Judges 6 vs 25 – 32

Your reality and truth. I am excited to tell you if you know who the Lord has made and called you to be it will shock you. The many victories you will have in every aspect of your life will be testimonies.

Now let's get back to our story.

In this verse we see how when the Lord said he would support him (verse 16 “I will be with you, and you will strike down all the Midianites, leaving none alive.”) he asked for a sign and when he received the sign, he was no longer ignorant.

Just like how now you have put your dependence on God you do not become or live-in ignorance anymore.

Then he was given a series of instructions to follow. He was made to take down the altar of baal which his family worshiped and build a new altar to the Lord God.

This signifies a change of mental state from “I cannot” to “I can”. You would note if you read the scripture, he began doing the instruction but also in fear of his family and townspeople.

In your weakness God gives you strength, all you have to do is to trust him. Don't mind the family opposition, society and environment. As long as God sent his word to you that he will take you through, that he would lead the way for you.

The mission is possible.

Back to the story when opposition came and they began to demand for the life of Gideon. His father Joash replied to the hostile crowd “Are you going to plead baal's cause? Are you trying to save him? Whoever fights for him shall be put to death by morning! If baal really is a god, he can defend himself when someone breaks his altar”.

And due to this, Gideon was given a new name by the people.

Remember during times of opposition and uncertainty remember you are safe in God's Hands, have faith in his deliverance and victory.

Your new steps would land you places great. Take time to pray and let God reveal the good things he has spoken about you.

Always write them down, start with the positive things about yourself and the rest will flow like milk and honey.

I'm so excited for you.

From now change your body posture we are walking in the love and confidence of God.



SELF-LOVE

Boosting Self-Esteem: Daily Practices

Judges 6 vs 22-26

In the story after Gideons realisation of who he was speaking with he became fearful but the Lord comforted him and Gideon built an altar to the Lord God and called it “The Lord Is Peace”.

I want you to understand that this scripture talks about forming a relationship with God. That is communing with Him. God doesn't want you far away from Him, He wants to give you peace and confidence every day.

How do we do that?

1. By beginning your day talking to him.
2. Tell him all the plans you have and invite him to join you during the day.
3. Give him thanks for the things he has done and things he is yet to do.



SELF-CONFIDENCE

Speaking Your Truth with Trust; Recognizing Your Worth and Value

Judges 7 vs 1-7, Jeremiah 1 vs 5-10

Speaking with truth and trust is something many do not have.

Many want to rely on experience and all the preparations. Its not wrong to prepare or plan but when you fix your trust in that and it fails you begin to doubt yourself. When you succeed also you give credit and praise to yourself and preparations leading to pride and arrogance.

I want to teach you how to speak and walk in the promises God has for you with full trust in Him and Confidence.

Now let's continue with the story of Gideon. His enemies had camped in thousands as many as the sands on the

beach ready for war. Take it from the point of view you have a big project with demanding supervisors.

Now Gideon had made preparations and gathered an army. But God spoke to him and gave him instructions to reduce the numbers, to avoid the people being boastful against God.

Self-confidence is not about trusting yourself but trusting in the truth of what and who God says you are.

In the story after the numbers got reduced to three hundred men, God saw his heart and gave him an instruction to encourage him. Gideon was told to sneak down into his enemy's camp and listen to what they are saying.

When God wants to do a miracle in your life it requires faith as little as a mustard seed. It doesn't depend in the size of your faith but the strength of your faith.

When Gideon arrived at the camp one of the soldiers in the enemies camp had woken up from a dream and was telling his comrades what he dreamt (verse 13 "Gideon arrived just as a man was telling a friend his dream. "I

had a dream,” he was saying. “A round loaf of barley bread came tumbling into the Midianite camp. It struck the tent with such force that the tent overturned and collapsed.” Verse 14 “His friend responded, “This can be nothing other than the sword of Gideon son of Joash, the Israelite. God has given the Midianites and the whole camp into his hands.”)

Now when Gideon heard he bowed and worshiped God and summoned the army and begun war under the instruction of God. During this process the people chanted “For the Lord and for Gideon” another time they said “A sword for the Lord and for Gideon”.

Remember he thanked God for victory which he hadn't yet seen and with the Lord God he fought.

As you begin your projects, presentation, speech, exam, conference, marriage, treatment, relationship. I want you to put your name there, say “A sword for the Lord and your name”.

This is inviting God with you in everything. Even when it fails it's not the end for there is more victorious awaiting you. Do not be put down by setbacks or lack of support.

The Lord God will surprise you. Don't ever take him out of the equation. He is your biggest support and fan. He is cheering you on.

Not to forget, this verse it talks about the call of Prophet Jeremiah.

Jeremiah 1 vs 5-10

4 "The word of the Lord came to me, saying,

5 "Before I formed you in the womb I knew you, before you were born, I set you apart; I appointed you as a prophet to the nations."

6 "Alas, Sovereign Lord," I said, "I do not know how to speak; I am too young."

7 But the Lord said to me, "Do not say, 'I am too young'. You must go to everyone I send you to and say whatever I command you."

8 Do not be afraid of them, for I am with you and will rescue you," declares the Lord.

9 Then the Lord reached out his hand and touched my mouth and said to me, “I have put my words in your mouth.

10 See, today I appoint you over nations and kingdoms to uproot and tear down, to destroy and overthrow, to build and to plant.”

AMEN



SELF-CONFIDENCE

Mind and Body Healing

1 Peter 2 vs 24-25

My dear present all your weaknesses before God. All the negative parts that you are embarrassed to talk about and ask for healing of the mind and body.

Be open and vulnerable to Him. He isn't going to judge you or condemn you or look down on you.

Tell him of what you're not good at, that you wish you could do better. Pray for strength.

In the scripture 1 Peter 2 vs 24-25

24 "He himself bore our sins" in his body on the cross, so that we might die to sins and live for righteousness; "by his wounds you have been healed."

25 "For "you were like sheep going astray," but now you have returned to the Shepherd and Overseer of your souls."



SELF-CONFIDENCE

Embracing Your New Potential

1 Peter 2 vs 24-25

Trust God and embrace the truth spoken about you. Doubts may form, people may rise with so much logical and rational advice and your circumstance may say otherwise but trust the Lord.

When this occurs don't be afraid it's a test of your faith in your Father, The Lord God. Laugh and say victory is in the hands of the Lord. I am ending with this scripture and prayer.

I pray as you walk in the purpose of God, news about you will spread and may you not fall prey to the lies the enemy says about you. Victory is yours In Jesus Name Amen.

Always remember 1 Peter 2 vs 24-25

24 “Jesus went throughout Galilee, teaching in their synagogues, proclaiming the good news of the kingdom, and healing every disease and sickness among the people.”

25 “News about Him spread all over Syria, and people brought to Him all who were ill with various diseases, those suffering severe pain, the demon-possessed, those having seizures, and the paralyzed; and He healed them.

AMEN

Have a lovely day or night.

God Loves You.

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