

**Change Your Words, Change Your World!**  
**Confirm Or Transform?**  
**Episode #251**

Monday, February 2, 2026

**#Pray #Faith #Jesus #Bible #Christian**

**Romans 12:1-2** “And so, dear brothers and sisters, I plead with you to **give your bodies to God because of all he has done for you**. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him.

<sup>2</sup> **Don’t copy the behavior and customs of this world but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.”**

Embracing transformation requires understanding the power of our own words and thoughts. We must all recognize we have authority over what we say and think. Our mind believes the sound of our own voice more than any other voice. What we think about we talk about.

**Dr Caroline Leaf, neuroscientist “*what we consistently think and speak shapes our neural pathways, behaviors, and physical health.*”**

**"Whatever the mind can conceive and believe, it can achieve"**  
**Napoleon Hill**

**TRANSFORMATION 101:** the journey starts by reading Psalm 101 out loud, confessing it multiple times a day over your home, office, car, etc.

**PSALM101: NLT**

**I will sing of your love and justice, LORD. I will praise you with songs.**

<sup>2</sup> I will be careful to live a blameless life, when will you come to help me? I will lead a life of integrity in my own home.

<sup>3</sup> I will refuse to look at anything vile and vulgar. I hate all who deal crookedly; I will have nothing to do with them.

<sup>4</sup> I will reject perverse ideas and stay away from every evil.

<sup>5</sup> I will not tolerate people who slander their neighbors. I will not endure conceit and pride.

<sup>6</sup> I will search for faithful people to be my companions. Only those who are above reproach will be allowed to serve me.

<sup>7</sup> I will not allow deceivers to serve in my house, and liars will not stay in my presence.

<sup>8</sup> My daily task will be to ferret out the wicked and free the city of the LORD from their grip.

*“Law of Confession: Your words have power. Speak life or death. Fix your confession with God’s Word and your needs will be met.”* Dr. Bill Winston