

2 Minutes to Defeat Stress and Experience Supernatural Peace

The Bible contains truths to help overcome every issue and struggle known to man. But as I learned some years ago, the key to activate the power of those truths is to *identify* with what they affirm.

The way to do this is to speak them aloud about yourself. This is what's known as a confession.

As you confess God's Word aloud, you engage yourself in a faith-building cycle. That is, you think about and internalize what the truth affirms, then you speak it, then you hear it, then you return to think about it. And the cycle continues until you believe it and live according to it.

Though confessions aren't magic words to change the situation, they are words that will change you to the situation. And most often, this perspective adjustment is all you need for victory over whatever you face.

Below, I've included six powerful Scripture confessions from my *Experience Freedom* album that are sure to help you defeat stress and experience the peace of God. Alternatively, you may follow along with my audio version [here](#).

Isaiah 40:29, MEV

"He gives power to the faint, and to those who have no might He increases strength."

Speak It!

When I'm tired, God gives me power. When I'm weak, He increases my strength.

Matthew 11:28-30, MEV

“Come to Me, all you who labor and are heavily burdened, and I will give you rest. Take My yoke upon you, and learn from Me. For I am meek and lowly in heart, and you will find rest for your souls. For My yoke is easy, and My burden is light.”

Speak It!

In my weariness I come to Jesus, and He gives me rest. For His yoke is easy and His burden is light. He refreshes my soul!

Luke 12:27, MEV

“Consider how the lilies grow. They neither spin nor weave. Yet I say to you that Solomon in all his glory was not arrayed like one of these.”

Speak It!

Because God provides for even the flower, I will not be stressed or worried; I know that He will provide for me too.

Luke 21:34, MEV

“Take heed to yourselves, lest your hearts become burdened by excessiveness and drunkenness and anxieties of life, and that Day comes on you unexpectedly.”

Speak It!

I guard myself so that I'm not weighed down by feelings. I will not be stressed by worries.

Galatians 5:22-23, MEV

“But the fruit of the Spirit is love, joy, peace, patience, gentleness, goodness, faith, meekness, and self-control; against such there is no law.”

Speak It!

Because I have the Holy Spirit, I will not be stressed. He gives me love, joy and peace; He gives me patience and self-control.

Philippians 1:9-10, MEV

“And this I pray, that your love may abound yet more and more in knowledge and in all discernment, that you may approve things that are excellent so that you may be pure and blameless for the day of Christ.”

Speak It!

I trust God to give me guidance; He will show me how to spend my time. {eoa}

Kyle Winkler equips people to live in victory. His mobile app, Shut Up, Devil!, is the No. 1 spiritual warfare app, and his recent Scripture confessions album, Experience Freedom, has helped thousands identify with the truths of God's Word. Kyle holds a Master of Divinity in biblical studies from Regent University. Get daily encouragement from Kyle on Facebook and Twitter.