

# FAITH INSTRUCTION MANUAL

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WITH MEDITATIONS  
AND CONFESSIONS



By

Pastor Larry Folson

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This manual was created primarily to help me stay in and maintain my faith in Jesus. To help me stay focused, grounded, and consistent. And taking the advice Paul gave young Timothy that a farmer must be pertaker of the first fruits, lest I be cast away.

**Jesus is the Object and The Subject of My Faith and I look to Him who is that author and finisher of my faith. Jesus is my Victory and I abide in Him. Jesus is my Health and my healing, my prosperity and my plenty, He is my righteousness and my redeemer. Jesus is my all in all.**

## 1. What Faith Is

Faith is what you believe about Jesus according to the Bible in your Heart, and trusting God to make a reality in your life, Why? Because God said he would.

Faith is the spiritual law God established so you can receive everything He promised where no flesh can glory. Therefore without Faith In Jesus and what He has done for you it is impossible to please God.

## 2. How You Get Faith

You get faith by hearing the Word of God Concerning Jesus. It comes when the Holy Spirit touches your heart as you read the Bible, books or hear teaching and preaching about Jesus. (Who He is, what He has done for you along with what you have and are in Him. This is what produces faith in our hearts. The Faith that pleases God.)

### **3. How You Stay in Faith**

You stay in faith by keeping your mind on the Word concerning Jesus.

- Meditate on what Jesus has done for you.
- Meditate on who you are in Him.
- Meditate on your redemption — that you are free from the curse.
- Meditate on the blessing — that it belongs to you now in Christ Jesus.
- By abiding in and listening to good teachings, books and reading the scriptures in the Bible that bring joy and peace to your heart concerning Jesus. (As needed, like medicine or motivation, Godly discipline, wisdom, instructional application and review.)

### **5. How Release your Faith**

Faith is released towards God through corresponding action of obedience, deeds, and words from your mouth and confirmed through your praise and thanksgiving to God for Him and Jesus.

You release faith by:

- Saying, "**I believe in Jesus**"
- Thanking God for what Jesus has already done for me.
- By declaring, "**It is so according to your Word Lord God in Jesus name to your Glory.**"
- I Praise and worship you father God for all that I have and all that I am in Jesus..
- And doing what the bible says do.

**Important Note: Believe and Rest** You must believe that all you have to do is believe. It is your job to believe — it is God's job to perform. Trust completes your faith. It is God's job to bring it to pass, and it is your job to expect Him to do it. As you stand trusting in what Jesus has done for you, God expects you to expect Him to do it. **Remember, this Word is not your word — it is God's Word.** You do not have the ability to bring it to pass. **All He asks you to do is believe, obey, and do what He says and He does the rest.** So rest and receive, God is faithful to His Word, and Jesus is the Word of God.

## **Meditate on the 9 Realities of the Cross**

These are the realities you must keep before your heart.

Meditate on them until they become alive in you, let them shape how you think, how you speak, and how you respond to life.

Everything Jesus did for you flows from these truths.

### **Reality 1: Jesus Took Your Death Sentence to Give You Eternal Life**

You no longer live under the penalty of spiritual death. Jesus took it so you could receive eternal life — God's life — right now.

### **Reality 2: Jesus Was Punished So You Could Be Forgiven**

Every punishment that belonged to you fell on Him. Because of His suffering, you stand forgiven, clean, and free.

### **Reality 3: Jesus Became Sin to Make You Righteous**

He took your sin nature and gave you His righteousness. You are not trying to become righteous — you *are* the righteousness of God because Jesus is your Rightness.

### **Reality 4: Jesus Was Rejected So You Could Be Accepted**

He took the rejection on the cross so you could stand before God fully accepted, fully welcomed, fully loved and fully ACCEPTED.

### **Reality 5: Jesus Took Your Shame to Free You from Shame**

Shame has no legal right to your life. Jesus carried it so you could walk in confidence, dignity, and freedom from all the shame of your past sins and mistakes. You are forgiven and free of the shame and blame.

## **Reality 6: Jesus Became a Curse So God Could Bless You**

Every curse that came through your sins and the sins of your forefathers was placed on Him. Now the blessing of God rests on you because of Jesus. You are blessed in every area of your life. Spiritual, physically and financially because of what Jesus has done for you..

## **Reality 7: Jesus Was Wounded to Heal You in Every Area of Life**

His wounds opened the door for your healing — spiritually, physically, emotionally, and financially. Wholeness belongs to you and don't let the devil talk you out of it. Healing and deliverance is your right. The blood of Jesus paid for you to have it.

## **Reality 8: Jesus Became Poor to Make You Rich with Abundance**

Jesus stepped into poverty so you could step into provision. Abundance is part of your covenant inheritance. Abundance is your inheritance in the earth. Jesus made you rich with money, houses, land and resources for you to enjoy and share with others.

## **Reality 9: Faith in Jesus Makes You a Child of God**

Because you believe in Jesus, you are born into God's family. You are not a servant trying to earn approval, you are not a step child, a foster child, your God's Child.

Always remember that God loves you just as much as he loves Jesus. you are God's beloved and the apple of his eye. You are Holy, Acceptable and above Reproach in His sight. Your Heavenly will let nothing hurt or harm you ever again for eternity. He will always meet your needs and desires while holding no good thing from you.

## **Prayer Declaration**

Heavenly Father, I thank You for the gift of Your Son, Jesus Christ.  
On the Cross, Jesus took my death sentence and gave me eternal life.  
Jesus was punished so I could be forgiven.  
Jesus became sin so I could be made righteous.  
Jesus was rejected so I could be accepted.  
Jesus carried my shame so I could walk free.  
Jesus became a curse so I could inherit the blessing.  
Jesus was wounded so I could be healed.  
Jesus became poor so I could live in abundance.

And through faith in Jesus, I am now Your child — loved, secure, and established in Your family.

Today and every day, I declare that these spiritual realities are my natural realities.

They belong to me because of the blood of Jesus.

I receive them by faith, and I expect to see them manifested in my life.

I believe the gospel — the good news — that Jesus is the manifested love of God.

Through His sacrifice, every benefit of salvation has been provided for me.

I walk in forgiveness, healing, peace, provision, blessing, and sonship because of Jesus.

Thank You, Lord Jesus, for the Cross and your blood that was shed for me.

I choose to live boldly in the fullness of what Jesus has done for me.

**In Jesus' name, Amen.**

# **Declaration of Authority Over the Flesh**

In the name of Jesus, I bind the works of the flesh listed in **Galatians 5:19–21** —

adultery, fornication, uncleanness, lewdness, idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, envy, murders, drunkenness, revelries, and anything like them.

The Word declares that those who practice such things will not inherit the kingdom of God, and I refuse to allow these works any place in my life.

I have **crucified the flesh with its passions and desires**, and I choose to walk in purity.

I will not look upon a woman to desire her.

I refuse to speak ill of anyone.

I will not curse, criticize, tear down, fault-find, or allow my tongue to be used by the enemy.

And I **loose** the fruit of the Spirit in my life —

**love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, and self-control** — for against such there is no law (**Galatians 5:22–23**).

I belong to Christ, and because I belong to Him, I make **no provision for the flesh**.

Jesus — and Jesus alone — sits on the throne of my heart.

Amen.

## Redemption Declaration

Jesus has redeemed me from the curse of the law, having become a curse for me, for it is written, “*Cursed is everyone who hangs on a tree*,” so that the blessing of Abraham might come upon me, a Gentile, in the name of Jesus — **according to Galatians 3:13–14**.

And according to **Colossians 2:11–15**, in Jesus I was circumcised with a circumcision made without hands, by putting off the body of the sins of the flesh through the circumcision of Christ.

I have been buried with Him in baptism, and I was also raised with Him through faith in the working and operation of God, who raised Him from the dead.

I, being dead in my trespasses and the uncircumcision of my flesh, have been made alive together with Him. He has forgiven me all my trespasses.

He wiped out the handwriting of requirements that was against me and contrary to me.

He took it out of the way, nailing it to His Cross.

He disarmed principalities, powers, and rulers that were against me, and made an open spectacle of them, triumphing over them in it.

Thank You, Lord.

Because of this, **I am free — spiritually, physically, and financially — from all forms of the curse of the law**, and I walk in the blessings of God.

According to **Hebrews 2:8–9**, You have put all things in subjection under Jesus’ feet.

And according to **2 Corinthians 5:21**, God made Jesus, who knew no sin, to be sin for me, that I might become the righteousness of God in Him.

According to **1 Peter 2:24**, Jesus bore my sins in His own body on the tree, so that I, having died to sin, might live unto righteousness. By His stripes I was — and I am — healed.

And I thank You, Father, that nothing shall separate me from the love You have provided for me in Christ Jesus.

Therefore, Satan cannot bring any charge against me — **Your elect**.

Heavenly Father, You give me all things that pertain to life and godliness by Your divine power.

And according to **2 Corinthians 8:9**, the grace of my Lord Jesus Christ has made me rich.

And God, You are able to make all grace abound toward me, so that I, having all sufficiency in all things, may abound to every good work.

Heavenly Father, I thank You according to **Colossians 1:22–23**, that by the body of Jesus' flesh through death, You have presented me holy, blameless, and above reproach in Your sight — as I continue in the faith, grounded, steadfast, and not moved away from the hope of the gospel which I have heard.

Amen.

## Anchored in God's Love — Declaration

Now, I anchor myself in Your love.

For according to Your Word in **John 3:16**, You so loved me that You gave Your only begotten Son, Jesus, that whoever believes in Him shall not perish.

I believe in Jesus; therefore, I shall not perish.

With my heart I believe in Jesus, and with my mouth I confess Him as Lord over my life.

And You said in **Romans 10:11** that whoever believes in Him shall not be put to shame.

Therefore, I call on His name to help me in every area of my life.

According to **1 John 4:7–10**, this is love — Your love, God — manifested toward us, that You sent Your only begotten Son into the world so that we might live through Him.

I declare that I live through Jesus.

And this is love: not that we loved You, God, but that You loved us and sent Your Son for our sins.

And according to **1 John 4:16**, I know and believe the love that You, Father God, have for me.

You are love, and whoever abides in love abides in You.

Therefore, I abide in You, and I abide in Jesus.

I thank You that You loved me before I loved You.

You redeemed me, and You healed me from all my backsliding.

I now live my life with You through faith in Jesus.

And this is the confidence that I have:

that whatever I ask in Your name, according to Your will and according to the name of Jesus, I know that You hear me.

And I know that when You hear me, You have granted me the petitions I have asked of You.

I believe in the name of Jesus.

And because I believe in that name, His power and His authority are backed by You.

I thank You, Lord, that whatever I ask in His name, You give it to me, and He performs it.

Amen.