

DON'T COMPETE • DON'T COMPARE • DON'T COMPLAIN

CONFESS!

FREE COMPANION GUIDE

Transform Your Life Through the Power of Words,
Faith, and Daily Confession

*"Your words have power.
Use them to create the life you were meant to live."*

MELVINA BRYANT

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FAITH. WORDS. PURPOSE. TRANSFORMATION.

Companion Guide to CONFESS! by Melvina Bryant

WELCOME, SIS.

What If Everything Changed With the Words You Speak?

This free guide was created to walk alongside *CONFESS!* — the book that will teach you how to speak life over every situation, break negative cycles, and align your words with God's purpose for your life.

You are not here by accident. The fact that you are holding this guide means God is already stirring something in you. He is ready to move — and He is waiting on your words.

"Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof."

— Proverbs 18:21 (KJV)

HOW TO USE THIS GUIDE

1 Read one section each day

Move through it slowly. Let each truth settle before you move on.

2 Speak the declarations out loud

Whisper them, shout them, write them — but say them. Faith comes by hearing.

3 Answer the journal prompts honestly

No one else is reading. Be real with God and with yourself.

4 Begin the 30-Day Confession Journey

Found in *CONFESS!* — your daily roadmap to transformation.

SECTION ONE

Know Who You Are

Before you can speak life over your future, you must be settled in who you are right now. Your identity is not built on your past mistakes, your current situation, or what someone else has said about you. It is built on what God says — and what He says is final.

"I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well."

— Psalm 139:14 (KJV)

THE TRUTH ABOUT YOU

You are CHOSEN	1 Peter 2:9 — You were handpicked by God.
You are LOVED	Romans 8:38-39 — Nothing can separate you from His love.
You are CALLED	Jeremiah 29:11 — He has a plan and a purpose for you.
You are CAPABLE	Philippians 4:13 — You can do all things through Christ.
You are ENOUGH	Ephesians 2:10 — You are His masterpiece.

JOURNAL PROMPT

If I truly believed every word God says about me, what is one thing I would stop apologizing for — and one thing I would boldly step into?

SECTION TWO

The Power of Your Words

Proverbs 18:21 is not a suggestion — it is a spiritual law. Every word you speak is a seed. Negative words planted in your mind, your home, and your conversations grow into the harvest you are living in right now. But the good news? You can change the seed.

"Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers."

— Ephesians 4:29 (KJV)

REPLACE THE LIE WITH THE TRUTH

STOP SAYING THIS	START DECLARING THIS
<i>I can't do this.</i>	I can do all things through Christ which strengtheneth me. (Phil. 4:13)
<i>I'm not enough.</i>	I am God's workmanship, created for good works. (Eph. 2:10)
<i>I'm too far gone.</i>	Behold, all things are become new. (2 Cor. 5:17)
<i>No one believes in me.</i>	The Lord is on my side; I will not fear. (Psalm 118:6)
<i>I'll never change.</i>	He which hath begun a good work in me will perform it. (Phil. 1:6)

JOURNAL PROMPT

Write down three things you say about yourself regularly. Are they life or death? Write God's truth next to each one.

SECTION THREE

Your Daily Declarations

Declarations are not wishful thinking — they are faith in action. When you speak God's Word over your life, you are agreeing with Heaven. Speak these out loud every morning. Mean every word. Watch what God does.

PURPOSE

I am walking in my God-given purpose. No door He has opened can be shut.

IDENTITY

I am who God says I am — chosen, redeemed, and more than a conqueror.

CONFIDENCE

I step into every room knowing God prepared a place for me at the table.

HEALING

I am healed, whole, and free. Old things have passed away — all things are new.

PROVISION

God supplies all my needs according to His riches in glory.

COURAGE

God has not given me a spirit of fear — but of power, love, and a sound mind.

"Nay, in all these things we are more than conquerors through him that loved us."

— **Romans 8:37 (KJV)**

SECTION FOUR

Your 5-Day Confession Starter

This 5-day plan is your on-ramp to the full 30-Day Confession Journey inside *CONFESS!* Each day has a focus, a scripture to meditate on, a declaration to speak, and a reflection prompt. Start here. Then go deeper with the book.

DAY 1: Identity	Psalm 139:14
<i>DECLARE: "I am fearfully and wonderfully made. God does not make mistakes, and I am not one."</i>	
<i>Reflect: What is one truth about how God sees me that I have been slow to believe?</i>	
DAY 2: Words	Proverbs 18:21
<i>DECLARE: "My words create my world. Today I choose to speak life over every situation."</i>	
<i>Reflect: What is one word pattern I need to break starting today?</i>	
DAY 3: Purpose	Jeremiah 29:11
<i>DECLARE: "God's plans for me are good. I step boldly into the purpose He placed inside me."</i>	
<i>Reflect: What assignment has God placed on my life that I have been afraid to pursue?</i>	
DAY 4: Confidence	2 Timothy 1:7
<i>DECLARE: "I do not move in fear. God has given me power, love, and a sound, disciplined mind."</i>	
<i>Reflect: In what area of my life do I need to act on faith instead of waiting to feel confident?</i>	
DAY 5: Transformation	2 Corinthians 5:17
<i>DECLARE: "I am a new creation. I release what was and boldly step into what God is doing now."</i>	
<i>Reflect: What old story am I still telling that needs to be replaced with God's new declaration?</i>	

YOU HAVE EVERYTHING YOU NEED.

Now Go Live It.

This guide is just the beginning. The full *CONFESS!* experience — including the complete 30-Day Confession Journey — is waiting for you. Every day is a new declaration. Every word is a new seed. Every step of faith moves you closer to the life God designed for you.

"Being confident of this very thing, that he which hath begun a good work in you will perform it until the day of Jesus Christ."

— **Philippians 1:6 (KJV)**

READY TO GO DEEPER?

Get your copy of **CONFESS!** and begin your 30-Day Confession Journey today.

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Don't keep this to yourself. Share this free guide with a woman who needs it.