

# #JesusHairmakeup

by

Melissa Swindle Szinyi

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# #JesusHairmakeup

*Ten Natural and Supernatural Keys to Becoming a  
Confident and Beautiful Woman of God*

by

Melissa Swindle Szinyi

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# *preface*

I was compelled to write this book as a natural and supernatural resource for women of all ages whose desire is to be a beautiful and confident woman of God. Sadly, the only sources for an image of beauty are normally the fashion and cosmetic industry magazines and media that are all ruled and ran by the spirit of the world.

Your image as a woman of God must come from who you are in Christ. This book is your handbook on transforming and renewing your mind to who you are as a woman of God in Christ in both the supernatural and the natural.



## Chapter One

# how to become confident in christ

If you've spent years, months, days, or hours struggling and insecure as a Christian woman, you don't have to anymore. The key to breaking free is what you're thinking about yourself and how you see yourself.

*For as he thinks in his heart, so is he.*

**Proverbs 23:7 AMPC**

The inner image you have of yourself will affect everything in your life, including your friendships, family, destiny, and calling. It will create the boundaries of your life and influence how far you will go and what you will accomplish in this life. God made you a woman on purpose for a purpose. He made you beautiful and perfect in His image.

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*So God created man in His own image, in the image  
and likeness of God He created him; male and  
female He created them.*

Genesis 1:27 AMPC

## *don't believe the lies*

You have an enemy called Satan who works relentlessly to deceive you into believing that you're still not good enough for whatever reason, even though you're born again. Actually, the Scripture calls him the "accuser of the brethren."

*Then I heard a strong (loud) voice in heaven, saying,  
Now it has come—the salvation and the power and  
the kingdom (the dominion, the reign) of our God,  
and the power (the sovereignty, the authority) of His  
Christ (the Messiah); for the accuser of our brethren,  
he who keeps bringing before our God charges  
against them day and night, has been cast out!*

Revelation 12:10 AMPC

Don't listen to the lies of the enemy. He will constantly attack you in your mind and condemn you. He is a liar, and nothing he says about you is true. Just remember, if you can't imagine Jesus saying it to you and it doesn't agree with who the Bible tells you who you are in Christ, you will have to take that thought captive.

My goal is to see you so full of the revelation of who you are in Christ that you can't help but be that confident

and beautiful woman of God He created you to be in Christ before the foundation of the world.

Here are multiple definitions of *confident*<sup>1</sup>:

1. Having a strong belief or full assurance
2. Sure of oneself, having no uncertainty about ability, correctness, successfulness, bold

*Confident* also means "bold, convinced, courageous, fearless, hopeful, brave, and positive." The definition includes certainty, determination, poise, spirit, tenacity.

The opposite of *confidence* is insecurity.

*Insecure*<sup>2</sup> means:

1. Subject to fears or doubts, not self-confident or assured.
2. Not confident or certain; uneasy; anxious;
3. Not secure; exposed or liable to risk, loss, or danger

When you are insecure, you are afraid, anxious, apprehensive, hesitant, shaky, touchy, troubled, unsure, or uptight. When you are insecure and fearful, you are stuck, paralyzed, and cannot move forward into the good plan and destiny God has for you. Never let your struggle become your identity!

***And if the Spirit of Him Who raised up Jesus from the dead dwells in you, [then] He Who raised up Christ Jesus from the dead will also restore to life your mortal (short-lived, perishable) bodies through His Spirit Who dwells in you.***

God lives in you when you are born again, so nothing shall be impossible for you. You can do all you were born to do.

## *what you behold, you become*

To be a confident woman of God and beautiful from the inside out, you have to see something different, say something different, and act differently. This confidence can't come from your flesh. Any confidence you put in your flesh is unstable and fleeting, but true confidence, godly confidence, as a woman of God, comes from God Himself.

The same Spirit that raised Christ from the dead lives in you. So, it is no longer you living but Christ living in you and using your body. The same Spirit that raised Christ from the lowest place to the highest place is the One who lives in you. So, no matter how low or dark the places you have been in life, Christ always raises you up with Him.

What we need now is for you to see yourself in Christ! He is perfect in every way. Remember, what you behold, you become. The image that you constantly see is the image with which you will identify.

First, you need to be born again by making Jesus your Lord and Savior. Then, be filled and baptized with the Holy Spirit to overflowing, with His fire and boldness, with the evidence of speaking in tongues. If you haven't done so, pray this prayer out loud from your heart.

*"Dear Lord Jesus, I believe that You are the Son of God and that You died and rose again just for me. Come into my*

*heart and forgive me of all my sins. Cleanse me and wash me in Your blood. Lord, fill me with Your Holy Spirit and fire with the evidence of speaking in other tongues. Right now, by faith, I speak.*

Now, you will feel something bubbling up from your spirit, your inner man, which is the innermost part of your being. Jesus said in John 7:38, “...out of his belly shall flow rivers of living water.” Let that river of life flow through you and out of you. Let it float up to your mouth and complete the process by speaking in tongues by faith.

Remember, it isn't English or your known language. It is unknown to you, but it's known to God. The Bible says, “For he that speaketh in an unknown tongue speaketh not unto men, but unto God: for no man understandeth him; howbeit in the spirit he speaketh mysteries” (1 Corinthians 14:2).

## *you have a new father*

Now, you are born again—a new creature in Christ. *Old things have passed away, and all things have become new* (2 Corinthians 5:17). Some people get their identity from their family tree and their natural pedigree. But you have been re-fathered, and God is your Father!

The job of the Holy Spirit is to take everything that Christ has done on our behalf and translate it into everyday victory for us. You may hear or see me now and think, *Wow! She's so confident, so bold, so free!* Surprisingly, as a young girl, I felt and carried so much insecurity. Over the years, God was faithful to lead and guide me along the way and show me who I am as a new creature in Christ.

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He revealed that I no longer had to identify with all my natural limitations or experiences.

Now, the realization of who I am in Christ has made me so bold and confident that I have followed Him to twenty-five nations of the world as a single woman, preaching the Gospel. I want to share with you the revelation of these same truths that made me free and enabled me to perform God's specific destiny and calling.

You may or may not be called to be a preacher or a missionary. However, you are called to accomplish something significant in this life and in the Kingdom of God. Whether you are single or married, a wife, mother, aunt, or daughter, if you are a businesswoman, a stay-at-home mom, or a teacher, your heavenly Father has made provision for you to accomplish His plan for your life. You are His ambassador and a perfect representation of a beautiful and confident woman of God!

## changing the image

I'm so thankful that in the seventh grade, my mother gave me a life-changing book. It was called *Prayers That Avail Much* by Germaine Copeland. This book was so life-changing because it was filled with Bible verses and taught me how to pray the Word of God over my life. This book came at such an instrumental time because, in the sixth grade, I moved from living with my dad (My parents were divorced.) to living with my mother and changing schools.

All the familiar faces were gone, and I was in a new school. In our Physical Education class at this school, we

had to wear a uniform. We wore a T-shirt and matching shorts with our name and the logo of the school. Going to the locker room to suit up for gym class opened up a whole new “can of worms” for me. As a young lady having to dress and undress in front of others, I became conscious of what others thought about how I looked.

Your image of you affects you. It affects how you present yourself to the outside world and how others perceive you.

## *where do you get your identity?*

*Identity*<sup>3</sup> means "a condition or character as to who a person or what a thing is, its qualities, and beliefs." Before you were born again, you received all your identity from the natural—the parents to whom you were born, the neighborhood in which you grew up, the schools you attended, and the friends you had.

When you make Jesus your Lord and Savior, you are born again. You are translated from spiritual death to spiritual life and become a new creature in Christ.

*Therefore if any person is [ingrafted] in Christ (the Messiah) he is a new creation (a new creature altogether); the old [previous moral and spiritual condition] has passed away. Behold, the fresh and new has come!*

2 Corinthians 5:17 AMPC

This is wonderful news! You are no longer limited to your natural birth, your biological parents, your skin

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color, your nationality, or the neighborhood you grew up in.

One of the most important revelations we can obtain from the Word of God is to understand who we are in Christ. Identifying with Christ will change the way we live and cause us to rise above obstacles and limitations. But not understanding our identity in Him will keep us living far below our rights and privileges in Christ. We will be cranky, insecure, and unstable in every area of our lives until this truth becomes a reality to us.

What does the phrase *identify with Christ* mean for us? It is normal for us to identify with something or someone; it makes us feel connected. Whether we identify with a person, organization, occupation, race, nationality, or church, identifying with them gives us a feeling of belonging. In the natural realm, we identify with people, places, and things. But we also have an identity in the spirit realm.

The Scriptures say we have been crucified with Christ (Galatians 2:20). And not only did we die with Him on the Cross of Calvary, but we also have been raised with Him. We can see that in these verses.

*For we have heard of your faith in Christ Jesus [the leaning of your entire human personality on Him in absolute trust and confidence in His power, wisdom, and goodness] and of the love which you [have and show] for all the saints (God's consecrated ones),*

Colossians 1:4 AMPC

## *we have to transfer our trust*

As women, too many times, I think we are looking for our value, validation, and worth from outside sources and drawing our confidence from people, places, and things. Instead, we can look to the One who paid the highest price for us throughout all eternity. His name is Jesus Christ!

If we don't find our value and worth, we often give up and throw in the towel in many situations. We may think, *Well, I'll always be rejected, or I'll never be good enough, or I'm not smart enough, pretty enough, or skinny enough.* Then, we fall into the comparison trap.

When what you really need is a change in your identity. Do you know what I'm talking about? Have you ever had the desire to be someone else, be from somewhere else, or have a different skin color? Have you thought if you grew up in a certain neighborhood or went to a specific school that things would be easier for you? That is a lie! The only true victory and confidence we can have in this life come from Jesus Christ, and it's not fleeting nor changing from day to day.

By the time I was in the eighth grade, I was popular. I was a cheerleader and was liked and known by everyone at my school. But it still wasn't enough. I continued to feel insecure about everything. I was not trusting in my identity in Christ.

I graduated from high school and went to college, but I was emotionally unstable because I was unsure and insecure on the inside, looking to external things for my

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confidence. All the other girls in school were picked for this or for that and easily found boyfriends.

Thankfully, by the time I was 17, I started to press into my relationship with God. I rededicated my life to the Lord and began to read my Bible even more. I got plugged into a good church that was preaching the Word of God and provided sound Bible-based doctrine. Little by little, I discovered who I was in Christ, and these truths transformed my life.

*In Him we also were made [God's] heritage (portion) and we obtained an inheritance; for we had been foreordained (chosen and appointed beforehand) in accordance with His purpose, Who works out everything in agreement with the counsel and design of His [own] will, So that we who first hoped in Christ [who first put our confidence in Him have been destined and appointed to] live for the praise of His glory!*

**Ephesians 1:11-12 AMPC**

I learned that I didn't have to wait to be confident or have value by being chosen by a man, a sports team, a play, or the lead in the choir, when I have already been foreordained, chosen, and have my purpose in Christ. I can put all of my confidence in Him and in His love for me. Also, I realized that if I was never chosen or had those positions or relationships in my life, I was already complete in Christ with or without the external things.

## *formed and fashioned by God*

From birth, through childhood, and all the way to adulthood, young ladies need to be fed and affirmed constantly in who they were created, formed, and fashioned to be by God.

Some of you may have never been cared for properly by your parents, grandparents, or school teachers —those who should have cared for and loved you. The Lord is so faithful, though! He has made provision for you and loves you.

Once you begin to feed on and get all your affirmation and confidence from who you are in Christ, you stop trying to extract from people what only God can give you. Then, it frees you up to be a giver and not a taker and to live life as a confident, bold, fearless, and beautiful woman of God.

*“And as for your birth, on the day you were born your navel cord was not cut, nor were you washed with water to cleanse you, nor rubbed with salt or swaddled with bands at all. No eye pitied you to do any of these things for you, to have compassion on you; but you were cast out in the open field, for your person was abhorrent and loathsome on the day that you were born. And when I passed by you and saw you rolling about in your blood, I said to you in your blood, Live! Yes, I said to you still in your natal blood, Live! I caused you [Israel] to multiply as the bud which grows in the field, and you increased and became tall and you came to full maidenhood and beauty; your breasts were formed and your hair had*

*grown, yet you were naked and bare. Now I passed by you again and looked upon you; behold, you were maturing and at the time for love, and I spread My skirt over you and covered your nakedness. Yes, I plighted My troth to you and entered into a covenant with you, says the Lord, and you became Mine. Then I washed you with water; yes, I thoroughly washed away your [clinging] blood from you and I anointed you with oil. I clothed you also with embroidered cloth and shod you with [fine seal] leather; and I girded you about with fine linen and covered you with silk. I decked you also with ornaments and I put bracelets on your wrists and a chain on your neck. And I put a ring on your nostril and earrings in your ears and a beautiful crown upon your head! Thus you were decked with gold and silver, and your raiment was of fine linen and silk and embroidered cloth; you ate fine flour and honey and oil. And you were exceedingly beautiful and you prospered into royal estate.*

Ezekiel 16:4-13 AMPC

Look at how much God loves you and how he wants to take care of you. The Lord says you are exceedingly beautiful and that you are prospering into a royal estate. So, that means your beauty is perfect because it is from the Lord. It is not based on your height, skin color, hair, shape, or weight. True beauty and true confidence come from the Lord.

Confidence proceeds from your identification, and the identification of a woman comes from the father. As a born-again woman of God, you must identify with everything your Father God says you are in Christ. As you

do, confidence and beauty will emulate from who you are inside to your outside world.

*you are royalty—a queen!*

*And He raised us up together with Him and made us sit down together [giving us joint seating with Him] in the heavenly sphere [by virtue of our being] in Christ Jesus (the Messiah, the Anointed One).*

Ephesians 2:6 AMPC

Don't ever look down on yourself or allow the devil to tell you that you aren't anything. He is a liar and a deceiver. You must get all your information about your identity, self-worth, value, confidence, and standards of beauty from who you are in Christ. The Bible is the only safe source of thoughts about who you are.

You may say, "Melissa, you don't understand. I have been hurt, abused, and rejected." The only One who can fix and heal your heart is Christ. He is the only One who can make you truly confident.

Remember, who you used to be is dead. So, all of the things you used to identify with and took your value from, whether they made you feel less than or more than, all have to die.

*I have been crucified with Christ [in Him I have shared His crucifixion]; it is no longer I who live, but Christ (the Messiah) lives in me; and the life I now live in the body I live by faith in (by adherence*

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*to and reliance on and complete trust in) the Son of God, Who loved me and gave Himself up for me.”*

Galatians 2:20 AMPC

*he loves you and has chosen you*

*For we have become fellows with Christ (the Messiah) and share in all He has for us, if only we hold our first newborn confidence and original assured expectation [in virtue of which we are believers] firm and unshaken to the end.*

Hebrews 3:14 AMPC

You have to hold onto your new birth in Christ. As you do, it will bring the confidence that you need to keep you stable and unshaken because your confidence is in the One who never changes—Jesus Christ, the same yesterday, today, and forever.

You will have to feed your mind the Word of God and change your thoughts to the truth, the realities of who you are in Christ, not your natural birth. Then, you become the beautiful, strong, and courageous woman of God that you always needed to be, and you can empower others with this same confidence.

*In conclusion, be strong in the Lord [be empowered through your union with Him]; draw your strength from Him [that strength which His boundless might provides].*

Ephesians 6:10 AMPC

## Chapter Two

# renewing your mind to who you are in Christ

What you hear, see, read, and say will affect your thought life and belief system about who you are. To be a beautiful and confident woman of God, you must renew, change, or transform your mind to who you really are in Christ.

You can't look to the world, TV, magazines, or celebrities to tell you who and what you are and what you should be. They are all confused anyway! They are taking all their cues and information from the devil, which is the spirit of the world.

The definition of *renew*<sup>4</sup> is:

1. Begin or to take up again, resume
2. To make effective for an additional period
3. To restore or replenish

4. To make, say or do again
5. To revive; reestablish

Other synonyms are "restore, overhaul, reawaken, re-create, refit, repair, or transform."

The process of renewing the mind to who you are in Christ starts with the written Word of God. As I said before, the only trusted source for thoughts is the Bible. It is the record of God's thoughts to you, for you, about you, and about who He is.

If you are listening, judging, thinking, and receiving from any other source without checking it with the written Word of God, you will be deceived, misled, and defeated in every arena of your life.

*think about what  
you are thinking about*

Have you ever noticed that one reason you get depressed is that you were thinking on wrong thoughts? Wrong thoughts keep you in bondage to your past, insecurities, and how someone treated you. You get depressed because you simply allow yourself to think about the wrong thing. Satan will begin to work on your mind, accusing you and accusing others to you in the realm of the five senses, using wrong suggestions, thoughts, and feelings.

Therefore, the key to becoming a beautiful and confident woman of God begins with renewing your mind and your thought life to who you are in Christ.

*Do not be conformed to this world (this age), [fashioned after and adapted to its external, superficial customs], but be transformed (changed) by the [entire] renewal of your mind [by its new ideals and its new attitude], so that you may prove [for yourselves] what is the good and acceptable and perfect will of God, even the thing which is good and acceptable and perfect [in His sight for you].*

Romans 12:2 AMPC

If you don't have the Word of God as your standard and source of truth in your thought life, you will be conformed to the spirit of the world, which is Satan and his cohorts. You will only be looking to the external and superficial customs that you see propagated by unsaved people motivated by Satan.

You have to get new thoughts, new ideas from the Word of God to realize the truth of who you are in Christ.

*But he who looks carefully into the faultless law, the [law] of liberty, and is faithful to it and perseveres in looking into it, being not a heedless listener who forgets but an active doer [who obeys], he shall be blessed in his doing (his life of obedience).*

James 1:25 AMPC

The Word of God is the only thing that has the power to renew your mind. The Bible is not just a natural book. It is a supernatural book, and it is alive! The Bible is actually God speaking to you.

## *you are a three-part being*

You've been made in the likeness and image of God. You are a spirit. You possess a soul, and you live in a body. Your spirit is the eternal part of you that lives forever in eternity long after leaving your earth suit (which is your body) on the earth. Your spirit is the part of you that was born again when you believed in your heart and confessed with your mouth that Jesus is the Son of God and that He died and rose again. Your soul is your will, intellect, emotions, thoughts, and belief system.

When you were born again, you were made a new creature in Christ. However, after you confess Jesus as your Lord and Savior, you probably still had the same hair color and were the same physical size you were before. Initially, it is not the outside that changed but your inner man who is new. Now, what you must do is change and renew your mind and inner image by putting God's thoughts in your soul realm. God does not do this for you. You have to do it by putting God's thoughts in your eyes, ears, and mouth.

*So get rid of all uncleanness and the rampant outgrowth of wickedness, and in a humble (gentle, modest) spirit receive and welcome the Word which implanted and rooted [in your hearts] contains the power to save your souls.*

James 1:21 AMPC

Your soul is like a computer. Whatever you put in is what comes out—trash in, trash out. Most of us spent our

lives thinking the world's thoughts and what others told us and showed us that was not based on the truth of God's Word. The thing is, we live in the world, but we are not of the world. So, if you go out into the world, even though you take a shower in the morning, you can get dirty again. You have to constantly bathe and wash. You must do the same thing with your mind. You have to wash it daily with the Word of God.

*So that He might sanctify her, having cleansed her by the washing of water with the Word,*

**Ephesians 5:26 AMPC**

The Word of God washes and cleanses your mind from the filth of this world. It removes what your mind is being bombarded with every day through images, what you hear, and the information from the physical senses and the spirit realm.

How much time you spend renewing your mind will determine how much transformation you will have in your life. Little renewal—little transformation. Big renewal—big transformation.

Thoughts and beliefs come into your soulish realm through multiple ways, including your eye gate, ear gate, and the five physical senses—touch, taste, sight, hearing, and smell. The problem is that the five physical senses can mislead you and deceive you. So, you must check every thought, feeling, and inclination with the Word of God.

## where did that come from?

Also, you are not a neutral spiritual being, and you don't have any original thoughts. Your thoughts are either coming from the Word of God and the inspiration of the Holy Spirit or from your flesh. Of course, there is also Satan, who is the prince and the power of the air, which constantly bombards your thought life through what you see, hear, and feel.

Once you are born again, you become inside-out-minded. You are God-inside-minded. You now have Jesus and the Holy Ghost inside you.

*For who has known or understood the mind (the counsels and purposes) of the Lord so as to guide and instruct Him and give Him knowledge? But we have the mind of Christ (the Messiah) and do hold the thoughts (feelings and purposes) of His heart.*

1 Corinthians 2:16 AMPC

Before I became consistent in renewing my mind with the Word of God and to who I am in Christ, I was constantly depressed and went from high to low all the time. My mood swings were dependent on what was going on around me, the thoughts that came in and out of my mind, or what my physical senses were telling me.

If you have ever had anyone speak negatively over your life, whether it was a parent, a teacher, someone you looked up to, or a significant other like a boyfriend or a spouse, it is designed to make a mark on your soul. At

the time, I had a bad boyfriend, so you can only imagine the mental turmoil I was in constantly. Remember, I had received the book on prayer and began to pray and speak the Word. But I would only do it in spurts and would also stop doing it once I got some temporary relief. Then, I would try to get that need met through a person.

The soul is where decisions are made, and your life is the sum total of your decisions. Satan tries to influence your decisions and your beliefs through your soul. He wants you to make decisions based on what you feel, think, or see or by the influence of other people who are being used by the enemy and don't realize it. Whoever controls your soul controls your decisions and your destiny.

*If you have done foolishly in exalting yourself, or  
if you have thought evil, lay your hand upon your  
mouth.*

Proverbs 30:32 AMPC

Satan is waiting on your words to authorize him to enforce something in your life. He wants to discourage you so that you don't have the strength or the courage to follow through with what God is telling you to do. Stop getting your information from television. Television is someone else telling you their vision, and these days it is normally straight from the pit of hell.

*take every thought captive*

*[Inasmuch as we] refute arguments and theories and  
reasonings and every proud and lofty thing that sets*

*itself up against the [true] knowledge of God; and we lead every thought and purpose away captive into the obedience of Christ (the Messiah, the Anointed One),*

2 Corinthians 10:5 AMPC

You were the one who must take your thoughts captive. Jesus doesn't do that for you. He has already made all provision for victory in every arena of your life and for eternity. However, you must enforce it with the words of your mouth.

You also have to put the Word of God in your eye gate and in your ear gate on a daily basis. That is something God won't do for you, but you must do for yourself. Your mind is constantly being bombarded with thoughts and imaginations. You must take control of those thoughts with the Word of God.

For the purpose of being a confident woman of God, the spiritual keys are renewing your mind to who you already are in Christ as a woman of God. Remember that what God did for you in Christ when you were born again supersedes anything that has ever been done to you. What God says about you supersedes anything anyone else has ever said about you.

You need to make it your business to read the New Testament daily. Matthew, Mark, Luke, and John tell you who Jesus is and what He does, and how He operates. The rest of the New Testament tells you what belongs to you now, as a new creature in Christ, and how to conduct your life as a Christian.

*As you have therefore received Christ, [even] Jesus the Lord, [so] walk (regulate your lives and conduct yourselves) in union with and conformity to Him.*

*Have the roots [of your being] firmly and deeply planted [in Him, fixed and founded in Him], being continually built up in Him, becoming increasingly more confirmed and established in the faith, just as you were taught, and abounding and overflowing in it with thanksgiving.*

Colossians 2:6-7 AMPC

It's up to you to root your identity continually in who you are in Christ by putting it in your eyes and in your ears. You have to read the Word of God, physically putting it in your eye gate. Then, you need to speak and listen to the Word of God.

If you don't get into the Word of God and find out your new creation realities, you will still think the thoughts of the world and live defeated, struggling with thoughts of suicide, unworthiness, depression, and the like.

*For we have become fellows with Christ (the Messiah) and share in all He has for us, if only we hold our first newborn confidence and original assured expectation [in virtue of which we are believers] firm and unshaken to the end.*

Hebrews 3:14 AMPC

You have to see yourself sharing in all the victory that Christ has and see yourself as only His child, not identifying with your flesh or your past experiences. When you identify with Him as a new creature in Christ,

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it brings confidence, and then you become a stable, firm, and unshaken woman of God.

It would do you good to go through all the New Testament and look up all of the Scriptures that include the phrases "in Him," "in Whom," and "in Christ." You can make a list of the Scriptures and read them out loud to yourself daily.

If you're having problems seeing yourself as God sees you, you need to up the dosage of time and attention you are giving to renew your mind. I would say even three times a day because God's Word is medicine.

Look at what the book of Ephesians tells us:

*In Whom, because of our faith in Him, we dare to have the boldness (courage and confidence) of free access (an unreserved approach to God with freedom and without fear).*

Ephesians 3:12 AMPC

It's only because of your faith in Him and because of the One who now lives in you that you can have the boldness, courage, confidence of communion, and perfect fellowship with your heavenly Father.

You may say, "Melissa, but you don't understand. My family completely rejected me. I never got into that university. I didn't attend the right schools. I've been divorced. I've made so many mistakes." But you will have to stop identifying with what has happened to you and begin to identify only with what happened in you when you became born again and a new creature in Christ.

***For in Him we live and move and have our being; as even some of your [own] poets have said, For we are also His offspring.***

**Acts 17:28 AMPC**

Who you are can only be connected with who you are in Him. Otherwise, you will be up and down and unstable.

You will have to shut the door on the devil in your life by operating in forgiveness. As a born-again believer, you cannot harbor unforgiveness in your heart towards yourself or towards others. You will need to learn not to dwell on your past mistakes or on the past mistakes of others because Satan will use it as an inroad to your life and keep you stuck and spiritually paralyzed.

***I, even I, am He Who blots out and cancels your transgressions, for My own sake, and I will not remember your sins. Put Me in remembrance [remind Me of your merits]; let us plead and argue together. Set forth your case, that you may be justified (proved right).***

**Isaiah 43:25-26 AMPC**

If you are continually thinking about your past sins, failures, and mistakes, it gives the devil access to your thinking and emotions. Once you have asked God for His forgiveness, God doesn't remember that you've done anything wrong, so why should you? You will have to have your mind constantly renewed about God's love, kindness, and forgiveness towards you. Get your mind on the Word of God! Don't go back to the past to dig up the things that you've done by dwelling on them. Philippians

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3:13-14 says to forget about the past and strive and press towards the high calling of God in Christ Jesus.

You must make the decision that the Word of God is the number one priority in your life. Build your day, your marriage, your career, and your life around it. That may mean you will have to get up earlier than everyone else who lives in your home just so you can read your Bible and renew your mind. These days, with all the technology, you can listen to the Bible straight from your phone streaming into your car. Make listening to the Word a priority, not carnal, fleshly, demonic music that moves your mind and your life in the wrong direction.

Remember that everything you see and hear has an effect on your mind. So, you can't be listening to demonic music and expect your mind to stay clean and renewed by the Word of God. It is your responsibility to consistently renew your mind with the Word of God and keep your flesh under subjection to your spirit man.

Your confidence will be expressed from the inside out when you begin to think God's thoughts about you.

***Lean on, trust in, and be confident in the Lord with all your heart and mind and do not rely on your own insight or understanding.***

**Proverbs 3:5 AMPC**

Your confidence will grow more and more as you lean your heart and mind on who you are in Christ and not the world around you.

If the devil told you that you are ugly, nobody loves you, you are not important, and you're never going to

amount to anything, you must replace those thoughts with what God says.

Let's read from the book of Psalms:

*For the Lord takes pleasure in His people; He will beautify the humble with salvation and adorn the wretched with victory. Let the saints be joyful in the glory and beauty [which God confers upon them]; let them sing for joy upon their beds.*

Psalm 149:4-5 AMPC

The Lord is the One that beautifies you from the inside out. He's the One that made you, formed you, and fashioned you in your mother's womb. As the Scripture says, you are fearfully and wonderfully made. Don't let the devil lie to you, telling you you're not worth anything or saying things that make you hate yourself. Stop playing those tapes and start reading and listening to who you are in Christ.



## *Chapter Three*

# *how to act on the word of God daily*

**F**or you to be a beautiful and confident woman of God, you will have to take action based solely on the Word of God. The number one action of your faith is speaking the Word of God out loud and from your mouth. Then, from there, the Holy Spirit will prompt you on the inside for other actions of faith. Essentially, He will prompt you to act, be, and do as if the Word that He has spoken to you and you are speaking out of your mouth is true. God's Word is true, but you must act on it to enforce it in your life.

Don't forget that the will of God, His boldness, beauty, and confidence don't just show up in your life. You have to work it from the inside to the outside. We discussed how renewing your mind daily with the Word of God

and who you are in Christ is essential to you becoming a beautiful and confident woman of God.

So now that you've begun renewing your mind to all the things you have and are in Christ, you must work them into your daily life by speaking and acting on them.

Whether or not you, as a Christian woman, are victorious in this life, triumphing over the devil, depends on the view and the image that you have of yourself. Do you see yourself defeated and insecure, or do you see yourself as beautiful and confident in Christ?

Before I began working the Word of God daily by speaking and acting on it, the thoughts and feelings of insecurity and unworthiness limited my progress. My vision was small, and I couldn't see out of the dark hole I was in mentally and emotionally. I didn't know how to break free from the wrong relationship. My thinking was clouded, and I felt defeated. I never moved forward in life. I was constantly critical of myself and hated everything about the way that I looked. I felt as though all I did was make the wrong decisions.

Then, as I begin to think new thoughts and daily act on the Word, taking steps of faith in the light, I could see my future clearly. It looked brighter and happier than before. The Word of God began to paint a picture in my mind and heart of how beautiful my life could be and is in Christ.

As a born-again, spirit-filled believer, you've been seated with Christ in heavenly places, far above all power and principalities and all satanic darkness. Your being seated and reigning with Christ in heavenly places indicates a position of authority, honor, and confidence—not insecurity, failure, depression, and defeat.

*But be doers of the Word [obey the message], and not merely listeners to it, betraying yourselves [into deception by reasoning contrary to the Truth]. For if anyone only listens to the Word without obeying it and being a doer of it, he is like a man who looks carefully at his [own] natural face in a mirror; For he thoughtfully observes himself, and then goes off and promptly forgets what he was like. But he who looks carefully into the faultless law, the [law] of liberty, and is faithful to it and perseveres in looking into it, being not a heedless listener who forgets but an active doer [who obeys], he shall be blessed in his doing (his life of obedience).*

James 1:22-25 AMPC

One thing that helped me immensely was that I started attending a nondenominational Bible church twice a week, and I was faithful. My pastor was a graduate of Rhema Bible Training Center in Tulsa, Oklahoma, which I later attended to train for the ministry. I had the blessing of having a pastor who was feeding me the Word of God, and I could begin to work it in my daily life.

I also began to meet other godly, Christian women who were older than me. Over the years, they mentored me and spoke into my life. Having Christian friends and older women of God speak into your life will be crucial to your confidence in Christ. If you only fellowship with people who are not saved, who do not love the Lord and the things that you love, you will end up living a double life and constantly tormented in your soul.

Thankfully, my mother is a woman of God. She taught me these truths, and I also had other women of God that

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I allowed in my life who encouraged me and spoke life over me and taught me how to be a doer of the Word.

Let's investigate our seating in Christ and our authority as a woman of God.

*Far above all rule and authority and power and dominion and every name that is named [above every title that can be conferred], not only in this age and in this world, but also in the age and the world which are to come. And He has put all things under His feet and has appointed Him the universal and supreme Head of the church [a headship exercised throughout the church],*

Ephesians 1:21-22 AMPC

You will have to open your mouth and release your own spiritual authority to take authority over the devil. Jesus has done His part. Now, you must do your part. The most supernatural thing that has ever happened to you throughout eternity was set in motion by believing in your heart and speaking words. That is how everything in the Kingdom of God works.

When you are constantly bombarded with thoughts of insecurity and defeat while visualizing yourself in a fearful and depressed state it could be that you are either ignorant of your position in Christ or you are refusing to stand up in your authority and speak out of your mouth who you are in him.

As a beautiful, confident woman, you have the perspective to see yourself seated with Christ in heavenly

places, far above all principalities and powers according to Ephesians, Chapter One.

The beautiful, confident woman not only sees the image on the inside of who she is in Christ, but she exercises daily her authority in Christ confidently and boldly. In your life, the only way you will have complete confidence in your authority as a new creature in Christ and a woman of God is to walk daily in the light of the written Word of God.

*make your thoughts God's  
thoughts about you*

Philippians 2:5 says, “*Let this mind be in you, which was also in Christ Jesus.*”

*And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus. Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.*

**Philippians 4:6-8**

To act on the Word of God daily, you must actively read, think on, speak, and dwell upon the Word of God. You are to fill your mind, your thinking, with the Word of God, and Joshua 1:8 tells us how:

***“This Book of the Law shall not depart out of your mouth, but you shall meditate on it day and night, that you may observe and do according to all that is written in it. For then you shall make your way prosperous, and then you shall deal wisely and have good success. Have not I commanded you? Be strong, vigorous, and very courageous. Be not afraid, neither be dismayed, for the Lord your God is with you wherever you go.***

**Joshua 1:8-9 AMPC**

One of the actions is reading the Word in the morning and again at night. Another is to put the Word of God in your mouth. Then, when you read the Word and speak the Word, you will begin to see something on the inside, a prompting from the Holy Spirit. To act on that prompting will make that area of your life prosperous, and you can step out boldly and confidently on it.

You will have to stop talking about your problems and rehearsing them with all your friends, family members, and coworkers. Instead, begin to speak about all the good things that you have in Christ. As you stop talking about the problem and begin to speak the reality of who you are in Christ, you will begin to see your confidence soar.

Often, we want to take authority over the devil, and, yes, you should do that. You have authority over him. But the biggest room of his demonic activity is in your mind. If you allowed your thinking to go unrenewed by the Word of God, then you will think and act just like the world does.

You will have to stop watching carnal reality TV shows, the nightly news, and listening to ungodly music.

You know what I mean—listening to music and beats that come from a person who is not born again and living on fire for God and is not singing the Scriptures and the realities you have as a new creature in Christ. All of those things affect your thought life, so you must turn off those voices. Then, you fill your heart and your mind with the voice of God through his written Word.

*And He raised us up together with Him and made us sit down together [giving us joint seating with Him] in the heavenly sphere [by virtue of our being] in Christ Jesus (the Messiah, the Anointed One).*

Ephesians 2:6 AMPC

If you keep watching trash on television and social media, if you are filled with that, that is how you will act, think, talk, and respond. But that is not who you are. You have been raised up together with Christ, and you have joint seating with Him. You are royalty.

*what you think about,  
you speak about*

At one point, I was so obsessed with fashion magazines that I cut out all the famous supermodels and put their pictures up all over one whole wall in my bedroom. It was complete deception and the wrong image on which to focus.

You must look inside the Word to see who you are as a woman of God. As I began to receive revelation that it was all controlled by the spirit of the world, I came

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home one day and ripped the pictures off my wall and put them in the trash. Thank God! I began to see myself in the Word. If Jesus had to find Himself in the Word, you will have to find yourself in the Word.

*Then said I, Behold, I come; in the volume of the book it is written of me; I delight to do Your will, O my God; yes, Your law is within my heart.*

Psalm 40:7-8 AMPC

When I first attended Bible school, I was not renewing my mind or acting on the Word consistently. I began to search my Bible for Scriptures that meant something to me in the area where I felt insecure and defeated. Then, I would write down those verses and speak them out of my mouth three times a day. I went so far as to get index cards and write down those Scriptures. I still have them to this day. They are tattered with makeup and coffee stains, but they are so precious to me.

You must see yourself washed and cleansed in the blood of Jesus. I love what Isaiah says:

*And the effect of righteousness will be peace [internal and external], and the result of righteousness will be quietness and confident trust forever.*

Isaiah 32:17 AMPC

When you see yourself as righteous in Christ, it will affect you both internally and externally. You will gain quietness and confidence.

I had to learn that rehearsing all the bad things that had happened to me was calling them into my present and magnifying them in my life. Instead, I had to choose to magnify what happened for me in Christ by reading my Bible, thinking about it, and speaking it out of my mouth multiple times a day.

*And you are in Him, made full and having come to fullness of life [in Christ you too are filled with the Godhead–Father, Son and Holy Spirit–and reach full spiritual stature]. And He is the Head of all rule and authority [of every angelic principality and power].*

Colossians 2:10 AMPC

This is your new reality! You are dead and alive in Christ. He fills everything to the full in your life with Himself: the Father, the Son, and the Holy Spirit.

*Anyone who confesses (acknowledges, owns) that Jesus is the Son of God, God abides (lives, makes His home) in him and he [abides, lives, makes his home] in God. And we know (understand, recognize, are conscious of, by observation and by experience) and believe (adhere to and put faith in and rely on) the love God cherishes for us. God is love, and he who dwells and continues in love dwells and continues in God, and God dwells and continues in him. In this [union and communion with Him] love is brought to completion and attains perfection with us, that we may have confidence for the day of judgment [with assurance and boldness to face Him], because as He is, so are we in this world.*

1 John 4:15-17 AMPC

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That's the truth of the matter because you are a born-again child of God. You release your faith in His love and renew your mind to it. When you act on God's Word daily, it brings confidence and boldness to your life.

## Chapter Four

you must speak who  
you are daily

**W**ords rule the realm of the Spirit and your life. Your life today is the sum total of your thoughts in the words that you have spoken in your life.

*“The good man from his inner good treasure flings forth good things, and the evil man out of his inner evil storehouse flings forth evil things. But I tell you, on the day of judgment men will have to give account for every idle (inoperative, nonworking) word they speak. For by your words you will be justified and acquitted, and by your words you will be condemned and sentenced.”*

Matthew 12:35-37 AMPC

You can't fight thoughts with thoughts. You must combat your thoughts with words, using the living Word of God, which is alive and is able to save your soul.

The most supernatural thing that has ever happened to you occurred as you spoke words. You believed in your heart and confessed with your mouth that Jesus was the Son of God and that He died and rose again. With those faith-filled words, you were translated from spiritual death into spiritual life.

Everything in the Kingdom of God works the same way. For you to do, be, and have everything that Jesus died and rose from the dead for you to have, you must possess it by speaking it out of your mouth daily.

You cannot be passive with your words. You must be aggressive and release the law of the Spirit of life that dwells in you through the power of your words. Because the law of sin and death is working all around you, you must enforce the higher law of the Spirit of life.

If you want your life to be different, you must not only think new thoughts, but you must speak the realities that are yours in Christ. You may say, “Oh, Melissa! That’s not important. I can say whatever. That’s religious. I don’t always have to watch what I say.” But this instruction is not my idea. This is what Jesus said:

*And Jesus, replying, said to them, Have faith in God [constantly]. Truly I tell you, whoever says to this mountain, Be lifted up and thrown into the sea! and does not doubt at all in his heart but believes that what he says will take place, it will be done for him. For this reason I am telling you, whatever you ask for in prayer, believe (trust and be confident) that it is granted to you, and you will [get it]. And whenever you stand praying, if you have anything against anyone, forgive him and let it drop (leave*

*it, let it go), in order that your Father Who is in heaven may also forgive you your [own] failings and shortcomings and let them drop.*

Mark 11:22-25 AMPC

*all words count all the time*

*Death and life are in the power of the tongue, and they who indulge in it shall eat the fruit of it [for death or life].*

Proverbs 18:21 AMPC

You might ask, “Did you say I can *always* watch *everything* that comes out of my mouth?” Yes, you can! You just have to discipline yourself. When you receive the revelation that life and death are in the power of your tongue, you will set a guard over your mouth. You can keep living the way you are living now and continue to experience the same results. But if you want all that Jesus paid for, you will need to get control of your tongue!

Most of the mountains and problems in your life were created by the things you have spoken with your own mouth. Remember, the tongue is a tiny member, but it sets on fire the course of nature.

*If we set bits in the horses' mouths to make them obey us, we can turn their whole bodies about. Likewise, look at the ships: though they are so great and are driven by rough winds, they are steered by a very small rudder wherever the impulse of the helmsman determines. Even so the tongue is a little*

*member, and it can boast of great things. See how much wood or how great a forest a tiny spark can set ablaze! And the tongue is a fire. [The tongue is a] world of wickedness set among our members, contaminating and depraving the whole body and setting on fire the wheel of birth (the cycle of man's nature), being itself ignited by hell (Gehenna)."*

James 3:3-6 AMPC

If you get your thoughts and your mouth under control, you can also take control of your soul and body. You will need to stop rehearsing the curse in your life and begin to rehearse the blessings that you have in Christ.

When you are born again, the first thing God wants is your tongue. That is why He wants to fill you with the Holy Spirit with the evidence of speaking in tongues. No natural man can contain the tongue, but the Holy Spirit and the Word of God can because they are not natural. They provide a supernatural supply to dominate the tongue. So, if you want to bring your mouth and your tongue under subjection to God, begin to speak the Word of God out of your mouth consistently.

Also, receive the baptism of the Holy Spirit with the evidence of speaking in tongues. This baptism of the Holy Spirit will bring power, confidence, and boldness like you never had before because it's not natural. It's supernatural.

*you must be born again*

*Jesus answered, Verily, verily, I say unto thee, Except a man be born of water and of the Spirit, he cannot*

*enter into the kingdom of God. That which is born of the flesh is flesh; and that which is born of the Spirit is spirit. Marvel not that I said unto thee, Ye must be born again. The wind bloweth where it listeth, and thou hearest the sound thereof, but canst not tell whence it cometh, and whither it goeth: so is every one that is born of the Spirit.*

John 3:5-8

To experience the fullness of all that Jesus did for you, including His boldness and supernatural confidence, He said you also need to receive the Holy Spirit.

*For John baptized with water, but not many days from now you shall be baptized with (placed in, introduced into) the Holy Spirit. But you shall receive power (ability, efficiency, and might) when the Holy Spirit has come upon you, and you shall be My witnesses in Jerusalem and all Judea and Samaria and to the ends (the very bounds) of the earth.*

Acts 1:5, 8 AMPC

The Holy Spirit is not a thing. He is a person, the third person of the Godhead. Once you are born again, you need to be filled with the Holy Spirit with the evidence of speaking in other tongues. When He comes, He comes with His fire, His boldness, and His language. Speaking in tongues is the language of the Holy Spirit. If you are from America, you speak English because that is your native tongue. In the same way, when you are born from above, you are provided a supernatural language.

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When the Holy Spirit comes to fill you to overflowing, He comes with His language and evidence of His power, boldness, and confidence. The Book of Acts refers to “tongues.” Let’s look at this reference in Acts, Chapter Two.

*When suddenly there came a sound from heaven like the rushing of a violent tempest blast, and it filled the whole house in which they were sitting. And there appeared to them tongues resembling fire, which were separated and distributed and which settled on each one of them. And they were all filled (diffused throughout their souls) with the Holy Spirit and began to speak in other (different, foreign) languages (tongues), as the Spirit kept giving them clear and loud expression [in each tongue in appropriate words].*

Acts 2:2-4 AMPC

If you want to walk in freedom, confidence, and boldness, you must give the Holy Spirit your tongue. The biblical pattern to accomplish that is, first, speak the Word of God and, secondly, speaking in tongues.

*If you have trapped yourself by your agreement and are caught by what you said...*

Proverbs 6:2 NLT

*in his image*

If you are trapped or stuck in a situation, feeling that you are spending your life putting out fires, check up on

what you've been saying. You are a speaking spirit, created in God's likeness and image. Let's read in Genesis, the book of beginnings, to see what God said about you:

*And God said, Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth. So God created man in his own image, in the image of God created he him; male and female created he them. And God blessed them, and God said unto them, Be fruitful, and multiply, and replenish the earth, and subdue it: and have dominion over the fish of the sea, and over the fowl of the air, and over every living thing that moveth upon the earth.*

Genesis 1:26-28

So, we have to discover what God is—the details about His essence because we are made in His image.

*God is a Spirit: and they that worship him must worship him in spirit and in truth.*

John 4:24

God is a spirit. Actually, He is a speaking spirit. You were made in His likeness, in His image. So, you are a speaking spirit. It is what makes you different from every other created being. It is what makes you different from my dog, or a pig, or a whale. They all make sounds. However, they do not have creative power in their voice—only mankind does.

Let's investigate how God operates and discover what we are supposed to do.

*In the beginning God created the heaven and the earth. And the earth was without form, and void; and darkness was upon the face of the deep. And the Spirit of God moved upon the face of the waters.*

*And God said, Let there be light: and there was light. And God said, Let there be a firmament in the midst of the waters, and let it divide the waters from the waters. And God said, Let the earth bring forth grass, the herb yielding seed, and the fruit tree yielding fruit after his kind, whose seed is in itself, upon the earth: and it was so. And God said, Let there be lights in the firmament of the heaven to divide the day from the night; and let them be for signs, and for seasons, and for days, and years:*

Genesis 1:1-3, 6, 11, 14

Multiple times in this text, we see that God said and then He saw. You are like God. You are a speaking spirit. You must say, and then you will see what you said.

It doesn't matter what others have said about you or told you. You don't have what they say about you unless you start speaking what they said and acting on the words they said to you. Now that you are a new creature in Christ, you must say what God says about you. Then, you will have what he said. No one else's words matter more than your own.

It is important that you hear yourself speaking who God says you are out of your mouth. If your mouth feeds your heart the verses about who you are in Christ, then the

Word-image of your heart will feed your mouth the right words about who you are in Christ as a woman of God.

*Above all else, guard your heart, for everything you do flows from it.*

Proverbs 4:23 NIV

Your mouth can also feed your heart the truth about who you are in Christ, even if you have seen and heard other things. Your tongue is the rudder of your life. If it has been going in the wrong direction for a long time, you have to turn the rudder. It may look like it is taking a long time, but a big ship doesn't turn on a dime. If you have spent 10, 20, or 30 years speaking the wrong things, you are going to have to invest time in renewing your mind and saying the Word consistently out of your mouth.

*If we set bits in the horses' mouths to make them obey us, we can turn their whole bodies about. Likewise, look at the ships: though they are so great and are driven by rough winds, they are steered by a very small rudder wherever the impulse of the helmsman determines. Even so the tongue is a little member, and it can boast of great things. See how much wood or how great a forest a tiny spark can set ablaze! And the tongue is a fire. [The tongue is a] world of wickedness set among our members, contaminating and depraving the whole body and setting on fire the wheel of birth (the cycle of man's nature), being itself ignited by hell (Gehenna)."*

James 3:3-6 AMPC

Let's get your mouth moving in the right direction by speaking the truth from the Word of God about who you are in Christ. Stop going over the old news in your life—the past mistakes, rejections, or failures. Let's rewrite your story to reflect all that Christ has done in your life.

*You are snared with the words of your lips, you are caught by the speech of your mouth.*

Proverbs 6:2 AMPC

You will have to stop trapping yourself with your own words. Instead, release yourself into the will of God by speaking what the Lord has said about you.

*From the fruit of his words a man shall be satisfied with good, and the work of a man's hands shall come back to him [as a harvest].*

Proverbs 12:14 AMPC

*Death and life are in the power of the tongue, and they who indulge in it shall eat the fruit of it [for death or life].*

Proverbs 18:21 AMPC

Now that you are convinced that all words count all the time, I want to give you a list of positive faith confessions you can speak over yourself daily.

Remember, you are complete in Him. The word *complete* means "having all parts or elements, lacking nothing." It means you are whole, entire, and full.

Speak these Scriptures and confessions out loud everyday to renew your mind and release the truth of God's Word into your life.

*1) "Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new."*

2 Corinthians 5:17

**Confession:** I am a new creature in Christ it's no longer me that lives but Christ that lives in dwells in me! My past doesn't exist anymore. I am dead to the past and alive to my bright future in Christ. Everything about me is new. The way I think, the way I walk, the way that I talk and the way I live.

*2) "For he hath made him to be sin for us, who knew no sin; that we might be made the righteousness of God in him."*

2 Corinthians 5:21

**Confession:** Jesus was made sin for me. I am the righteousness of God in Christ Jesus! It's no longer me that lives but Christ that lives in dwells in me.

*3) "To grant [consolation and joy] to those who mourn in Zion—to give them an ornament (a garland or diadem) of beauty instead of ashes, the oil of joy instead of mourning, the garment [expressive] of praise instead of a heavy, burdened, and failing*

*spirit—that they may be called oaks of righteousness [lofty, strong, and magnificent, distinguished for uprightness, justice, and right standing with God], the planting of the Lord, that He may be glorified.”*

Isaiah 61:3 AMPC

**Confession:** I have beauty where there were ashes in my life. I am beautiful. I am full of joy and I refuse to fear, be sad or depressed. I am strong, Magnificent and distinguished. I wear a crown of beauty because I am a queen.

*4) “Do not [earnestly] remember the former things; neither consider the things of old.”*

Isaiah 43:18 AMPC

**Confession:** I refuse to remember the past. I refuse to talk about it, rehearse it, or feel sorry for myself. I forgive everyone for everything. Including myself. I refuse to look back, talk back, or allow my past to dictate my future.

*5) “Instead of your [former] shame you shall have a twofold recompense; instead of dishonor and reproach [your people] shall rejoice in their portion. Therefore in their land they shall possess double [what they had forfeited]; everlasting joy shall be theirs.”*

Isaiah 61:7 AMPC

**Confession:** I am free from all shame. The Lord has given

me double for my trouble and double for my former shame. I decree and declare restoration in every arena of my life. I receive double for what I thought I forfeited and I am full of joy.

*6) “For the law of the Spirit of life [which is] in Christ Jesus [the law of our new being] has freed me from the law of sin and of death.”*

Romans 8:2 AMPC

**Confession:** The law of the Spirit of life in Christ is working and living in me. It is working in every cell and organ and tissue of my body. I am filled with life! The law of the Spirit of life has made me free from the law of sin and death. I am free from sin, sickness, disease and spiritual death. I have eternal life in me.

*7) “According as he hath chosen us in him before the foundation of the world, that we should be holy and without blame before him in love: To the praise of the glory of his grace, wherein he hath made us accepted in the beloved.”*

Ephesians 1:4, 6

**Confession:** I am chosen. I am loved. I am accepted in Christ. I cannot be rejected because I am completely loved and accepted in Christ.

8) *“For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.”*

John 3:16

**Confession:** God loves me! I am God’s masterpiece made in his image. God loves me so much that he gave his only son just for me. I will never allow the devil to tell me I am unloved or have no value because Jesus paid the highest price for me that has ever been paid for anything throughout all eternity.

9) *“And ye are complete in him, which is the head of all principality and power:”*

Colossians 2:10

**Confession:** I am complete. I am whole. My identity is in Christ. I am lacking and wanting nothing. I have everything I need in him. I never again will try to extract from people that which I only received from Christ.

10) *“Now the Lord is the Spirit, and where the Spirit of the Lord is, there is liberty (emancipation from bondage, freedom). [Isa. 61:1, 2.]”*

2 Corinthians 3:17 AMPC

**Confession:** I am born again! God lives in me. God dwells in me always. I am free from every yoke and slavery in

You Must Speak Who You Are Daily

bondage in any form to anyone or anything. I am already free! I'm not trying to get free! I am free.



## Chapter Five

# femininity and confidence

**G**od made you a woman on purpose, for a purpose. A woman is a man with a womb. In Hebrew, the word for *woman* is “Isha” because Eve was taken out of the man’s side. Let’s read this text from Genesis, Chapter Two.

*And the Lord God caused a deep sleep to fall upon Adam; and while he slept, He took one of his ribs or a part of his side and closed up the [place with] flesh. And the rib or part of his side which the Lord God had taken from the man He built up and made into a woman, and He brought her to the man. Then Adam said, This [creature] is now bone of my bones and flesh of my flesh; she shall be called Woman, because she was taken out of a man.*

Genesis 2:21-23 AMPC

The woman was taken out of Adam's side. She is equal in spiritual authority with God, meaning both woman and man have been seated with Christ in heavenly places. However, a woman is different in function and purpose.

You are a woman! You are not a man! You were still of mankind, which means you are a speaking spirit just like God. However, you are physically and chemically different than a man. For instance, you have a womb and the ability to carry and birth a baby. Men cannot do that.

You may ask, "Melissa, what if God made a mistake and I was really supposed to be a man?" The devil is a liar! God is not stupid, and God is not confused. Let's see what the book of Psalms says about you:

*For You did form my inward parts; You did knit me together in my mother's womb. I will confess and praise You for You are fearful and wonderful and for the awful wonder of my birth! Wonderful are Your works, and that my inner self knows right well. My frame was not hidden from You when I was being formed in secret [and] intricately and curiously wrought [as if embroidered with various colors] in the depths of the earth [a region of darkness and mystery]. Your eyes saw my unformed substance, and in Your book all the days [of my life] were written before ever they took shape, when as yet there was none of them. How precious and weighty also are Your thoughts to me, O God! How vast is the sum of them! If I could count them, they would be more in number than the sand. When I awoke, [could I count to the end] I would still be with You.*

Psalm 139:13-18 AMPC

## *prepared for his plan*

God formed every part of you from the inside out in your mother's womb. This text says the Lord saw you, and all the days of your life are written in a book. God has a perfect plan for your life, and it is a good plan! God made you a woman on purpose to fulfill that plan. His plan for you is that you are the quintessential Proverbs 31 woman.

*A capable, intelligent, and virtuous woman—who is he who can find her? She is far more precious than jewels and her value is far above rubies or pearls.*

Proverbs 31:10 AMPC

God says that His plan for you is that you are a capable, intelligent, and virtuous woman. Whether you are married, single, or divorced, you are valuable and precious in God's sight and to all of those whose lives you touch. If you are married, want to be married, or want to stay married, God has some good instructions here for you. As a wife, one of your roles is to comfort and encourage your husband—not criticize and beat him down.

*The heart of her husband trusts in her confidently and relies on and believes in her securely, so that he has no lack of [honest] gain or need of [dishonest] spoil. She comforts, encourages, and does him only good as long as there is life within her.*

Proverbs 31:11-12 AMPC

## a confident woman

You have a very specific role in life as a woman, whatever state you find yourself in, whether that is single or married. Your life is to be a reflection of God in every arena. Being a “boss babe” is not a new idea. It comes straight from the Word of God in Proverbs 31. Let’s keep reading:

*She seeks out wool and flax and works with willing hands [to develop it]. She is like the merchant ships loaded with foodstuffs; she brings her household's food from a far [country]. She rises while it is yet night and gets [spiritual] food for her household and assigns her maids their tasks. She considers a [new] field before she buys or accepts it [expanding prudently and not courting neglect of her present duties by assuming other duties]; with her savings [of time and strength] she plants fruitful vines in her vineyard.*

Proverbs 31:13-16 AMPC

You can be a hard worker and accomplished inside and outside the home and still be feminine and confident. I want to look at the concept of what it means to be feminine.

*Femininity* can also be called "womanliness or girlishness." It is a set of attributes, behaviors, and roles that generally are associated with women and the female sex. Research also indicates that behaviors considered

feminine are biologically influenced by your DNA which comes from God.

Traits and characteristics such as nurturing, soft, sweet, supportive, gentle, warm, cooperative, expressive, modest, humble, affectionate, tender, helpful, devoted, and understanding can also be considered feminine traits.

*She opens her mouth in skillful and godly Wisdom, and on her tongue is the law of kindness [giving counsel and instruction]. She looks well to how things go in her household, and the bread of idleness (gossip, discontent, and self-pity) she will not eat.*

Proverbs 31:26-27 AMPC

This is how a confident woman of God sounds and behaves. Make sure you watch your mouth and the attitude in which you say things.

*Let no foul or polluting language, nor evil word nor unwholesome or worthless talk [ever] come out of your mouth, but only such [speech] as is good and beneficial to the spiritual progress of others, as is fitting to the need and the occasion, that it may be a blessing and give grace (God's favor) to those who hear it.*

Ephesians 4:29 AMPC

The way that you speak in every situation of life is of vital importance. We are strong and firm with the devil and devilish thoughts. However, we must ensure that we maintain our soft, feminine side, being full of grace.

I really love this verse from Proverbs, Chapter Four.

*Prize Wisdom highly and exalt her, and she will exalt and promote you; she will bring you to honor when you embrace her. She shall give to your head a wreath of gracefulness; a crown of beauty and glory will she deliver to you.*

Proverbs 4:8-9 AMPC

It is so beautiful how God describes wisdom, which is also identified as His Word, in a feminine way. Wisdom is referred to as “her” and “she.” Remember, God always leads you to a place of honor and gracefulness, and He will give you a crown of beauty.

Even though you are soft, graceful, and feminine as a woman, you can also be bold. One way to define bold is “not hesitating or fearful in the face of actual or possible danger, courageous and daring.” Being bold is how God plans for us to live in this life as a woman of God, moving forward in faith and never hesitating.

It is easy to see that God has made each woman unique. To be unique means to be unlike anything else of its kind. That is you as a woman of God, feminine and confident!

## *Chapter Six*

# *reasons for wearing and how to do your makeup*

The first five chapters of this book are on the supernatural side of becoming a confident and beautiful woman of God. The second half of this book will be dedicated to the natural side of those attributes.

Being beautiful and confident has two sides—the supernatural and the natural. In the second half of this book, we want to emphasize the natural side of developing and becoming that beautiful and confident woman of God. They are the two worlds that work together. Kenneth W. Hagin used to say, “It’s the natural and the supernatural that make a dynamic force for God.”

Sadly, once some women are born again, I noticed that they normally fall into one of two categories. Either they begin to “let themselves go” naturally and think it’s all

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about the spiritual side of life, never paying attention to the natural things that will reflect who they are supernaturally. Or, they are so fleshly or carnal and outside-minded that they never take the time to develop who they are on the inside, which is the supernatural.

*Charm and grace are deceptive, and beauty is vain [because it is not lasting], but a woman who reverently and worshipfully fears the Lord, she shall be praised!*

Proverbs 31:30 AMPC

## *beautiful inside and out*

The devil would have you focused on developing one side of your life where it is all about your appearance but leaving you ugly on the inside without Jesus. When you were born again, Jesus makes everything beautiful in its season, according to Ecclesiastes. That means beautiful on the inside and the outside (Ecclesiastes 3:11).

Now that you were born again, you become a representative of Jesus—everywhere you go, to everyone who sees or meets you or comes across your path.

*So we are Christ's ambassadors, God making His appeal as it were through us. We [as Christ's personal representatives] beg you for His sake to lay hold of the divine favor [now offered you] and be reconciled to God.*

2 Corinthians 5:20 AMPC

Now that you are born again and a woman of God, you are His ambassador, representing Him in this realm of touch, taste, and feeling. As God's representative, what are you saying to the world with your appearance, your face, hair, body, and clothing? The hard truth is that how you look is a walking message board displaying what you believe about yourself.

You might say, "Melissa, that doesn't matter. It is not important how I look. The Bible says God looks at the heart." Let's be clear. The unregenerate man or woman is not like God. They are not spiritual. The truth is that people have to look at you. God may look at your heart, but man looks on the outside.

***But the Lord said to Samuel, Look not on his appearance or at the height of his stature, for I have rejected him. For the Lord sees not as man sees; for man looks on the outward appearance, but the Lord looks on the heart.***

1 Samuel 16:7 AMPC

As confident and beautiful women of God, we want to ensure that we have integrity, which means that our words and actions match. We want our insides and outsides to reflect as a representative of who we are in Christ to this natural world in which we live.

People will judge you by your appearance. That is why when a company sends an employee to do work in your home, they make that employee wear a uniform identifying them as an employee of that company. Generally, you would not allow a stranger dressed in

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normal street clothes who comes knocking on your door entry to your house.

Other people have to look at you besides you. One of the ways you can walk in love with other people who have to look at you (especially your husband) is to look your best.

I'm not saying you need to get a facelift or have all your teeth capped. But I am saying you should wash your face, put on some face cream, and maybe some makeup. Brush your teeth or maybe even get braces. Style your hair and get out of your pajamas or sweatsuit.

Do what you can with what you have, and God will do the rest, giving you favor with people. But don't expect to live in divine favor in the realms of this world if you always look broken down, defeated, busted, and disgusted. The best thing you can do is wear a smile!

## *a polished appearance*

But let's focus on the natural side now. Your face, hair, and clothing are the three main areas of focus when people see you. We want to make that the best we possibly can, providing a polished appearance.

You don't have to wear makeup to be beautiful. However, I have noticed in the day and time we are living, almost every woman looks fresher and more radiant with a little makeup. Brother Hagin used to say this funny phrase, "Even an old barn could use some new paint."

When you wear makeup, it is not that you are trying to make yourself out to look like another person. However, you want it to even out your skin tone, give a polished, fresh, and radiant look to your face.

“But, Melissa, I don’t know how to wear makeup, and it’s not necessary for me to wear makeup in my profession.”

Suppose you’ve never been taught how to do your makeup. I have some practical tips and tricks that will help you. I believe every woman could benefit from at least five makeup products.

You don’t have to spend 45 minutes on your makeup every morning to look polished and pulled together. It takes me about 10 minutes to do my whole makeup look. Someone could consider that I wear a lot of makeup, and I definitely use more than five products. But once you practice and get it down, you should be able to master your look in under 10 minutes a day.

Here are five of the products I recommend for makeup for every woman.

1. Foundation
2. Blush/bronzer, also known as “contour.”
3. Eyeshadow
4. Mascara
5. Lipstick

They should cover all the main areas of the face, including the skin, cheeks, eyes, and mouth. I am going to walk you through the steps of how to pick each one of these products.

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Also, you don't have to use expensive cosmetics to achieve a beautiful, feminine, polished look in your makeup. I will give you a list of some of my favorite brands and places to find your makeup. I recommend having a makeup lesson with a professional and watching some YouTube videos. I will also be doing some tutorial videos for skin, hair, makeup, and clothing, so make sure to visit [www.melissaswindle.com](http://www.melissaswindle.com) and subscribe to my YouTube channel.

Great makeup starts with great skin, and we will discuss that in-depth in an additional chapter. Right now, I want to focus on how to pick out your makeup to give you the most beautiful polished, confident look as a woman of God.

You don't have to spend money on expensive luxury-brand cosmetics to achieve a beautiful, seamless, polished look. I will give you the name of some of my favorite brands at different price points. Here are some brands I would recommend for your consideration:

Revlon®

NYX®

Charlotte Tilbury®

Tarte®

## *foundation*

I recommend that every lady wear a foundation product. Foundation is meant to even out the skin tone and to cover up any discoloration or blemishes that you may have on the face.

Picking a foundation is quite easy. You want to match it with your jawline, meaning from the bottom of the face down into the jaw in the neck. If the color melts into your skin, then it is right on point. Yet, if it's lighter or darker, you need to make sure it is a match.

You do not add color to the face with foundation. If you want to lighten or darken an area on the face or bring a highlight, you will use other products for that. But the foundation should be a flawless match.

One thing you definitely need to consider is whether your skin is dry, normal-to-oily (which is a combination), or oily, or if you have problems with acne. You want to pick a formula based on your skin type.

If your skin is super oily and prone to breakouts or combination oily in the T-zone, you definitely need to use an oil-free, matte foundation. These come in liquid or cream. For oily skin, I recommend a liquid. If your skin is more normal-to-dry, you need to pick a formula of a liquid or cream foundation for your skin type so that you can have a more dewy finish and your skin does not look so dry.

Whether your skin is oily, dry, or somewhere in-between, you definitely need to set your foundation, whether it is a liquid or a cream, with a setting powder. Again, you want to choose a setting powder that is either translucent, meaning it will perfectly match your skin, or choose a shade that is a perfect match with the skin on your face and the actual foundation. You can put this on with a powder puff or a brush. I recommend a brush for a more effective coverage over the actual foundation. The

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powder actually sets the makeup, so it doesn't move and looks fresh all day.

You will definitely need some tools to apply your makeup. I recommend a set of brushes from somewhere like Target or Walmart. If you want to go to the next level, you can always get a designer brand at a department store in the mall, but it is not a necessity. These days, Walmart, Target, and Ulta all carry makeup brushes in sets and individually at a great price.

I recommend always applying your foundation with a beauty blender or an actual foundation brush. If you're using a beauty blender, make sure you wet in the sink first, squeeze out the excess water, then apply the foundation starting in the center of the face, working your way out. Most ladies have the most discoloration in the T-zone, so that's where you want the majority of your coverage.

Ask yourself when choosing your foundation, "How much coverage do I want?" Do you want a light coverage with a more natural look where some of your skin shows through or a more flawless finish with fuller coverage? You can always add and layer more foundation with your beauty blender or brush based on the type of coverage you prefer. Remember, the goal with makeup is a more polished you. You are perfecting the parts of the skin on the face that need it. The objective is not to be wearing a mask.

In addition to your foundation, you may want fuller coverage to conceal underneath the eye or blemishes you may have on the face from a recent breakout, acne-scarring, dark circles, or puffiness under the eyes. Once you finish applying the foundation, you will apply the

concealer to the areas where you want a little extra coverage. You can blend that out with your beauty blender or with your brush.

The final step for the foundation is to set it with the setting powder. If you apply the powder with a brush, you will get a more sheer finish. If you put the powder on with a puff, you will get a fuller application.

## *a radiant glow*

To finish out the skin on the face, I suggest wearing a blush that gives a pop of color and a radiant glow, as well as some form of bronzer for contouring. You will always contour or bronze the face first.

The bronzing powder does not go on all over the face. It is applied in four different areas of the face to add warmth and contouring. You want to start first taking your brush and measuring from the top of the ear down to the lip. That is the line where the contour along your cheek should be placed to add warmth and contour to the face. Do that on both sides.

Then, you will add warmth around the forehead in your hairline perimeter towards the temples on each side of the face, blending it up and to the hairline, leaving the center of the forehead light and highlighted. The final step would be adding contour around your jawline and your neck. You can contour your jawline, which would be underneath the jaw, not on the line of the jaw itself. Continue around the perimeter of the jaw and blend down and to your neck.

When you were picking out all your products, make sure if your skin is oily or acne-prone, that even your powdered products are oil-free so that they don't break out your skin and they will wear longer. Another tip for picking up bronzer or contour is to choose a color two shades darker than your skin tone. For ladies whose skin is really dry, you can use a cream product, and for women whose skin is oily or combination, use a powder bronzer/contour.

I also recommend using a brush to apply this product, and it needs to be separate from your powder brush so that you don't end up getting a darker bronzing powder all over the brush that you use for your lighter powder to set your foundation.

Then you will smile really big and apply your chosen blush to the apple of the cheek, blending up into the bronzer in the hairline. For light to medium skin tones, I suggest picking a nice pink or peach undertone, and for those with a warmer and deeper undertone to their skin, they can go more plum or a deep apricot.

Now that the skin is complete with the foundation, concealer, setting powder, bronzer/contour, and a blush, let's move on to your eyes.

## Eyes

I believe every woman can benefit from eyeshadow, eyeliner, and mascara. If you want to really go the extra mile, you could even add false lashes for special events. But right now, we will focus on the daily routine.

Before you apply any products to the eye, you always want to start with an eyeshadow primer, applying it all over the eyelid, from lash even up into your brows. It will keep the brow product that you apply last longer and looking fresh all day long.

If you are under 35 years old, you can purchase and wear eyeshadows with a glaze or a shimmer in them. However, I would recommend for ladies over 40 who want to continue maintaining a fresh radiant look to go for a matte eyeshadow.

As a gentle reminder, the days of matching your eyeshadow to your outfit are over. If you want a classic, everyday look, I recommend choosing colors and tones that are more neutral, like brown, taupe, burgundy, peach, tan, or even anything in the gray or charcoal color scheme. Then, I would recommend black or brown eyeliner to add definition around the lash line.

The number of products and time you are willing to dedicate to each feature will determine how many colors you should apply and where. But I think every woman would benefit from three tones on the eyelid. These would include a base all-over highlighting color from lash to brow, a contour color which you apply in a windshield-type motion from the outside towards the inner corner of the eye and the nose, and then, finally, a black or brown eyeliner.

When you are applying eyeliner, be sure to make it slightly tilted up in the corners. You don't want to draw it down in the corner as it will make you look sleepy and tired. If you also want the eye to look more lifted, I recommend curling the eyelashes before applying the mascara. It's

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always the way to go. The eyeliner and mascara bring definition to the lash line and lift the eyes. Even if you don't wear multiple shades, when you simply apply a base color with contour and liner and black mascara, it will give you a fresh, radiant, and wide-awake look.

For under the eye, I suggest applying a soft, powdered eyeshadow in your lash line. I would pick one of the colors from your eyeshadows. It always looks more natural and brings a nice definition to the lashes under the eye. Then I would finish with your black mascara. If your eyes are prone to watering or crying in church (Ha ha ha, that's me), I would definitely invest in waterproof mascara.

I really took an interest in cosmetics and makeup when I was in the third grade. I had an older sister who was in the eighth grade, and that is when she started wearing eyeshadow. I remember the day she was in the bathroom applying my mother's purple eyeshadow. I just thought it was fabulous and was so pretty on her eyes. Over time, I began to study and research makeup and makeup applications. I went to the high-end department store called Nieman Marcus and received makeup lessons on applying my makeup. That is how I learned to use makeup brushes. It makes a huge difference using the brushes instead of the little applicator that comes with the eyeshadow, the blush, etc.

For me, makeup was a fun and easy way to give myself a polished look and even out my skin tone. I could give myself a fresh and awake look with eyeshadow, eyeliner, and mascara and then a nice pop of color to my cheeks, and finishing with my lips.

When I was in high school, lipstick, lip liner, and gloss were my “go-to” products. But now that I’ve matured and I like to choose long-wearing products, I have chosen a lip product that doubles as my liner and my lip color. It is long-wearing, and depending on the day or the activity, I choose whether or not to add gloss on top.

## *finish with your lips*

As I mentioned, I recommend formulas that are long-wearing and can also double as a lip liner. However, if you want to take the extra time, you can buy a separate lip liner in a complementary shade to define the lips and keep the lipstick from bleeding around your lip line. I recommend a deeper and darker lip like a classic red when you wear a more natural eyeshadow look. Then, when you have a more intense or darker eyeshadow, you would go with a more neutral lip, like soft pink, peach, plum or bronze.

My final bonus tip is: Don’t forget about your eyebrows. They are what give expression to your face. If you don’t have full eyebrows, you can use a pencil or powder to fill them in with a shade close to your natural hair color. If you have very thick and bushy brows, I recommend tweezing them into a nice shape or having them waxed on a regular basis. Today, most brow kits are so sophisticated that they even come with the stencil you can use as a guide when shading in your brows.



## Chapter Seven

# what in the world do I do with my unruly hair?

Styling your hair daily is a big part of presenting yourself to the world as a confident and beautiful woman. It also sends a strong message that you care about yourself and others by making sure your hair is presentable and not wearing that “I just got out of bed” look. Sometimes, letting your hair go natural is unruly, no matter what the texture of your hair. You need to master the tools, techniques, and products that are needed to style your hair on a daily basis. First, I recommend investing in an appointment with an actual hairstylist who is trained on a higher level to do your color and highlights and your haircut every six weeks, and I’m not talking about Supercuts or the salon at Walmart.

I also suggest updating your haircut style and even the color for a more polished, put-together look. If your hair

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is black, I don't recommend blonde highlights unless you were willing to go every three weeks to get your roots done. Remember, everything needs upkeep, including your hair.

Work with your stylist to choose a hair color that complements your skin tone. Then, choose a haircut that is manageable for you and your lifestyle. My hair is long and falls to the middle of my back. I also have naturally curly, wavy hair. To look polished, I need to be willing to invest the time needed to straighten and style my hair, which is normally about 45 minutes. If you don't want to add this much time to your daily routine, then you need to find a shorter and chic haircut that you can style in less time. That doesn't mean wash and go, but it does mean you can wash, blow-dry, and style it with heating tools to achieve a sleek and styled look to your hair.

## *search for styles*

You can search for different hairstyles with your stylist or find pictures of different hair colors and haircuts from a magazine or website. I like to use Pinterest because I can make a vision board, collecting ideas for hairstyles. Then, consult your stylist. They can teach you how to achieve that look and maintain that hairstyle.

Having the right haircut and hair color can totally transform your look and take years off your appearance. Have fun and play around. You can even invest in hair extensions if your hair is extremely thin, short, or will not grow. I also recommend investing in biotin vitamins that will help your hair grow and thicken. Some may even

want to invest in one to three good wigs or hairpieces to have a great, ready-made look for the hair.

Here are some great products that I recommend:

It's a 10 Silk® collection of products

John Frieda® products

Carol's Daughter® products

For styling tools, I love anything by a brand called Hot Tools®. They can be purchased online or sometimes in a discount store like TJ Maxx, Marshalls, or Ulta.

Updating your hairstyle is a great way to feel more confident and polished. It can also be a fun way to experiment with new looks. However, if you're not sure how to style your hair on a daily basis, it can be a discipline to maintain that polished look for long periods of time. That's why I recommend investing in some quality tools, techniques, and products that will help you fix your hair everyday without too much hassle. With the right knowledge and supplies, you can rock any hairstyle you choose!



## Chapter Eight

# Tips to take care of your skin

I always say, “Great makeup starts with great skin.” Your skin is the largest organ on your body, and you need to take care of it. If we thought about our bodies like a piece of clothing that we can’t replace, we would take a lot better care of it. We only get one body, so we need to maintain it.

This is especially true concerning the skin on our face. Everyone has a different skin type. Some of us have dry skin, some have combination, normal to oily, others have oily skin, and some are oily and prone to acne and breakouts.

The key to beautiful skin is to maintain a consistent regime to take care of it, no matter what your age. I say ladies need to start investing in hydrating the eye area at the age of 25 and beyond. But starting to use great skincare can begin as early as your teenage years.

You need to cleanse your face twice a day and apply skincare products to address whatever concern your skin type has. For example, if you are prone to problem skin such as acne, I recommend seeing a dermatologist and removing all of the products that you put on your face that contain any oil or products that are non-comedogenic. That means they're clogging up your pores and adding to the problem by causing more breakouts.

If your skin is dry, you should invest in a creamy cleanser to wash your face with at night and again in the morning. Then, you will need an all-over face and neck cream to add moisture to the skin. Sometimes this product can also double as an eye cream. But, as you begin to mature, you may need a separate eye cream to address puffiness, or dark, undereye circles, or wrinkles. The moisturizing cream and eye cream can be applied both day and night.

If you are over 30 and notice that your skin is beginning to mature, I recommend using a non-comedogenic product that contains sunscreen. You can apply it separately or in your moisturizer. Many of the liquid foundations have built-in sunscreen. This will help protect your skin from the sun damage that causes premature aging.

Skincare at any age doesn't have to be expensive. I remember when I was a teenager going with my older sister for the first time to get a consultation at a Clinique® counter. It was such a fun experience, and I learned the value of taking care of my skin and using a product that was made specifically for my face to wash my face day and night. If you're still using body soap on your face, we need to change that right away, and I'm sure your skin is

probably showing it. At the time, that brand had a three-step program which was to cleanse, tone, and moisturize. This is a great entry-level skincare regime that will get you in a good habit and routine of washing your face both day and night and moisturizing. Then, I would also add an anti-aging eye and face product to anyone over the age of 30.

## *different types of skin*

Most brands make skincare products to address different types of skin. If you are more normal to combination skin type, you may prefer a foaming face wash and a light moisturizing lotion as opposed to a heavy cream designed for someone with dry skin.

Oily skin and skin prone to acne and breakouts absolutely need to use all oil-free products. If your skin is oily and prone to breakouts, you need to use a daily foaming cleanser that is oil-free in the morning and night, made specifically for oily acne skin. Any products that you use after that, including moisturizer and anti-aging products, need to be oil-free as well.

You can locate many skincare brands in stores that range from the grocery store to the drugstore and even the high-end department stores. I am going to provide a list here of some of my favorites. Just read the boxes and the labels, and it should give you all the information you need based on your skin type. Remember, your skincare and your makeup work together.

- Clean and Clear® is a drugstore brand that offers products for all skin types.

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- Neutrogena® is a drugstore brand that offers products for all skin types.
- CeraVe® can be found at Ulta and offers products for all skin types and anti-aging.
- Cetaphil® is a drugstore brand that has great products for problem skin.
- Acne Free® reduces and gets rid of acne. It can be found at Walmart and most drug stores.
- ROC® is great for anti-aging products and can be found at Ulta.
- Dr. Perricone® is for anti-aging and can be found at high-end department stores.

My final tip for skincare is to drink at least 33 ounces of water a day, cutting out all of the sodas and chemical drinks which are horrible for your organs, especially your skin. If you drink more water, you will notice that your skin will be more supple and brighten up.

Remember, your skin is the largest organ on your body, and everything you put inside your body shows up on or comes out of your skin. So, make sure you have a great diet of fruits and vegetables. Your skin will thank you for it.

## Chapter Nine

# make your health and fitness a priority

**Y**our body is the temple of the Holy Spirit! The moment you are born-again, you become a new creature in Christ! Jesus redeemed the whole man, which includes your spirit, soul, and body. Jesus Christ purchased and bought your body with His own blood.

It was so important that He specifically addresses the body and makes provision for our body—our health and healing.

*And may the God of peace Himself sanctify you through and through [separate you from profane things, make you pure and wholly consecrated to God]; and may your spirit and soul and body be preserved sound and complete [and found] blameless at the coming of our Lord Jesus Christ (the Messiah).*

1 Thessalonians 5:23 AMPC

## *purchased with his blood*

*But [you were purchased] with the precious blood of Christ (the Messiah), like that of a [sacrificial] lamb without blemish or spot.*

1 Peter 1:19 AMPC

According to 1 Peter 2:24, Jesus personally carried our sins in His own body on the tree as on an altar and offered himself on it that we might die, cease to exist to sin, and live unto righteousness. By His wounds, you have been healed.

*He personally bore our sins in His [own] body on the tree [as on an altar and offered Himself on it], that we might die (cease to exist) to sin and live to righteousness. By His wounds you have been healed.*

1 Peter 2:24 AMPC

As we discussed in the first half of this book, the natural and supernatural work together. God encased your human spirit inside of a body. It is what legally gives you the right to create on the earth. Once your natural body dies, which is the house of your eternal spirit, your spirit and soul go to heaven if you are born again. So, for you to be effective for God on the earth, you must have a body.

It is not that we become body-conscious but that we become spirit conscious (aware that our spirits are alive unto God) and Spirit-led (directed by the leading of the Holy Spirit within our hearts). Our minds and physical

bodies are controlled by the Word of God and not by the dictates of the flesh. If you don't take care of your body naturally and apply supernatural principles from God's Word, the devil will take you out early.

Once we are born again, even though we are not going to hell, Satan is happy if he can send us to heaven early and get us out of the earth. He wants to steal from you. So, there are some things you need to do naturally to close the door to the devil.

## *actions that agree with faith*

For example, you cannot continue to drink poison knowingly and then say, "Well, by Jesus' stripes, I am healed." Likewise, you cannot expect to have a continual flow of the life of God in your body if you undermine what the Word is doing by wrong actions.

Remember, integrity operates when the things you say and do agree. So, if you believe that your body is the temple of the Holy Spirit, you will not contaminate it with poison or sexual perversion. Both are designed to destroy your body and will affect it negatively.

We want to cooperate with the work of the Holy Spirit in our bodies by doing things that honor our bodies as the temple of the Holy Spirit. Then, we can live long on the earth and accomplish God's will, taking more territory from the devil.

All sickness and disease come from Satan and are designed to steal, kill, and destroy. But Jesus said, "*II am come that they might have life, and that they might have it more abundantly*" (John 10:10). You can cooperate

with that abundant life that Jesus came to give us and the healing anointing by making wise choices with what you do with your body and what you put into it.

## *your only dress*

I received the most remarkable revelation about this truth when I heard Brother Kenneth Copeland talk about how he viewed his body. He began to think about it as a suit, the only suit he had to wear for the rest of his life. He decided he would take better care of it since he wouldn't get another.

As a woman, I immediately thought, *Wow! My body is a dress, and I only get one! I need to take better care of it.* This body is where God lives, and I want it to be the best place for Him to dwell. So, I began to make my body come under subjection to the Word of God.

This preparation will require that we operate in the fruit of the spirit, which includes operating in discipline and self-control. Unfortunately, many Christians don't like to hear about discipline or self-control. Instead, they want somebody to pray for them or to have God "wave His magic wand" over them so that all the soda, popcorn, and cake they eat daily will not affect their body. I hate to crunch your cookie, but it doesn't work that way!

God gave you the tools to dominate your body in this world by giving you the fruit of the Spirit, including discipline and self-control. However, your flesh is going to hate it. Remember, your flesh wants what it wants when it wants it.

So, you can't trust your flesh or body as far as you can throw it. For example, in the morning, when it is time to get up from sleeping, your body will scream, "I'm too tired. I can't wake up." Then, at night when it's time to go to bed, your flesh and body will say, "I don't want to go to bed. I want to stay up all night, watch TV, and eat ice cream. However, if you do those things and yield to the voice and impulses of your body and your flesh, you will not succeed in life. You will probably be fired from your job because you never show up on time. At the least, you will be out of shape and overweight.

You cannot trust your flesh. You must discipline and mortify it.

*For if ye live after the flesh, ye shall die: but if ye through the Spirit do mortify the deeds of the body, ye shall live.*

**Romans 8:13**

*Mortify therefore your members which are upon the earth;*

**Colossians 3:5**

One way to mortify the desires of the flesh is by praying in tongues and fasting. Most Christians don't want to hear about fasting, including me. Remember, your flesh doesn't want to pray in tongues or go without eating to study the Word and seek God. Instead, it wants to indulge in any lawless behavior, living with no restraint. But this is dangerous!

## *spiritual disciplines will benefit*

Even though many Christians and even Spirit-filled Pentecostal Christians do not want to talk about it, praying and fasting are Christian disciplines. Many people think it is unnecessary. However, it is necessary, and it will benefit you spiritually. Developing spiritual disciplines will help remove anything hindering you from fulfilling the will of God for your life. It will also shine a light on things that need to be removed, including bad attitudes and wrong thinking, speaking, and believing.

Proper care of your body is essential and will help you in other areas. For example, bathing every day is a blessing for you and others who have to be around you. That may sound like an extreme example, but it is part of taking care of your body. Likewise, what you eat and drink, in addition to daily physical movement and exercise, will affect your physical body negatively or positively based on what you are doing in those three areas.

If you're anything like me, you may have had many opportunities to overcome in these areas. The opportunities come with many excuses about why you are not doing something or reasons why you were making bad choices. But the bottom line is this. We have dominion and power over our flesh, just like Jesus.

When you add discipline and self-control, your physical body will reap a harvest of good things in your life, both spiritually and naturally. Some practical examples are: You need to get regular sleep. Your body

needs water—not Diet Coke. Your body needs movement and physical exercise.

If you are sick and tired and have no energy, the enemy will use this to hinder the plan of God. For example, when you are not eating the right foods, it affects your energy level. As I say, "Everything in life requires spiritual, physical, mental, and emotional energy." If you are constantly depleted spiritually and physically, it will show up.

Just like we must feed our minds continuously with God's Word and not mental junk food from the world, we must also provide our natural bodies with the Word of God because it is life and healing to all our flesh. Then, we also prioritize feeding our bodies things that will give it energy and nutrition.

## *make a change*

You are going to have to change what you are putting into your body. Get rid of all the processed foods and things laced with chemicals. Instead, purchase fruits, meats, and vegetables that are organic. Get the sugar out of your diet. You need to add 63 ounces of water to your diet every day, and if you live in America, tap water is filled with chemicals. I suggest getting alkaline or spring water and carrying it with you.

Find a system that works for you. Perhaps you could make your meals in advance for the week or hire a food delivery service that prepares organic natural foods to be delivered to you. If what you are doing is not working, that means you need to make some changes. Ask yourself

the hard questions and make changes accordingly. There are many different lifestyles of healthy eating that your body would benefit from that you can research, like the ketogenic diet. But bottom line, you will have to reduce your processed food, eliminate sugar, and reduce your calories.

## *you need sleep*

Here is my final tip for making exercise and physical fitness a priority. It comes down to these main components: your diet, exercise, and sleep. If you don't sleep eight hours a night, your body does not release the proper hormones for weight loss. God designed our bodies for sleep and exercise. But with our current modern lifestyles, many people sit at a desk all day long. So, you will have to make movement a priority. Move on purpose! It won't feel good to your flesh at first because it lights being lazy. But when you exercise, your body releases "feel-good" hormones.

A great tip is to schedule exercise for the first part of your day before doing anything else. Otherwise, your daily responsibilities will get away from you. You may be so tired at the end of the day that you skip the exercise. Instead, you can walk for 30 minutes to an hour in your neighborhood, listening to a Christian podcast as you walk. You can also spend that time praying for your family and speaking in tongues.

Perhaps you would argue, "But, Melissa, the Bible says that bodily exercise profits little." It does profit little, but it still has a profit. You don't have to spend \$500 a month on a trainer. You can use exercise videos for free on

the Internet or YouTube. Also, you can walk around your neighborhood or go to the park for a walk every day. You don't have to have a gym membership to do that. But you can sign up for many online workout courses specific to you and the results you want. I would recommend hiring a trainer or working out with a friend. You will need to exercise a minimum of five times a week.

You will feel better, and you will begin to look better. People who spend time exercising sleep better and deeper at night. You are going to have to decide to change, doing whatever it takes.

So, get moving! The best way to start is by finding an activity you love and doing it regularly. If you're not sure where to begin, check out some online workout courses that are tailored to your specific goals. And don't forget – exercise isn't just good for your body; it also has amazing benefits for your mind and sleep quality. Make your health and fitness a priority this year, and you'll be amazed at the positive changes you see in all areas of your life.



## Chapter Ten

# how do I find clothing that flatters me that I can feel good in?

**H**ave you ever felt overwhelmed or discouraged about your wardrobe or had basic anxiety over what to wear for different occasions? I have. So much so that I can remember a time as a young lady at Bible school when I didn't even want to go to church because I felt like I couldn't find something to wear in my closet that fit me.

I know the routine, ladies. You have multiple sizes of clothing in your closet, some that you've had for the last 10 or 15 years or longer. They don't even fit you anymore and are out of style. Some may need mending or fixing.

My mission in this last chapter is to empower and equip you as a woman of God to get up, dress up and be a bold light on a hill. I want you to understand that how you dress directly impacts your mindset, marriage,

money, and every aspect of being a woman of God. Let's simplify, systemize, and scale your closet. You, as a woman of God, have the desire, and the right, to shine bright. Whether you are the stay-at-home Mom, corporate executive, realtor, teacher, or retired, your daily clothing and appearance will accentuate being a bold, confident, successful, and generous woman.

One of the quickest ways to boost your confidence is in your appearance and clothing. Remember, we want to make sure that our outside appearance matches the inside image of the royal-ty of who we are in Christ. You don't have to hide anymore by dressing down, fading into the background, and being frumpy, plain Jane. God wants you to shine with His glory in every area of your life, including your appearance. Dress up! Up to the place of who you are in Christ as His royal ambassador.

*“Instead of your [former] shame you shall have a twofold recompense; instead of dishonor and reproach [your people] shall rejoice in their portion. Therefore in their land they shall possess double [what they had forfeited]; everlasting joy shall be theirs. I will greatly rejoice in the Lord, my soul will exult in my God; for He has clothed me with the garments of salvation, He has covered me with the robe of righteousness, as a bridegroom decks himself with a garland, and as a bride adorns herself with her jewels.”*

Isaiah 61:7, 10 AMPC

First things first! You need to decide what type of clothing you will need that is functional for your day-

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to-day life and responsibilities. If you are a work-from-home or homeschooling mom, you may not need to wear an evening gown every day. However, even though your work is from home, it is important that you dress up and show up for yourself, your husband, and your children.

You may think your clothing doesn't matter. "Melissa, that's not important! God loves me just the way I am." Yes, that is true! He does love you just the way you are, and He has made you royalty. Although you may think that your appearance and clothing don't matter, you are not the only person who has to look at you. One element of your love walk can be putting excellence into your appearance and clothing.

Don't forget you are God's representative. The role of a wife, mother, minister, entrepreneur, or homeschooling mom is still a position of ambassadorial status in the lives of those whom you influence.

*"So we are Christ's ambassadors, God making His appeal as it were through us. We [as Christ's personal representatives] beg you for His sake to lay hold of the divine favor [now offered you] and be reconciled to God."*

2 Corinthians 5:20 AMPC

God cares about your clothing and appearance, and it will also give you confidence when you go out into the world.

*"Daughters of kings are among your honored women; at your right hand is the royal bride in gold of Ophir. Listen, daughter, and pay careful attention:*

*Forget your people and your father's house. Let the king be enthralled by your beauty; honor him, for he is your Lord. The city of Tyre will come with a gift, people of wealth will seek your favor. All glorious is the princess within her chamber; her gown is interwoven with gold. In embroidered garments she is led to the king; her virgin companions follow her—those brought to be with her.”*

Psalms 45:9-14 NIV

Having a spirit of excellence in your appearance through wearing clean, pressed and ironed, flattering clothing has a direct effect on your confidence and how others perceive, receive, and treat you.

Your apparel should reflect the beauty and the honor of God as a woman of God. You can do this by being modern but also modest.

*how to pick modest clothing  
when purchasing or buying new  
clothing or going through your  
current closet*

Here's a test for trying on your clothes for modesty. This would include wearing clothing that covers your cleavage. When you lift your arms, does your mid-drift or stomach show? No mini-skirts. I suggest skirt and dress

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lengths that are long enough when you bend over or sit down are still below your knee.

I also suggest not buying clothing that is sheer or see-through. If you wear a dress or a skirt, you absolutely need to be wearing a slip. This will prevent anything from being see-through, and God forbid, if your skirt falls off, you are covered. Sadly, one time I was in a church service in a large congregation that was broadcasting internationally on live television when a woman who was on stage singing and leading the worship had her skirt fall down to her ankles! All that she was wearing underneath was pantyhose and no undergarments. Help, Jesus! It was an embarrassing moment for her as well as everyone in the congregation and those who were watching via television.

Make sure you wear the proper undergarments and that you cannot see panty lines. I would suggest investing in good undergarments and bodyshapers that have a smoothing effect on the tummy, rear, and thighs.

I am going to give you four compelling reasons why you need to learn how to build a beautiful wardrobe on a budget, customized to your body, personality, and lifestyle.

## *your money*

Studies have shown that when clients or companies are looking to hire skills or services and are faced with two women with the same level of skills, value, and expertise, they will choose the better-dressed option. Why? Because a well-dressed woman exudes confidence and excellence,

#JesusHairMakeup

and that's good for their brand. That, my friend, translates to more money in your bank account.

## *your time*

When you add up all the time you have wasted on shopping for the wrong items in the wrong color at the wrong price, then going home and trying to mix, match and accessorize them without the know-how, you will find thousands of hours over the years wasted. Style is just a skill. There is a recipe that will make you more effective and efficient and help you simplify and systemize your get-up and dress-up routine.

## *your fun*

Fashion is an extension of you! It's a form of expression! And within that same recipe are the tools and skills you need to learn how to play with fashion in a way that highlights your beauty as a woman yet is modest and makes dressing up fun and fabulous.

## *your heart*

The art of "dressing to connect" Beauty is an inside job, and once you learn to dress on the outside in a way that accurately reflects the woman on the inside, well, that is gold!

*what you wear can radically  
change your confidence level and  
your life*

If you're anything like me, you may be saying, "Well, I need to lose 20 pounds," or "once I start working out...." Then, you wait for the weight loss to update your clothing. It's time for you to see your worth and value to God and others and move from being the "queen of low self-esteem" to the "queen of confidence." Looking good is not expensive. So, no more dressing down and blending into the background!

You need to believe God for the best. However, start where you are on the way to where you are going. You can find stores to shop at for every budget. We definitely want to go for quality over quantity. Yet, that doesn't mean going over your budget. These days you can find great classic, timeless pieces as well as trend items to mix in for every body type from stores like Walmart, Amazon, Zara, H&M, Ann Taylor, T.J. Maxx, or Marshalls.

In our day and age, it is also an option to sign up for a clothing membership where they send you dry-cleaned items that you've already picked from a lineup on your size, height, body shape, etc. I like and have a monthly membership to rent the runway. This way, I can rotate out my dresses, and they are dry cleaned and always ready to wear. They will also deliver to me anywhere I am traveling in the United States for preaching and ministry.

## *why try membership?*

- You can access the world's largest designer closet with styles ranging from sizes 00-22.
- Stress-Free Styling
- All rentals arrive ready to wear.
- Shipping and dry cleaning are always included.
- Newness for every event
- Why buy something you'll only wear once or twice?
- Get that new clothes feeling without the closet clutter.
- Over 750 brands to choose from
- Pick from tens of thousands of designer styles for any occasion without paying designer prices.
- Zero commitments
- Start a membership for all your plans and take a break whenever you want. No strings attached!

Regardless of the options that you choose to build a new wardrobe, the one key step would be to go through every item of clothing in your closet and edit it. Do you need to clean out your closet? Here are some questions you need to ask yourself as you clean out and edit your clothing (and I would recommend you do this today before you go shopping):

1. Does this fit?
2. Have I worn this in the last 12 months?

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3. Is it likely I will ever wear this again?
4. If this is damaged in any way, will I actually make an effort to get this repaired? If so, put it in a pile to take to the tailor today
5. If I were shopping right now, would I buy this?
6. Do I feel confident when I wear this?

Get yourself some black velvet hangers from home goods or TJ Maxx or even online and go through each item in your closet and sort it based on the previous questions. As you go through each item, sort the clothing into four piles if it's not staying in your closet. The result will be that everything in your closet fits, is ready to wear today, and you have worn it in the last year.

Make four piles to:

1. sow,
2. trash,
3. repair, or
4. sell

I like to give my clothes and sow them to someone who will be blessed by them and can wear them right away, or maybe they know someone who they could give the clothing to. My return is higher with sowing than it is with trying to sell something online, plus all of that is very time-consuming.

Now, do the exact same thing for your shoes. Then, organize your closet by shirts: short sleeves, long sleeves, and by color and do the same for your pants, dresses, jackets, and blazers.

## what is a capsule wardrobe?

The next step is to start a capsule wardrobe! Building a capsule wardrobe will help you present yourself to the world with a selection of well-curated outfits that you bought with intention and that you love.

A capsule wardrobe is a limited selection of interchangeable clothing that complement each other. These are often classic pieces that do not go out of style and are primarily composed of neutral colors. A capsule wardrobe allows you to create a variety of different outfits with a small selection of clothes.

## why you should have a capsule wardrobe

There are many reasons why you may want to build a capsule wardrobe! Having a capsule wardrobe means that you have fewer clothes, they work well together, and you love them.

So when you are getting ready in the morning, it is easier for you to choose what you'll wear for the day, so it doesn't contribute to your stressing out or avoiding people and situations.

## more time

Having a curated wardrobe also saves you a lot of time! As you know your style and what works well for you, you know exactly what you need to buy.

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Going to the store or ordering a piece online is a quick process, and you don't waste time shopping mindlessly. And as I wrote earlier, you don't waste time digging into piles and piles of clothes thinking you have nothing to wear.

## *save money*

You can also save a lot of money! When you have a capsule wardrobe, you do not have to go shopping often because your clothing pieces are interchangeable and versatile. This means you wear them multiple times, and you do not buy pieces that you will not end up wearing regularly.

## *less stress*

A capsule wardrobe means less stress in your life in general. You do not have to stress over the clothing pieces not fitting you. There is also less maintenance and repairing as you have fewer clothes. You're more likely to choose clothing that is easy to take care of, and it is easier to pack when you are traveling or moving to a new house.

Once you've thought about this, pick all your favorite clothing pieces and analyze why you love them. This will help you understand what your style is, what colors you love, what cut suits you, and what materials are your favorites.

## *plan your capsule wardrobe*

Now that you understand what you love the most, you can start planning your capsule wardrobe! Decide on a number you'd like to experiment with for each kind of clothing item. These numbers will depend on the climate where you live, your lifestyle, and how often you do laundry.

Choose a color scheme with different neutral colors such as white, black, grey, navy, or cream. These colors work well together as well as with any other color.

Having most of your clothes in neutral colors will make them all interchangeable and easy to mix and match! You can then add a few accent colors that you love and that suit your skin tone. You'll be able to wear them with all the other neutral-colored clothes! Choose the style of clothes you want to incorporate. Do not forget that your clothes should be flattering to your body type.

Here is a basic starter list for your capsule wardrobe:

- A black skirt below the knee goes with everything: 1 item
- Comfortable slim-fit dark denim blue jeans: 1 pair
- Tailored black jeans can be worn with a lot of outfits: 1 pair
- A comfy but work-worthy pair of trousers, dress pants in black. Then, add tan or gray: 1 pair
- A versatile dress in black, preferably a short-sleeved or long-sleeved below the knee and fitted

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one that you can wear to events but also dress down with sandals: 1 item

- Blouses for whatever complimentary colors you are including with your look: 4 items
- Camisoles or tank tops in neutral colors, though you can add some color if you want: 3 items
- A black sweater: 1 item
- Flats in a black or nude shade, that way you can wear them with jeans or a dress: 1 pair
- Tennis shoes, for walking and casual days. A dark gray will go with everything: 1 pair
- Heels or boots! A classic pump or kitten heel and maybe an ankle boot is always stylish and works with nearly every outfit. Choose black, nude, or animal print. Heels are an excellent choice if you want something dressier: 2 pair
- A black or camel colored but warm jacket or long coat if you live in a cold climate: 1 item
- Bonus get a blouse in a fun, feminine color like pink, red, baby blue, turquoise or fuchsia pink and the like.

The bottom line is this: your clothing is your walking message board to the world. What do you want people to see when they look at you? Are you dressing in a way that makes you feel powerful, confident, and successful? Or are you dressing in a way that makes you feel ashamed, embarrassed, or invisible? I encourage you to take some time to evaluate how you're dressing and ask yourself if there's room for improvement. Remember, it's not about

being perfect; it's about striving to be the best version of yourself. Let me leave you with this final thought: Dress like a woman who knows her worth—because YOU ARE WORTHY!

## *about the author*

In 25 nations to date, Reverend Melissa Swindle Szinyi has traveled extensively, preaching and ministering in churches in the United States and internationally as a keynote speaker for women's conferences and minister's conferences. In addition, she has taught in many Bible schools and training centers, equipping the next generation of ministers for the harvest.

Through her inspirational and dynamic teaching ministry, she heavily emphasizes "In Christ Realities," making these truths come alive and demonstrating how to put them into practice. She often ministers on the topics of Prayer, How to Receive Divine Healing, and The Ministry of the Holy Spirit. Her ministry is marked by impartations of the Holy Spirit, boldness, healing, and miracles.

Melissa currently resides in Florida with her husband Edmond and travels across the United States, as well as internationally, declaring the Word of God and making His Name known around the world!

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## ENDNOTES

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