

You need to talk to yourself the right way. There is dialogue taking place in you throughout the day. You cannot have a negative mentality and expect to live in victory. "I'll never get out of this problem. I cannot believe I had this bad break. What if the medical report isn't good?" That is letting yourself speak to you; you need to start speaking to yourself. You need to take control of your thought life. Every morning when you wake up, you need to say to yourself: "This is going to be a great day. I have the favour of God. No weapon formed against me will prosper. I am strong. I am healthy. I am blessed."

When you keep a song of praise, an attitude of faith, always making melody, speaking to yourself the right way, believing God is fully in control, that is going to tap into a spring of joy, peace, and victory that God has put in you. That joy will keep you strong, keep you encouraged, and keep you moving forward.

Ephesians 5:19 "Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord..."