

HOW TO WALK IN VICTORY!



HEALING OUR WOUNDED HEARTS PART 7

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HOW TO WALK IN VICTORY!

PART A: THE BIOLOGICAL MIND

1. INTRODUCTION

A certain Dr. Arthur Janov states:

“Pain is at the core of mental and physical illness, that is pain that comes from trauma and unmet needs.”

He was not even aware of the great impact this kind of pain can also have on the spirit of the individual.

We see the effect of unresolved hurts in our lives on our whole being, i.e. the body, the soul and the spirit.

An amazing discovery was that the brain does not discern between emotional and physical pain: it all enters the brain as a bundle of electrochemical impulses!

We will look into these matters in more detail later on, but need to realize that we function as a whole person: when we get hurt on a physical level, not only our body aches, but our emotions are involved as well.

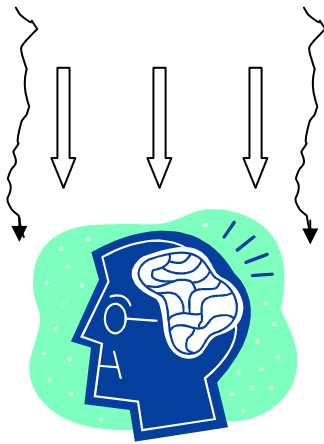
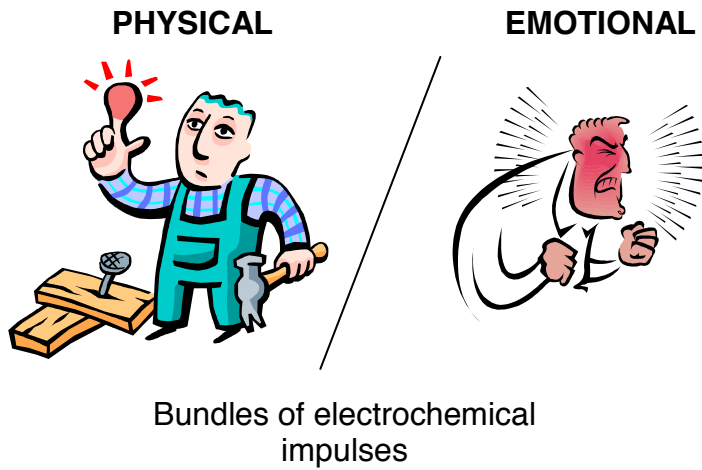
Pain, linked to emotions can most certainly also affect our bodies. Stress-related diseases are a good example of such an effect.

Therefore we sometimes need to listen to our bodies, telling us we have unresolved issues that need urgent attention.

In the same way, our struggle to grow spiritually can be an indication that we need to look at some unresolved issues in our lives. More about this later.

Emotional wounds are wounds on the emotional and spiritual levels that affect us (if not dealt with in a Godly way), negatively and destructively – killing us slowly, isolating us from God’s purposes and blessings.





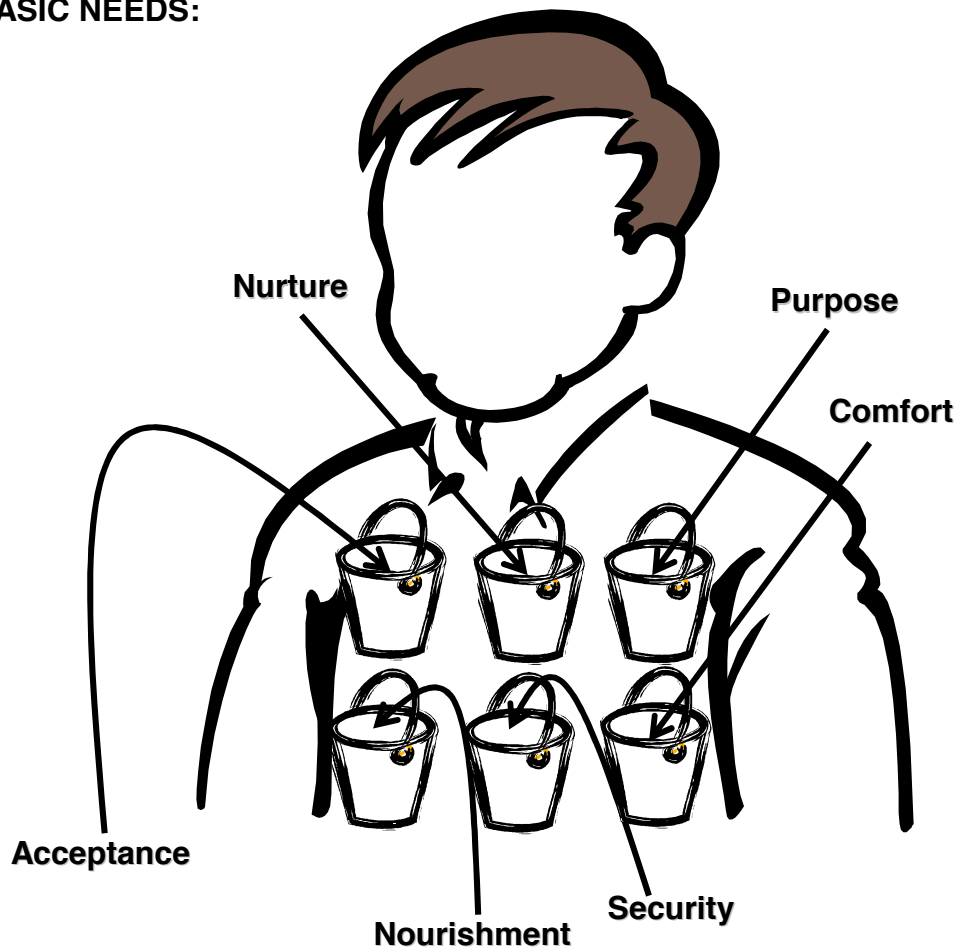
2. IMPRINTS AND ENDORPHINS

We are conceived with specific needs. What are they?

To be:

- accepted
- cherished
- loved
- acknowledged
- respected
- nurtured
- protected.

BASIC NEEDS:



Our need for love is the most basic need we have, all our other needs are satisfied when we are loved.

When this basic need is unmet, it forms a strong foundation for other hurts and trauma. In other words, traumatic events in our lives will affect us more severely, when we have unmet needs.



Our ability to cope with stressful situations are then damaged and distorted.

THE BIOLOGICAL FUNCTIONS OF THE BRAIN

What is a thought?

For every thought that arises in your mind there is a corresponding **electrochemical reaction** in your brain. Every time you think, **chemicals** flow through your body in response in magnificently complex electro-chemical feedback loops.

These chemicals produce electromagnetic waves. At any one moment, your brain is creatively performing about 400 billion actions, of which you will only be conscious of around 2000.

Each of these actions has a chemical and an electrical component.

Happy thoughts

When you feel happy, your brain releases a specific type of chemical or neurotransmitter. These are known as endorphins or “feel good” chemicals that the brain releases in response to pleasurable feelings. Exercise is another reason the brain releases endorphins and why physical activity is often recommended when someone is suffering from depression.



Sad thoughts

When you feel sad your brain releases a different type of chemical.

The brain is like a factory that produces all sorts of different chemicals. Depending on what type of emotion you may be experiencing.

Depending on whether or not these emotions are toxic to your body, the chemicals will either help you or harm you.

If they are harmful, they create the conditions for a host of health problems to begin to manifest in body and mind.



Emotions that regularly release a torrent of destructive chemicals and will be the most damaging over time are:

- Anger and rage
- Resentment

- Depression
- Worry
- Anxiety
- Frustration
- Fear
- Excessive grief
- Guilt.



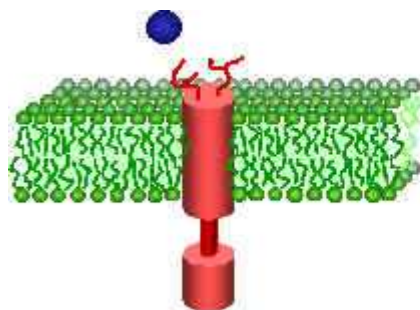
Research shows that 87% of illness can be attributed to our thought life and only 13% to diet, genetics and environment. Medical science has directly linked emotions such as depression to an increased risk of cancer and heart disease.

Studies also point to a direct correlation between anxiety and fear and heart palpitations, irritable bowel syndrome, tension headaches and heart problems.

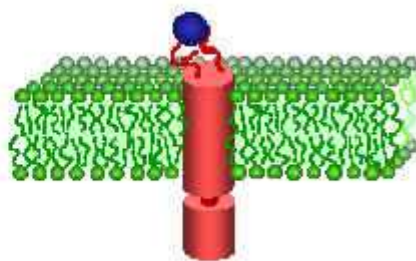
There is no longer any doubt that what and how you think affects your emotional and physical state. The mind and body are integrally connected.

Thoughts cause structural change in body cells

A thought is shown actually to cause structural changes in a cell's makeup on the outside and even deep down to the



DNA on the inside.



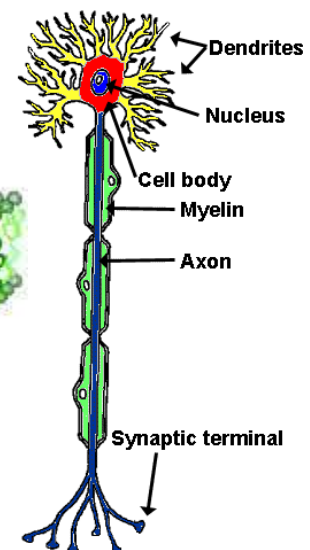
For example:

If you have been repeatedly verbally abused by someone at work, or if you were sexually abused as a child, all the thoughts associated with those experiences will release negative chemicals.

These chemicals can change the shape of the receptors on cells lining your heart, thereby increasing your susceptibility to cardiovascular illness.

The opposite is also true:

If you have been repeatedly **recognized** and **praised** at work, at school and at home, this will release positive changes to cells and DNA. They will actually **enhance your ability to build memory, develop intelligence, and boost your immune system to help you stay healthy longer.**



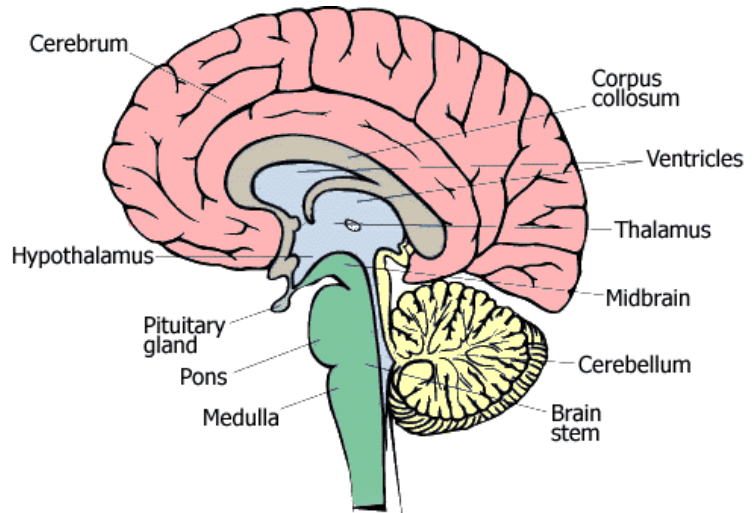
As you think and start developing a thought by building memory, the thought activates a part of your brain called the **hypothalamus**.

The **hypothalamus** is the **heart** of your **hormonal system** and it responds to your thought life.

This dynamic pumping **hypothalamus** will in turn release the **chemicals** related to the emotions attached to the thought.

The **hypothalamus** can claim to be a true responder to your emotional state.

It is the reason that a toxic thought life can destabilize your brain and create a frenzy of broken feedback loops, disrupting the natural flow and balance of chemicals in your brain. This in turn will affect your emotional and physical state.



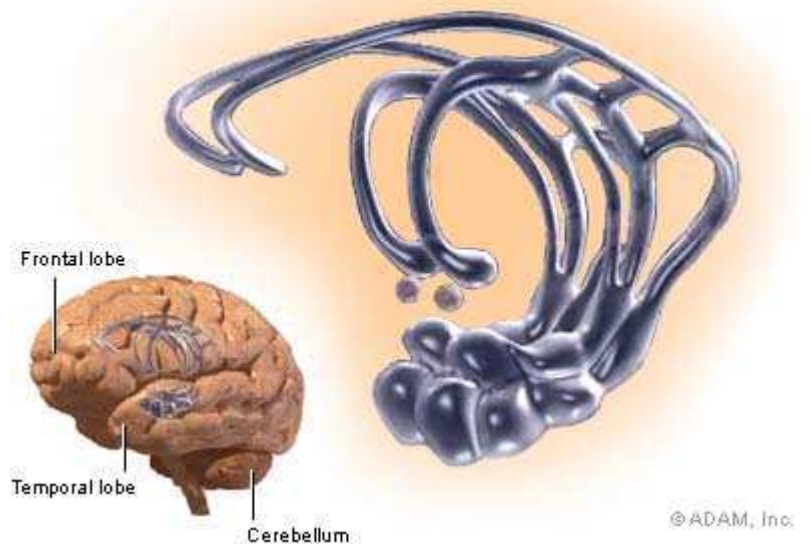
The answer the world gives to try and help people suffering from mental and physical health problems related to negative emotions is “happy pills” – pharmaceutical drugs aimed at trying to change the brain’s chemistry and make us feel good.

Controlling our thought life

Controlling your thought life is not about a destination; it is about a journey.

The first step on that journey is to understand what a thought actually is, how it grows in your brain, stores memories and starts affecting your health – positively or negatively.

Hippocampus and fornix (limbic system)



A thought is like a tree – a trunk with many branches.

The more branches there are, the more intelligent and accessible will be the thought.

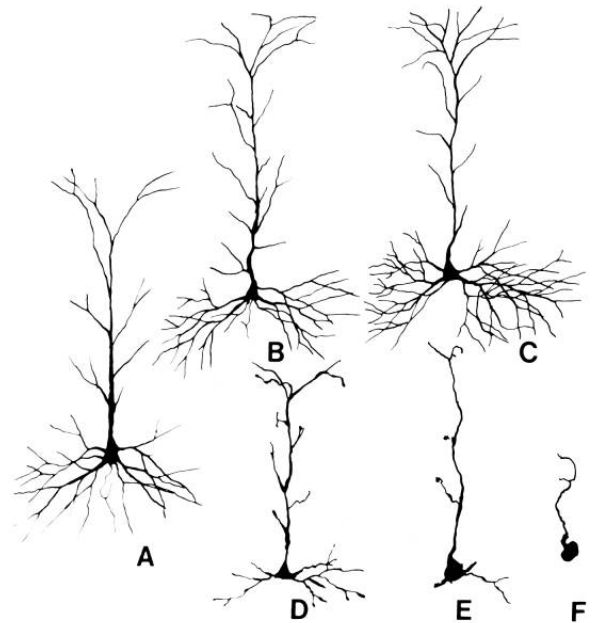
These thought trees are productive / fruitful.

They are made up of electrically excitable cells – also called **neurons** / nerve cells.

You have around 100 trillion of them in your brain and each one is capable of growing 70 000 branches!!

Neurons have **tree-like branches** at each end called **dendrites**.

These are highly complex neuronal structures involved in the process of continually receiving and integrating information coming in **via the five senses**.



The information is translated into electrical impulses and transported across **synapses** (small chemical gaps) between neurons that form interconnected neural circuits.

Whenever you think, whether your thoughts are toxic or not, you build a **double memory** of all the content of your thinking (information) on your thought trees, **one on the left side of your brain and one on the right side**.



The left brain's perspective on information:

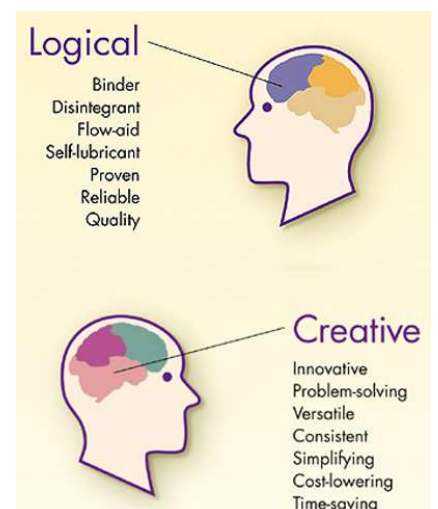
Detail to big picture. E.g. $2+2 = 4$

The right brain's perspective on information:

Big picture to detail. E.g. $4 = 2$ groups of 2.

The two hemispheres of your brain are designed to work together in synergy, providing both perspectives of thought on everything that comes in.

The more you think, the more you understand. The more focused and aware your thinking, the more this synergy will occur, and the stronger the memory you will build. This literally means that the **branches of the thought trees become firmly attached**.



If you pay only brief attention to the content of your thoughts, your thinking will be on a lower level, with less synergy going on.

The memory you build in your thought trees will be correspondingly weak. It will be pruned off when you sleep by **little vacuum cleaners called glial cells. This is what it means to forget.**

Glial cells are so essential to brain functioning that your neurons would not be able to work properly without them.

They provide all the support, resources and backup, including the nourishment and protection your neurons need to do all that hard work in receiving, analysing, processing and storing of information.

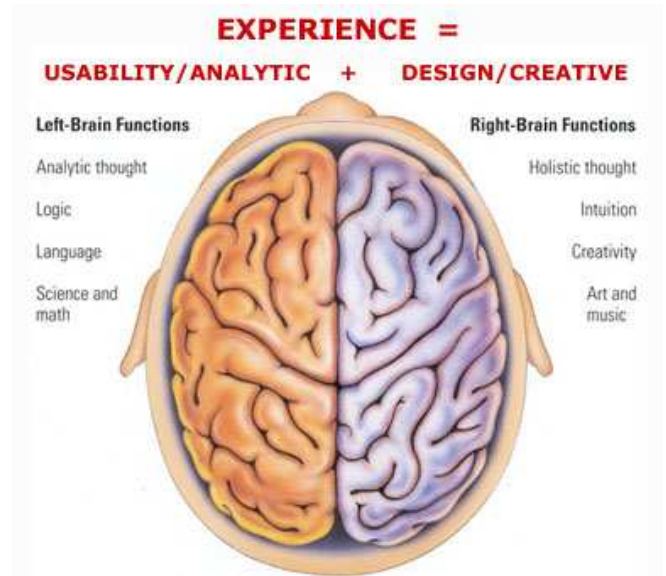
Glial cells also operate as your **brain-cell cleaners**. They dispose of waste material generated by the thought trees. So the glial cells in effect sort out your thinking. They can't do a good job unless you think clearly.

Toxic Thoughts

Toxic thoughts, emotions and the chemicals they generate can and do negatively affect all these processes.

They disrupt the free flow of these important electrochemical processes in your brain. When that happens, toxic waste builds up. That toxic waste impacts on the quality of stored memory. Toxic thoughts build memory, but that memory is distorted and harmful.

The process of controlling your thoughts involves creating the conditions under which the memory trees, dendrites and glial cells can do their work in perfect harmony. That allows you to build healthy memory over toxic, distorted memory.



FAITH AND FEAR: POLES APART

TWO GROUPS OF EMOTIONS

Positive and faith-based emotions

Love
Joy
Peace
Happiness
Kindness
Gentleness
Self-control
Forgiveness
Positiveness
Patience

Negative and fear-based emotions

hate
worry
anxiety
anger (hostility, rage, ill-will, resentment)
frustration
impatience
irritation

Each group has their own set of emotional molecules attached to it.

Faith and fear are spiritual forces with chemical and electrical representation in the body.

Consequently they impact directly on bodily function.

An emotion results in an **attitude**. An attitude is a state of mind that produces a reaction in the body and a resultant behaviour.

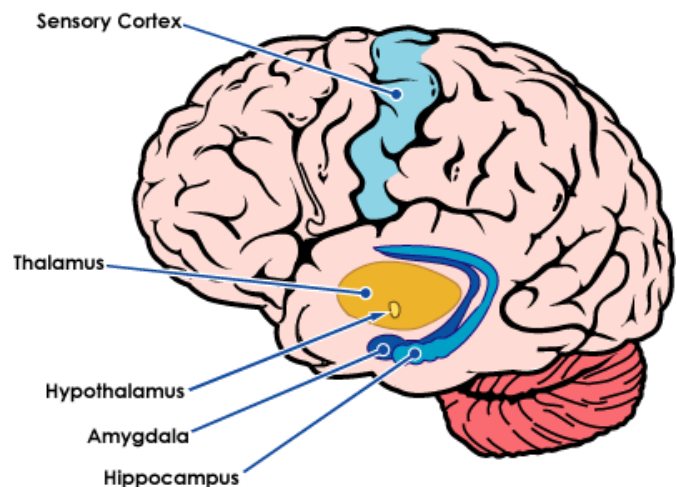
The fear-based emotions produce the self-same toxic attitudes which produce toxic responses in the body.

Toxic responses can only put your body into stress mode and reaction.

Whether your thoughts, emotions and attitudes are toxic or not, they are represented in the body as electrochemical reactions.



Parts of the Brain Involved in Fear Response



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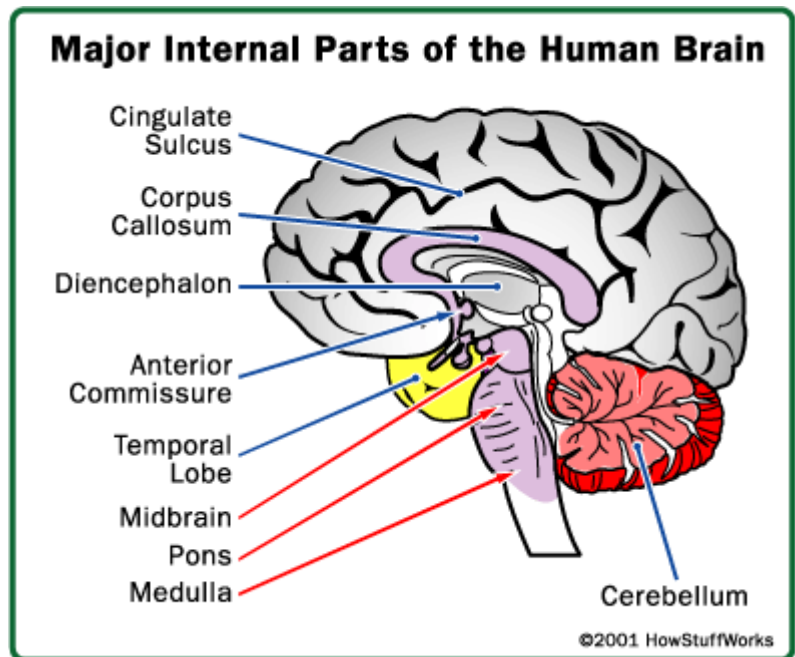
You are made up of two systems:

1. **Chemical** – the endocrine / hormonal system

2. **Electrical** – the nervous system.

The **currency** of your body is **electromagnetic** energy and **chemicals**.

A thought and the emotion attached to it (thoughts and emotions can NEVER be separated), have to take shape and form in your body and mind as electrochemical responses occurring in the depths of the brain, (the limbic system) and the outer fleshy part of the brain, (the cortex).



INFORMATION MOLECULES:

These chemicals have an electromagnetic charge that carries photocopies of memories developed and sorted within the jungles of the mind.

They travel around your body affecting and influencing all its different systems in an ordered sequence.

For example:

When there is an excess of stress molecules flowing through the body, the first target the molecules have in their sights to attack is the circulatory system.

Your **heart** literally feels the emotion causing the stress.

You do not only have a brain inside your head. **Your heart has a mini-brain that operates like a “checking station” evaluating the wisdom of thoughts.**

It keeps rash decisions and impulsive thinking under control – most of the time!

It struggles to do so when it is overwhelmed and with a flood of violent or riotous thoughts and stress chemicals.



These stress chemicals affect your heart and in turn your body, by increasing blood pressure or narrowing the arteries.

This negatively affects your thinking as well as the physical wellbeing of your heart.



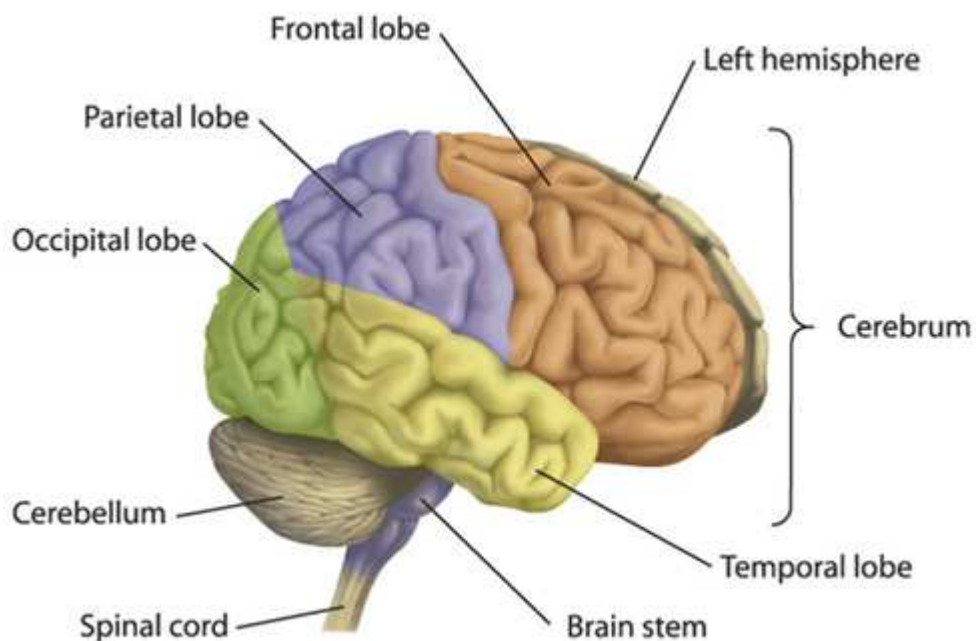
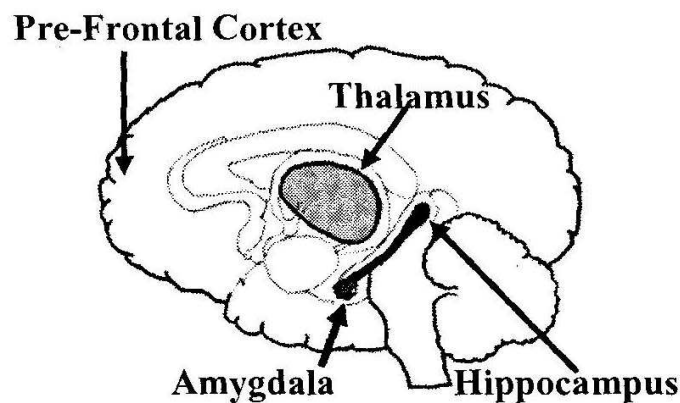
NARRATIVE MEMORY:

A. Definition

Memory that is put into language and made a part of one's total life experience.

B. The Neurobiology of Narrative Memory

Memory Organs of the Brain



1. Sensory organs

- a. Receive data from the environment
- b. Send data to specific brain receptor sites

2. Thalamus

- a. Collects incoming sensory data from brain receptor sites
- b. Begins correlating it into a single unit

3. Amygdala: The Emotional Memory Organ

- a. Emotionally assesses data without cognitive knowledge
- b. Determines the pituitary's (physiological) response
- c. Determines the degree of response from the hippocampus in recording the event as Narrative Memory

4. Hippocampus: The Cognitive Memory Organ

a. Processes the data

- 1) Interprets the emotional response of the Amygdala
- 2) Translates the sensory data into narrative form
- 3) Sorts and indexes the data
- 4) Stores the data for future retrieval

b. Serves as the brain's "library" or cognitive "memory bank" with its own elaborate filing system

1) As the data comes in, the hippocampus forms "books" of different titles in which to store that data.

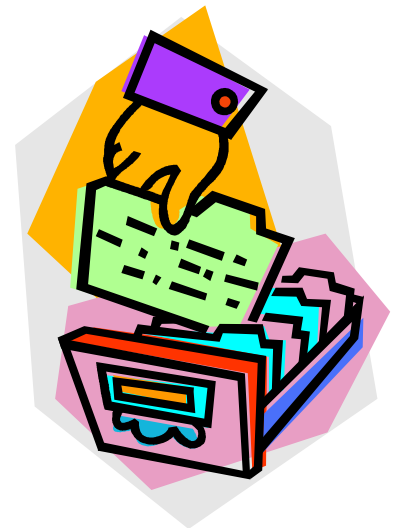
2) All through our lives it continues to sort incoming data into these books:

a) Creating new books

b) Constantly adding to and modifying the existing books.

c) Performs in direct correlation with the degree of arousal of the Amygdala (See chart on next page.)

The inside of the **amygdala** is like a huge **library** that stores all the emotional perceptions you have developed whilst building memory from the time in the womb till today as you read this information.



For example:

If you had a mathematics teacher who shouted at you and said you would never be able to do maths, you would have stored that memory in a part of your brain called the cerebrum.

Thereafter, every time you do maths or anything related to the subject, you will re-experience the negative feelings of shame, hurt and fear because all the “maths” information first passes through the amygdala, activating the “library” of negative toxic “maths” feelings.

It will be as if you literally pick up the library book that says “I can’t do maths! I am scared of maths”, and so on, from the front to the back page!

This makes the “maths experience” negative. You will battle to learn anything new about maths because the negative feelings inside the amygdala literally block the learning process.

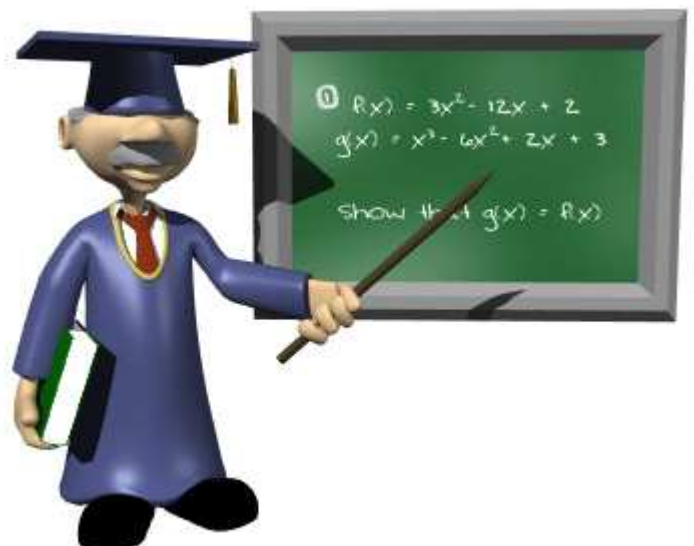
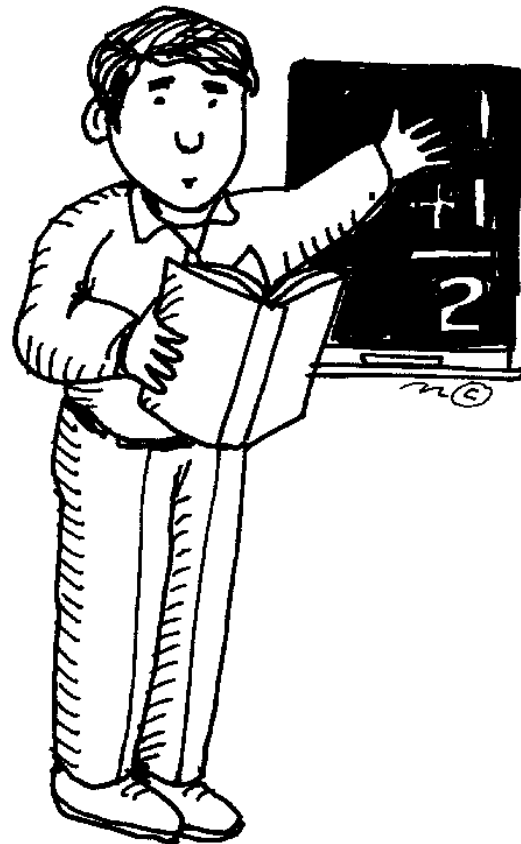
This points to another area where you can begin to control your toxic thoughts; the emotion you feel from the amygdala is reactive and strong enough to control and even override any inherent positive elements that there may be in a thought.

There are more connections going from the amygdala to the cortex than from the cortex to the amygdala.

This ensures that **the amygdala dominates and controls the cortex** (the place where the memory trees are), preventing your natural reasoning from exerting its influence.

One of the coping mechanisms you need to develop to detoxify your brain involves not responding immediately to emotions you may feel strongly.

Rather you need to acknowledge what you are feeling and if it becomes clear an emotion is toxic, you can begin a process of learning to let go.

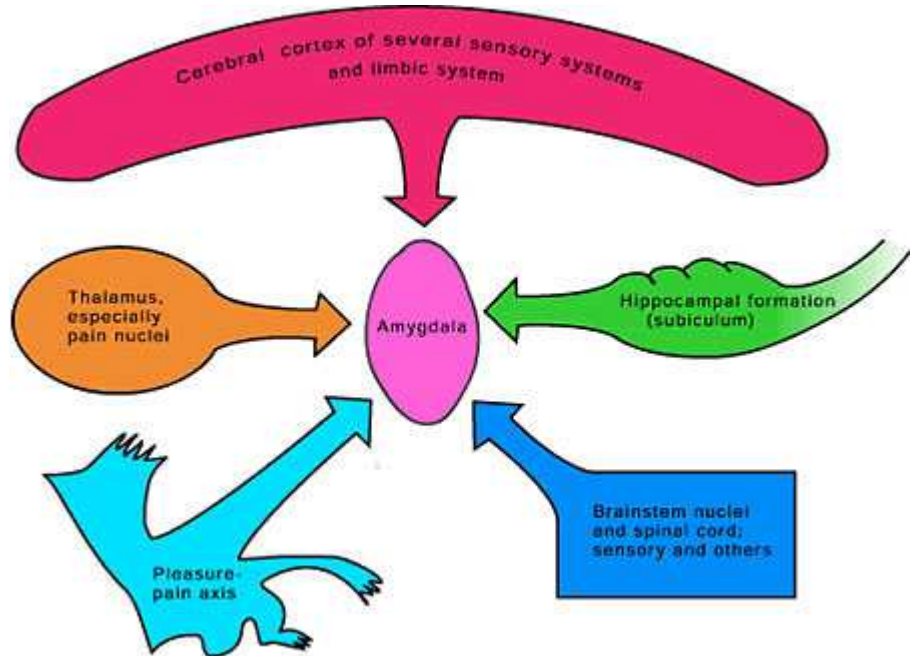


The worse thing you can do for your health is to **deny, block or suppress emotions**, whether they are good or bad. This makes them extremely toxic.

The process of detoxifying your thoughts can be likened to “putting the library book back on the shelf”.

If it happens to be a life-threatening book you may want to do even more work on it, and get rid of the book altogether. This is part of the process of building a new and healthy memory over an old sick one.

The purpose of the amygdala reaction is to prepare the release of chemicals for the memory-building process.



As you will be aware by now, if the memory is toxic, the chemicals released will be toxic and visa versa.

A Positive Memory

A picnic in a beautiful place with your loved ones. The emotional perception of love and happiness and enjoyment you experienced in that situation would be stored in the amygdala library.

Each time you see a similar place, or even just a picture of it, you will activate those same feelings and bathe your body in feel-good chemicals that enhance physical and mental health.



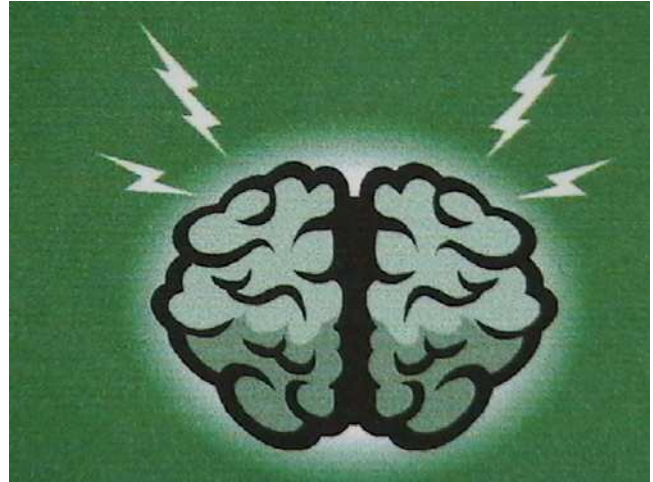
All information in the brain is in electrochemical format. The sounds you hear, pictures you see, things you touch, all change into electrical impulses which is the way your brain likes to process information best.

THE CORPUS CALLOSUM

This is a small C-shaped structure – about the size of your thumb – and is right in the middle of the brain. It connects the two sides of the brain and integrates memories and perspectives of thought.

It is your “thinker”. It thinks about and analyses all the information that enters your hippocampus through the five senses and the information activated in the thought trees of the mind.

Once all the incoming information passes through the hippocampus as a stream of electrical activity, much like water passing through a hosepipe, the electrical activity generated stimulates the corpus callosum to switch into thinking mode and to analyse the information in the hippocampus.



FREE WILL

Scientists believe they have identified a genetic code for free will. They say that the really important genes in your body are not the ones that tell you what to do, but the ones that give you the ability to change behaviour in response to the environment.

In other words, there are genes that create what you may recognise as free will.

This brings you back to the old nature verses nurture debate, with another element: the “I” factor: It is the “truth value” or the “me-ness”, the uniqueness of every person, in other words, the reason that you and I respond uniquely to our environment and circumstances.

That requires thought, attitude, and making choices. The parts of the brain that appears to be uniquely involved are the **corpus callosum and frontal lobe areas.**



In essence then, you are dealt a genetic hand at conception that is nurtured over a lifetime, with the “I” factor added to the equation to give specific answers to how you may or may not respond to your environment.

Genetics may be a predictor of intellectual development, for example, but the brain is capable of assimilating unlimited amounts of information, and the more it is enriched, the more its potential will increase.

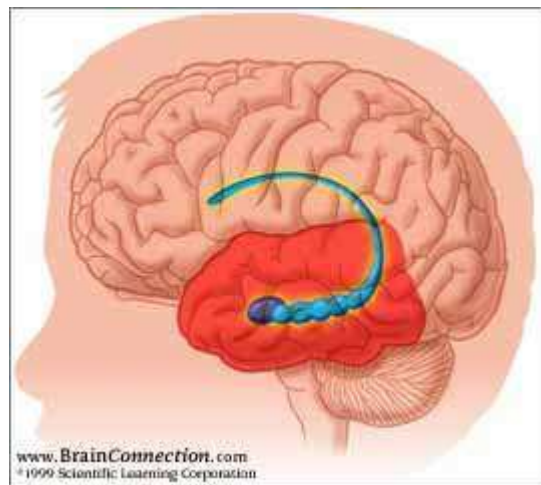
So free will is proving to be just that – directly under your control. No-one can override your free will, or choice, though of course people, things or situations can influence and affect how you use it.

Free will is linked to motivation and choice, and therefore, attitude.

Once information is flowing through the hippocampus, towards the front of the brain near the free will area, the information becomes amplified.

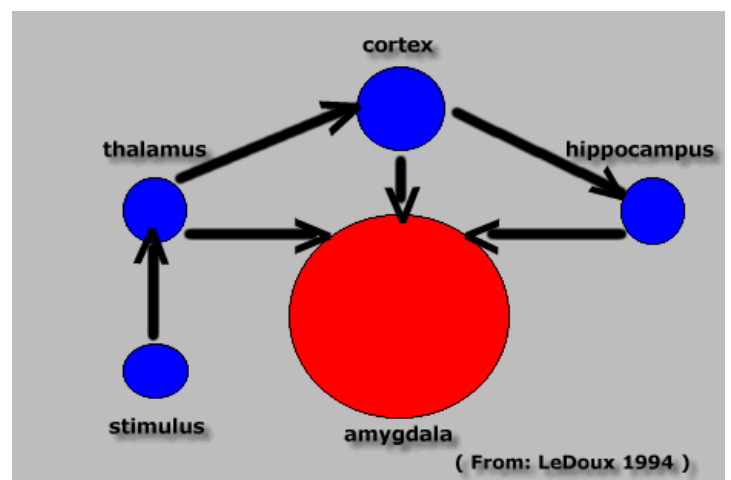
It is at this point that you make a decision about whether or not you will think about certain information. This is an emotional decision and laden with attitude.

If you have decided that a mathematical challenge is too complex and you are going to avoid it because it's "too scary", your brain will release toxic emotions and the chemicals that accompany them. In that case, whatever information is available on that topic in the hippocampus will simply disappear and become "hot air".



When you don't pay serious attention to information flowing through your hippocampus, at least not within the first 24-72 hours after you receive it, the hippocampus simply discharges the information as heat energy.

It literally becomes hot air! There is nothing wrong with that if the thought concerns information that is not important to your needs or toxic to your body.



It is not helpful if it concerns that very important business meeting or your final mathematical examination!

When you do seriously pay attention to incoming information, you activate the corpus callosum which in turn passes the information into the thought trees of your mind.

You are able to analyse and assess whether this information is helpful or harmful, and store it accordingly as good, healthy memories.

Many people see the mind and brain as one and it does not make sense to talk of trying to separate them.

The Mind is a Battleground

The mind is a battleground with ongoing conflict between toxic thoughts and good thoughts – thoughts that serve your mental and physical health well, and thoughts that deplete your body and mind of health.

This battleground is located in the intricate memory networks, the amygdala, hippocampus and corpus callosum, and the genetic code for free will.



Changing your thought processes and detoxing your brain

Positive affirmations and “self-talk” replaces bad old memories with supportive new ones. You literally build a new network over the old.

The **hippocampus** receives information from your brain’s **doorway**.

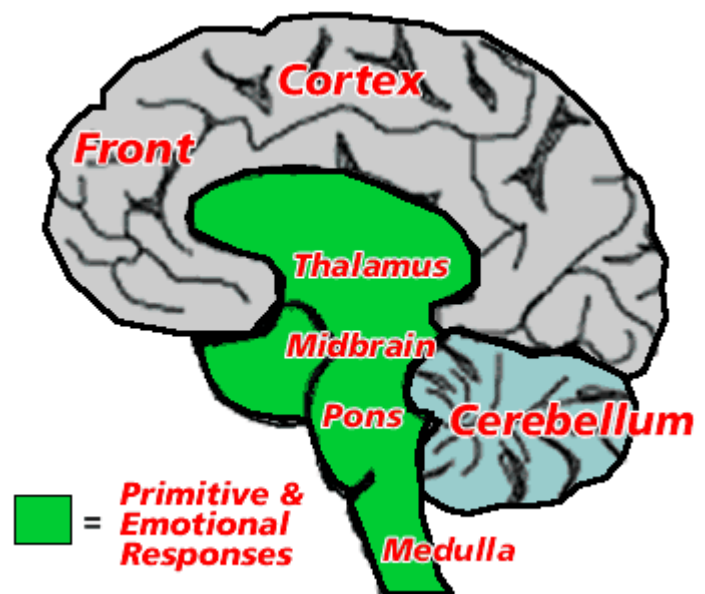
The **amygdala** provides input to the mind on **emotions**

The **thalamus** and hypothalamus provide input on **motivation**

The **memory networks** provide information on the existing **memories**.

You can be presented with evidence that something is true, but you won’t really believe it, unless you feel that it is true.

You can be presented with all the reason, logic, scientific evidence or just plain common sense in the world, but you won’t believe something to be true unless the seat of your emotions allows you to feel that it is true.



LOGICAL DATA BASE / TRUTH:

- Non-emotional
- Seminars
- Bible Studies
- Does not require interpretation



EXPERIENTIAL KNOWLEDGE

The belief we hold based on our experiences.

Much of this is in subconscious form.

Requires us to come to a conclusion/interpretation

In a real life situation – Experiential knowledge tends to override logical truth.

What we “feel” is true rather than what we “know” to be true.

Our behaviour & emotions are directly linked to our experiential knowledge.

We can fill our brains with logical data and have some success, but struggle will remain until the power of sin (the lie) is broken by Jesus bringing truth into our experience.



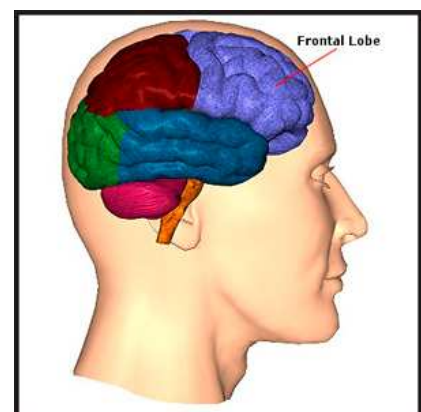
Your emotions are not separate, but rather enmeshed in the neural networks of reason in your mind.

The emotional centre provides you with the feeling of what is real, true and important.

You will have your own criteria for this “self convincing” process, and these will be different from other people’s criteria.

It will also depend on your natural learning style that is unique to you.

The fact is your brain, mind, body and emotions are an intricately linked system operating on absolute integrity.



You need to tap into that integrity when making decisions on and distinguishing between thoughts that are helpful and those that are harmful.

STRESS:

Stress is the body and mind's response to any pressure that disrupts normal balance. It happens whether you like it or not.

Stress is not all bad. It can be motivating, directing and empowering. It can also be demoralizing, demotivating and draining.

Any stress, good or bad for your body, begins with a trigger or stressor.

When your emotional and physical status is threatened, a negative trigger is activated.

This trigger / stressor can be:

External – anything threatening that comes through your five senses.

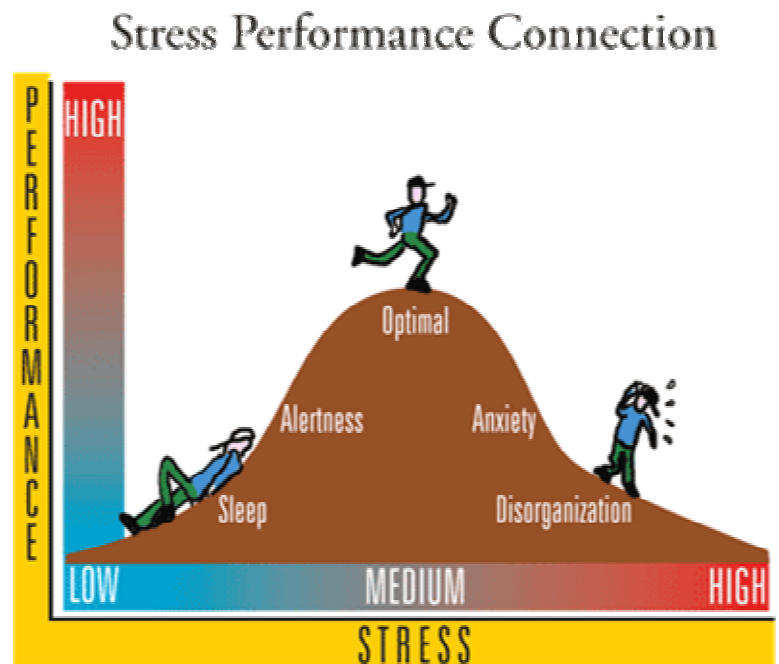
- Threats – for example, to survival
- Role requirements (working mom and wife)
- Life change – moving house, divorce, every day hassles.

Internal – thoughts stored in your memory.

- Your thought life – negative thoughts
- Self requirements – perfectionism

A toxic stressor / trigger is activated by **fear**. **Fear is the root of all stress.** Research shows that fear triggers more than 1400 known physical and chemical responses, and activates more than 30 different hormones and neurotransmitters!

Stress can be protective and helpful – helps you swerve out of the way when a dog runs in front of your car; to prepare your brain to build helpful memory.



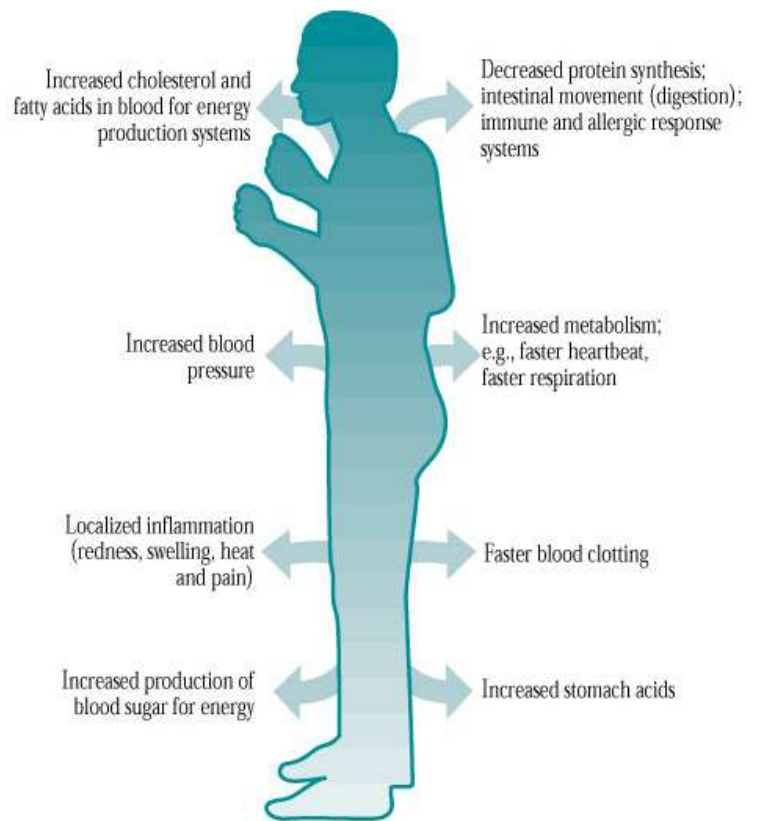
Stress can also be damaging and dangerous; it begins with fear that things are out of control:

“What is at stake here? Am I in trouble? Have I messed up?”

This “feeling” of being out of control and threatened is fear-based and may or may not reflect things as they actually are.

To assess that, you need to shift into metacognitive mode. You need to ask questions like: “Can I handle it? How do I handle it?”

At this point you will need to work out logically and analytically how you will handle a situation. This allows you to move from a reactive to a proactive state. You take control back again.



When your thoughts go wrong, your emotions rule you; to overcome that, you need to learn to rule your emotions with wisdom and rational thinking.

Emotional Perceptions:

Emotional perceptions are not reliable because they mix truth and fact. Their chemical nature, when they are allowed to run unchecked, causes them to rule the brain.

That rule will be distorted. It allows a flow of chemicals of emotion that causes a lack of integrity in the brain, and immediately throws the body into stress reaction that is potentially dangerous.

Remember that perceptions are emotionally based and unreliable.

Emotional perceptions have their place. They are designed to create alertness, to guide and not to rule.



You need to take them captive, tame and control them, have an opportunity to evaluate them thoroughly before believing them and acting upon them.

If not, you allow your emotional perceptions to take over and rule you.

Negative / destructive emotions set the scene for irrational behaviour, bad decision making, and many other ways in which you can harm your health in body and mind.

Fear:

The root of stress is fear – fear is a spiritual force and is more real than you may care to imagine.

As fear enters your mind as a thought, you experience physiological changes that occur right down to the cellular level. This allows stress to cause negative and damaging alterations in your cells.

The Effect of Negative Emotions on the Body

When you are under extreme stress, your hypothalamus releases specific chemicals. These chemicals flood your body and recreate the physical effects associated with intense feelings.

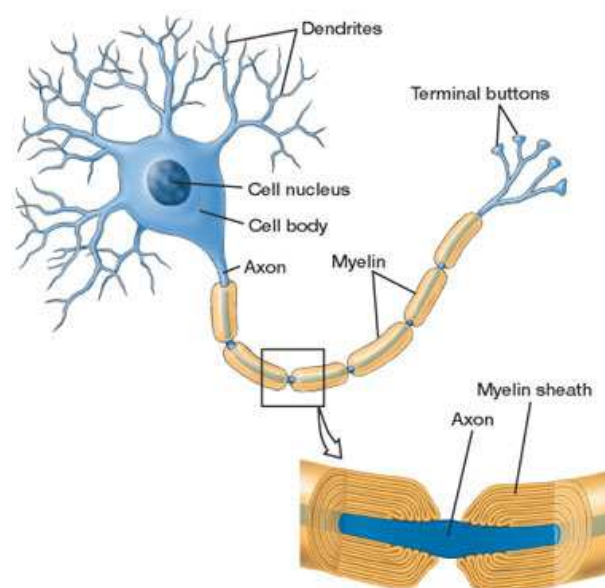
When those feelings are anger, fear and anxiety and they overstay their welcome because you are not dealing with them, you eventually bury them inside the recesses of your mind.

Buried feelings of anger, fear and overwhelming anxiety create volcanic build ups in your body.

When you internalize wounded emotions, you allow a seething mix of anger, hostility and resentment to develop.

For that reason, hostility, rage and anger are at the top of the list of toxic emotions that will produce real physiological reactions in the body causing serious mental and physical illness.

The related emotions such as frustration, anxiety and a lack of self worth, are not much lower down the list.



Pain in the Heart:

There is a good reason that anger, hostility and anxiety affect your heart so directly by triggering hypertension and coronary artery disease.

Your cardiovascular system is the first target of those nasty little chemicals that toxic emotions release.

Your thoughts directly affect the state of your heart.

Toxic emotions can and do cause heart ache. Hearts can be broken – literally as in a heart attack, and figuratively, when you feel “heart sore”.

Your heart is not just a pump. It acts as a mini brain. It has its own independent nervous system – “the brain in the heart.”

The reality is your heart is in constant communication with your brain and the rest of your body in three ways:

1. Neurologically – transmissions of nerve impulses
2. Biochemically - hormones and neurotransmitters
3. Biophysically – pressure waves
4. Energetically – through electromagnetic field reactions.



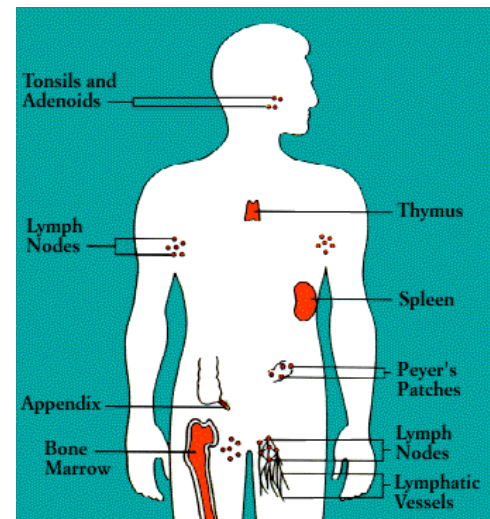
Through all these biological communication systems, the heart has a significant influence on the function of your brain and all your bodily systems.

The signals the heart sends to your brain influence not just perception and emotional processing, but higher, cognitive functioning as well.

The Immune System:

Resentment, bitterness, lack of forgiveness and self-hatred are just some of the toxic thoughts and emotions that can trigger immune system disorders.

The immune system is the army that protects you from illness and disease in body and mind – when it is allowed to do so.

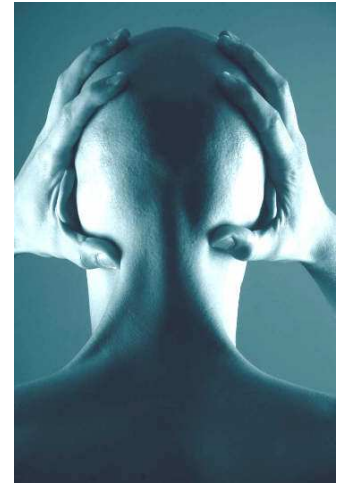


Toxic thoughts and emotions undermine your immune system and hamper its ability to do what it was designed to do naturally.

Your immune system secretes peptides that include endorphins (feel good hormones). It sends information to the brain via immuno-peptides and receives information from the brain via neuropeptides.

There is a direct communication between those thoughts and the emotions in your thought trees and the way your immune system functions.

Part of the toxic pathway and its effects on your central nervous system, is the route through which emotional pain you experience often turns into physical pain.



Constriction of blood vessels can cause migraine and painful spasms in the back from reduced blood and oxygen flow to muscles.

This causes feelings of numbness and pins and needles in your extremities.

Suppressed emotional pain does not just disappear. It can become a lingering physical pain.

Toxic thoughts that are repressed don't go away. You can bury your emotions but you need to know that you bury something that remains alive!!

Your mind perceives **suppressed emotions as fear.**

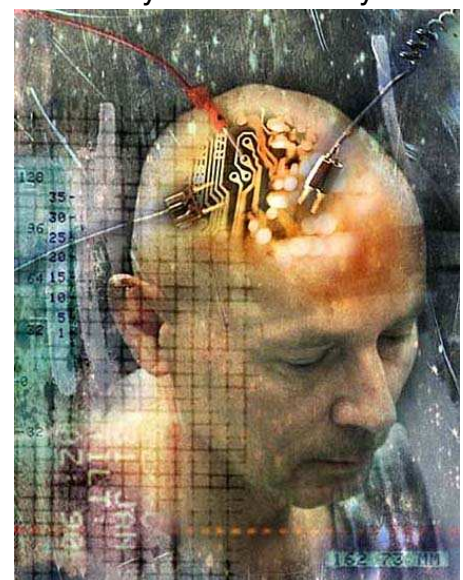


That fear remains unless you deal with it. You can consciously decide to deny or reject an emotion that is uncomfortable. Once you have done so it goes into your non-conscious mind in a process called automatization.

You first do it consciously and train yourself to continue till it becomes an automatic reaction.

Repressing these toxic emotions destabilizes your brain's natural chemistry and disrupts the multiplicity of feedback loops that usually expels toxic waste.

When stress prevents molecules of emotions from flowing freely, it causes very few feedback loops.



This causes the suppressed toxic emotion to become an emotional stronghold in the thought trees of your mind.

It won't allow you to function well on all levels – physical, mental and spiritual. Suppression is seductive as it may feel like a quick and easy way out.

Don't fool yourself!!

It will express itself in different **attitudes**:

- Perfectionism
- A desire for control
- Self-doubt
- Cynicism
- Criticism
- Promiscuity
- A tendency to overreact.

These **emotional strongholds** influence **behaviours** and if not dealt with, can take over thought life.

They will rob you of the joy and peace of mind that is your birthright.

Emotions by their very nature are meant to be felt and expressed. They are a moving, dynamic, pulsing mass of electromagnetic and chemical reactions.

They do not disappear or die.



SPIRITUAL FORCES – FEAR AND FAITH:

Fear is a spiritual force and the **opposite** of fear is **faith**.

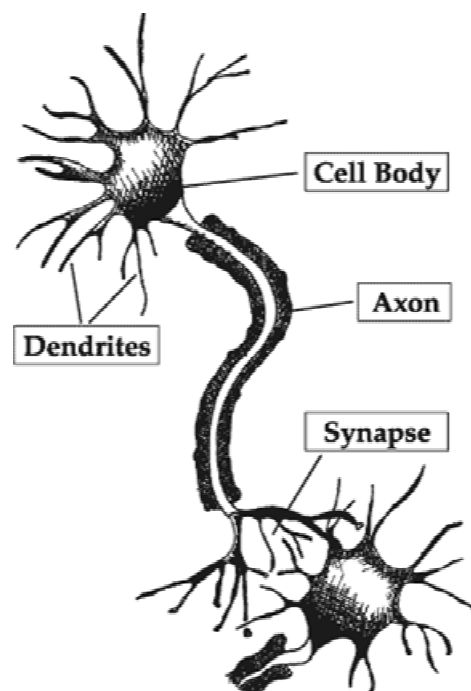
Out of **fear** evolve all the **negative emotions**.

Out of **faith** evolve all the **positive emotions**.

Fear automatically puts the body into stress response – fight or flight.

2. **Anxiety** is another form of fear – it lingers longer after the threat has come and gone.

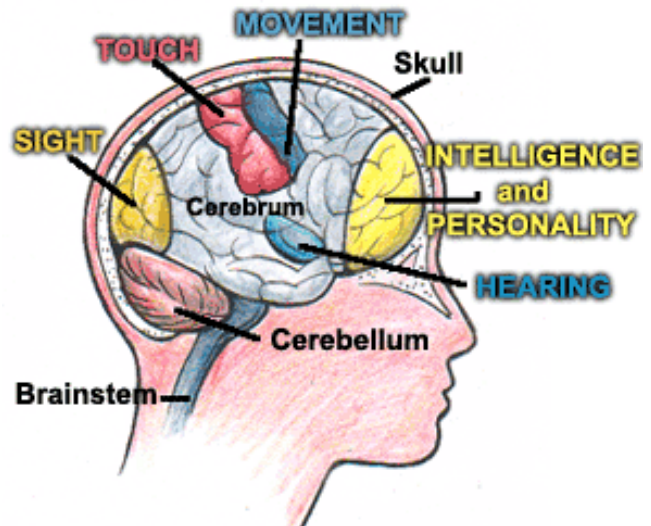
3. Another fear-based emotion is **hate** – the opposite of love. It goes hand-in-hand with bitterness,



resentment and anger and normally begins with a grievance.

Emotions such as hate demand more and more space. They cause many thorns to grow on your thought trees. They are like weeds with thorns that grow in abundance crowding out everything else.

When they are allowed that space, they integrate and eventually take control of the thought trees and slowly and subtly affect all your thoughts and emotions.



CHILDREN:

As a parent you need to know that negative, fearful thoughts actually change brain chemistry.

When those negative, fearful thoughts are in your child's mind, they are having the same effect.

Negative thoughts create the same stress response in children's bodies as in adults. The brain circuitry starts changing and rewiring in negative directions.

One source of stress in children is so-called "hot housing"; attempting to force early rapid brain growth – pushing children into formal education too early.

Research shows that children pushed too soon to excel at school, on the stage, or the sports field, show fatigue, reduced appetite, lowered effectiveness in tests and psychosomatic illnesses.

They also show a decreased interest in learning, declining ability to judge their own progress, an increase in worry, performance, anxiety and creativity blocks.

Their immune systems are crippled and the process to repair tissues are shut down, their sleep gets blocked, and even bone could be broken down.



Young children use their **amygdala**, a region that contains the **emotional perceptions of memory**, and guides instinct and gut reaction,

Adults rely more on their frontal cortex which guides deep analytical thinking and introspection.

The young brain will tend to jump from sensation to reactive emotion which is where the damage comes in. The younger the brain, the more potential damage will occur.

Stress is fear based

When children are faced with people and situations that are threatening and make them feel as though they have lost control, they experience fear with all the associated neuro-peptide and neural reshuffling.

Fear can and does change children's personalities. This is the reason that the child you thought you knew and loved becomes a stranger in your own home.

Children are very expert at suppressing emotions and covering up things they can't explain.

It is only a matter of time before those suppressed feelings find an outlet and the child either explodes or implodes.

How often has your child had a sore tummy or diarrhoea before going to school in the morning?

This is because the digestive system is neurologically sensitive, and the neurons in the stomach and colon will flare up in response to fear, anxiety and stress.



Brain facts:

- Brain tissue is the most complicated matter in the universe and it can change for the better or worse at any age.
- The brain takes 18 years to grow and develop and a lifetime to mature.
- Positive experiences induce brain cells to expand; negative experiences cause brain cells to shrivel and die.
- Childhood experiences change the brain – stress literally causes brain damage.
- Childhood is a very special time where learning skills are fun and mostly effortless.
- The brain does not snap shut or fill up. Its potential is unlimited.

Childhood is a particularly crucial time for the brain because of the neural “sculpting” that goes on.

Many of our abilities, tendencies, talents and reactions that are hard-wired in childhood set a mental stage for adulthood.

Babies’ brain growth is measured by the **circumference** of their heads.

They go through 10 growth spurts between the ages of birth to between 18 to 20 years until the brain is fully grown.

Growth is not to be confused with maturity.

The first three months of pregnancy – between two to eight weeks – is when the brain is forming. The brain takes a lifetime to mature and develop intelligence and wisdom.

The first year of life is a critical period for brain growth and neuron increase.

The growth spurts and critical developmental periods are marked by:

- **myelin** growth – the fatty sheath that covers and protects the nerve cells, growth of dendrites and the branching,
- **synaptic** formation and
- **pruning** of weak or unused connections.

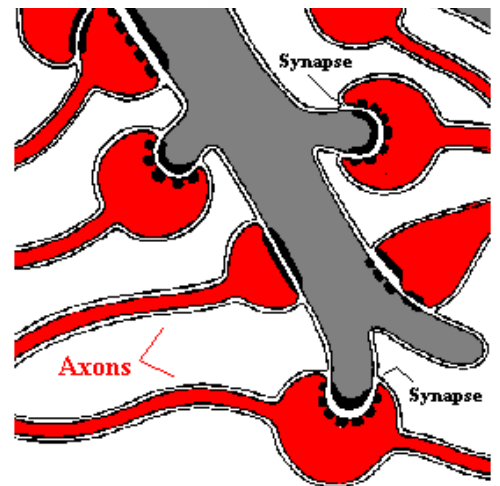
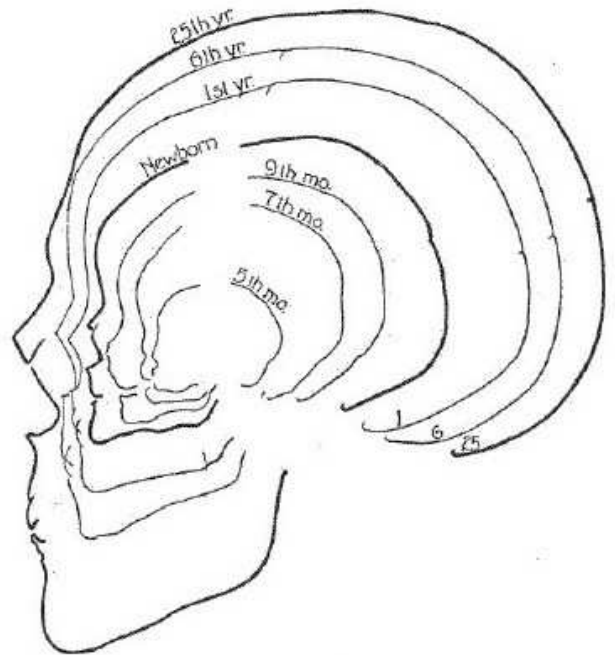
Information travels in electrical impulses across these gaps with the help of neurotransmitters.

The slow build-up of fatty sheaths around the nerve cells continues in preschoolers – especially in the cerebral cortex where myelination goes on till around 10 years of age and beyond.

As myelin surrounds each nerve, impulses can move more quickly and effectively along the biological transmission wire.

The neurons are also supported by glial cells which clean, support and fix the main nerve cells.

They literally help us – and children – to “make up our minds”.



Any form of stress disrupts the functioning of the myelin sheath and of the glial cells.

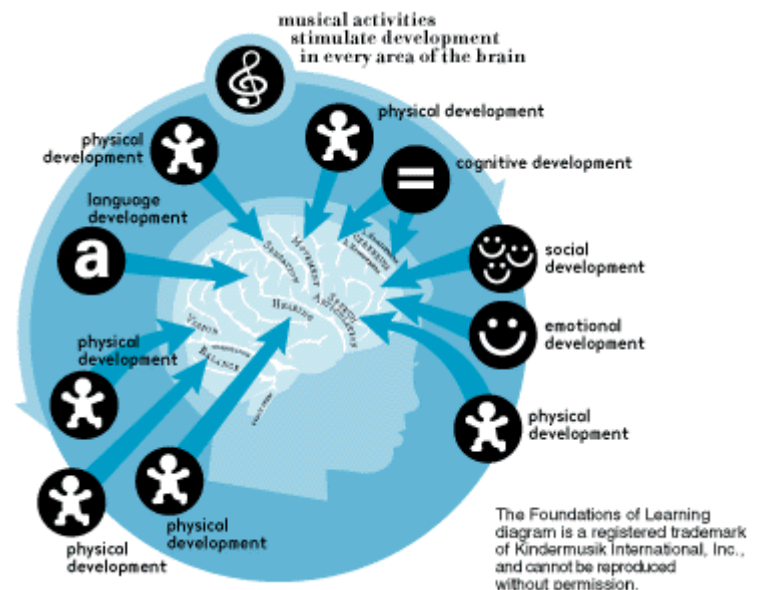
In young children, excessive stress adversely affects the basic skills they are acquiring at that point in their lives, such as reading, writing, maths, speech and so on.

Research has shown that if children don't get enough loving touch and eye contact during the first three years of life when their brains are organizing for independence, this will retard emotional development.

This restricts children's emotional horizons, making them lacking in empathy and more prone to anxiety and impulsive, aggressive behaviour.

If the trauma comes between the ages of two and five, it is more likely to affect brain regions that regulate mood and thinking.

Girls are more likely to react by dissociation (daydreaming, fantasizing), while boys are more likely to become aggressive.



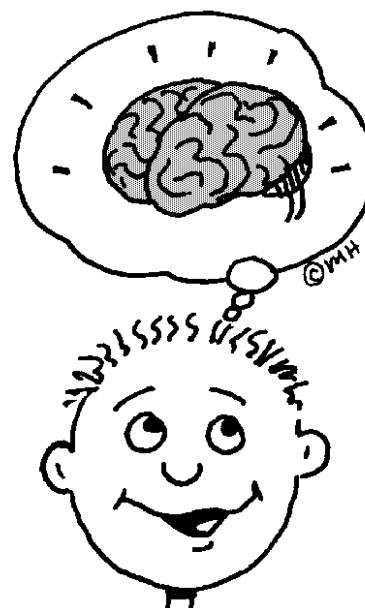
In the first **30 months** of life, the brain **triples** in size. Between **30 months and 10 years** it grows a further **15%** and Between **10 to 18 years**, it grows the last **10%**.

In the first year to three years, the brain is busily organizing and creating the conditions for functioning as an independent person.

The amygdala and frontal lobe are developing. Children who experience stress at this point will have problems with trust, self-esteem and behaviour.

The lack of discipline will be as stressful and as harmful for children as an excess of it.

You cannot function because you cannot get from the big picture over to the bit-by-bit or visa-versa!!



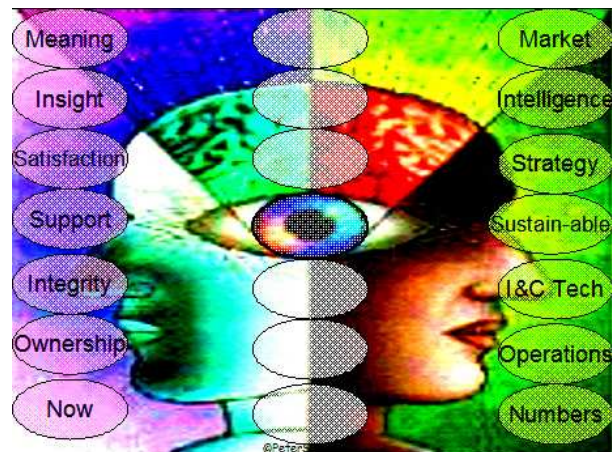
PHASES OF DEVELOPMENT:

Laterality – Right Brain and Left Brain Functionality

An example:

A child is extremely intelligent but gets very low grades at school.

The worst subjects were writing and speaking. The child would spend days trying to write one or two paragraphs for a composition.



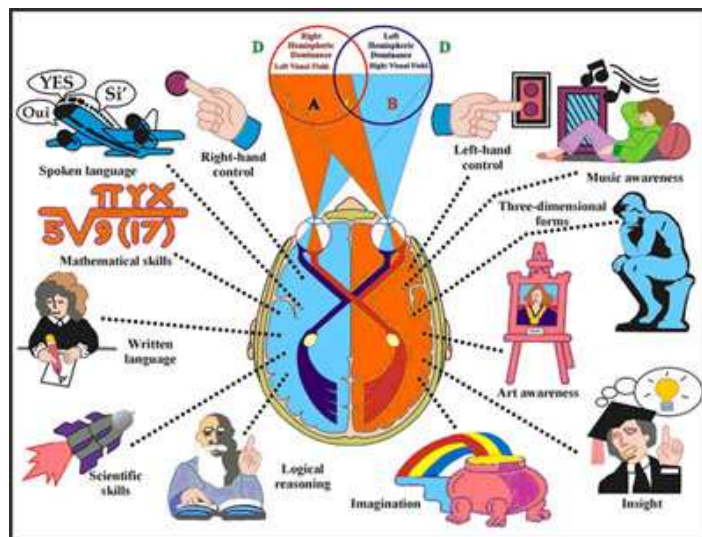
The problem with this child was an organic issue.

The Function of the Brain

The right hemisphere of your brain is able to see the big picture – it is able to see the whole.

The left hemisphere of your brain specializes in the bit-by-bit – it is able to break a task down into little pieces and know what to do next.

When there is lack of connectivity between the right and the left hemisphere, then the child is stuck in the big picture.



The child has the whole story in his mind for the composition, but getting that first sentence down on a piece of paper was a total impossibility for him.

Another example:

Your relatives are coming over for the weekend and you have to vacuum, do the laundry, make the beds, wash the windows, etc.

Your problem is that you can see everything that you have to do, but to make the decision of which thing you are going to do first, and which one to do second, leaves you paralyzed – you are stuck – you know how to do each one of those tasks, but the bit-by-bit of the left brain is not working.

There are others that do the bit-by-bit well. You can do any small task extremely well and yet you are hugely frustrated in your life because even though you work very, very hard, things don't come together – there's alwaysAround you – it is because you lack the big picture and you are not doing the most strategic things at the right time.

It is very frustrating when somebody so clearly functions well above average in part of their brain and yet is hugely ineffective in daily life.

Brain Integration

This is when you have both portions of your right and your left brain connect is normally a function of motion.

How our body moves when we are young children creates the neural pathways between the two – specifically **crawling is designed to connect right and left hemispheres – eight months old is ideal for crawling.**

Babies that have little ability to crawl, either because they are first born and the parents, for legitimacy reasons wanted their child to **walk before the cousins walked** – or the ones that are kept in a **play-pen** for whatever reason.



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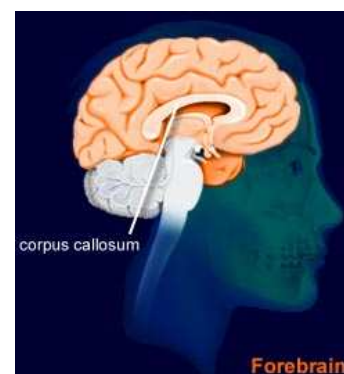
Those children that have **limited crawling**, tend to have

- **reading disabilities**,
- all sorts of academic challenges

because the right and the left hemisphere operate very well and independently of each

other but the **corpus collasum** is not connecting.

So as adults, people have to do exercises what they call the cross-crawl in activating the right and left hemispheres.

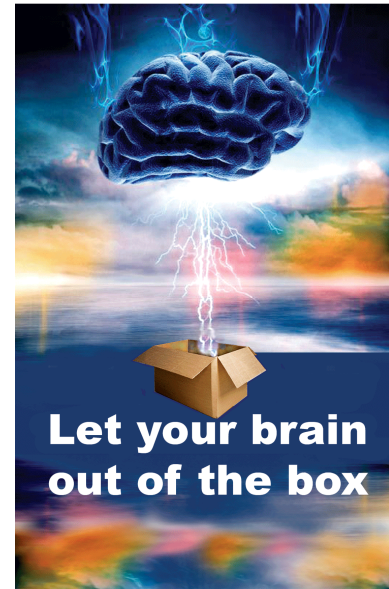


You place your right hand and put it on your left knee – you take your left hand and put it on your right knee as you raise the knee up and that action of crossing the centre-line of the body – bringing the right and the left hemispheres together helps connect the neural pathways in your brain.

Creativity and Laterality

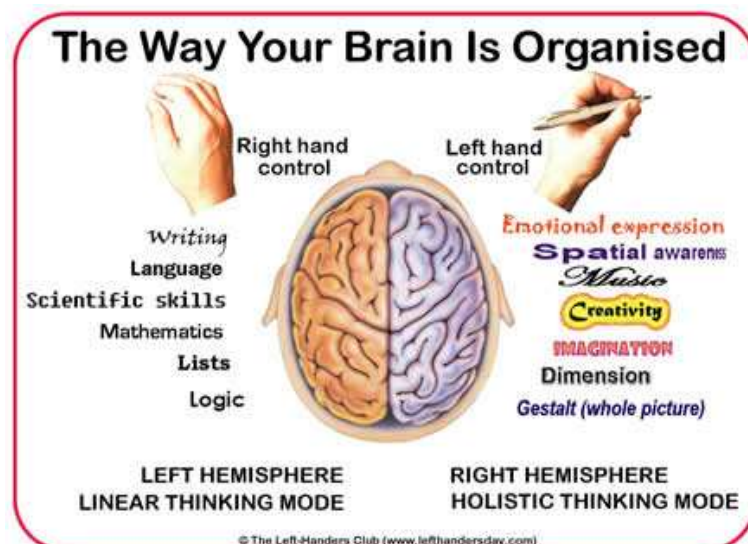
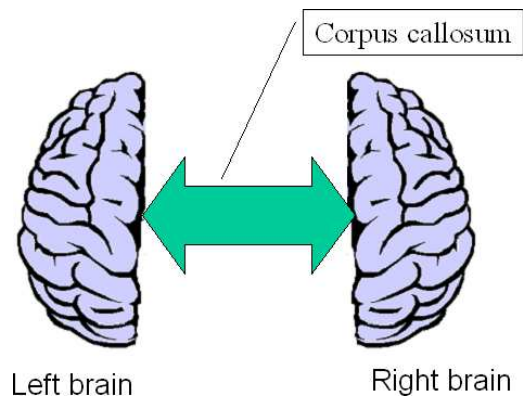
Creativity as a large function of laterality is a huge issue because a majority of our highly creative people are strongly right hemisphere but they do not get an opportunity to express it because they are socially dysfunctional because they can't connect with the left hemisphere.

Ladies have a leg-up on the guy because somewhere during the course of the pregnancy baby boys get a one-time brain-bath of testosterone that significantly weakens the neural pathways between the right and left hemisphere.



Men are designed by God to be somewhat deficient in terms of the big picture and creativity. Women don't have the same kind of "brain damage" that men do. Women have more connection between the right and the left hemispheres.

So when you are working with people, don't forget the biology— every problem is not only soul or spirit – there is something to be said about healing those connections between the right and left brain hemispheres.



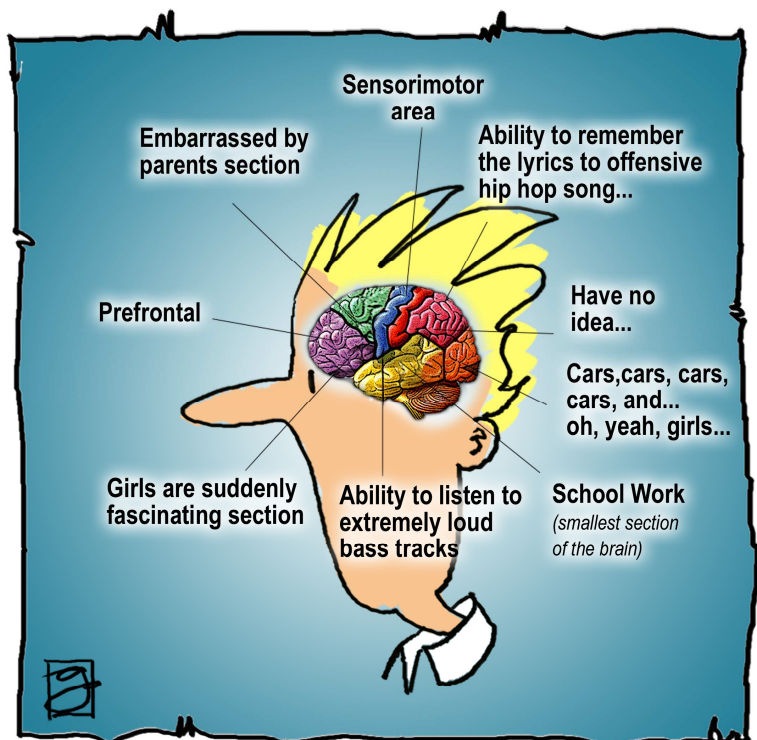
The Teenager:

Research has shown that adolescence is the most stressful period in the entire human lifecycle.

At this stage of life the adolescence is experiencing rapid growth and sexual maturation.

Typically the 11 to 14 year old is very self-conscious.

The 15 to 16 year old is developing a unique self-image, independence of thought, making decisions and their morals are solidifying.



Anatomy of a Teenager's Brain

Teenagers are not able to always make wise judgements because they mostly use their amygdala – the region that holds emotional perceptions and that guides gut reaction.

They are not yet fully using their frontal lobes – which guides more introspective mature thinking.

To help teens through this period should build a bond of trust in them from a young age. This makes difficult conversations about privacy issues easier to manage later on.

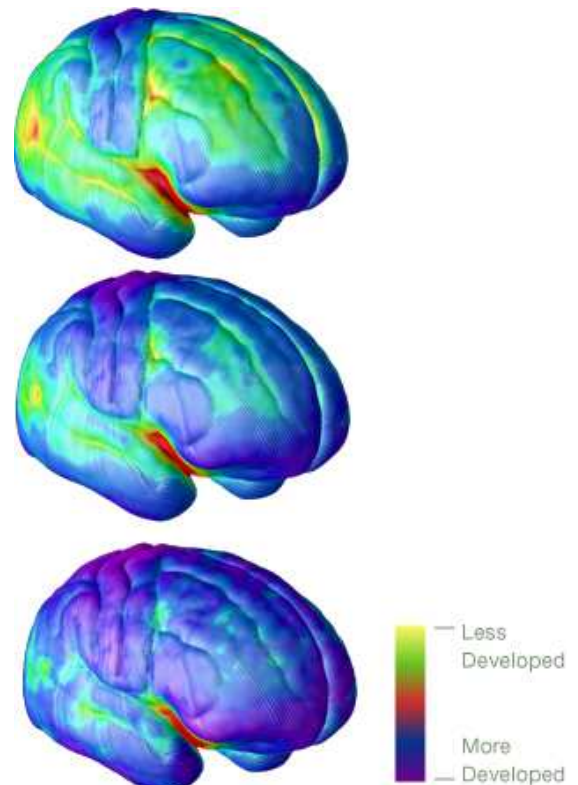
From 16 to 18 years, young people tend to become idealistic, deeply involved in issues and their independence increases.

If their environment is impoverished, not materially, but in terms of love and stimulation, it will be stressful.

This will retard the growth and branching of the thought trees.

One way of distressing children's lives is by letting them have more time to play. That does not mean more time on play stations, computers and watching TV.

These activities in fact are shown to cause intellectual measure of disorder.



It is not always easy to find a balance between guiding children lovingly, overdoing it, or doing too little of it.

One way is to find activities that your children turn to spontaneously and in which they show genuine interest that they are able to maintain.

LOVE is the greatest destressor of all. Investing the time in building a loving relationship with your children is a far wiser investment than the time and money spent on all the extra-mural activities.

Overall, quality not quantity of time spent with your children is what counts!!

MASTERING YOUR THOUGHT LIFE:

This is a journey of a lifetime!! It has no end but it does have a beginning!!

The beginning lies in making the conscious decision and effort to change the way you think. The results will last you forever.

Consciously control your thought life

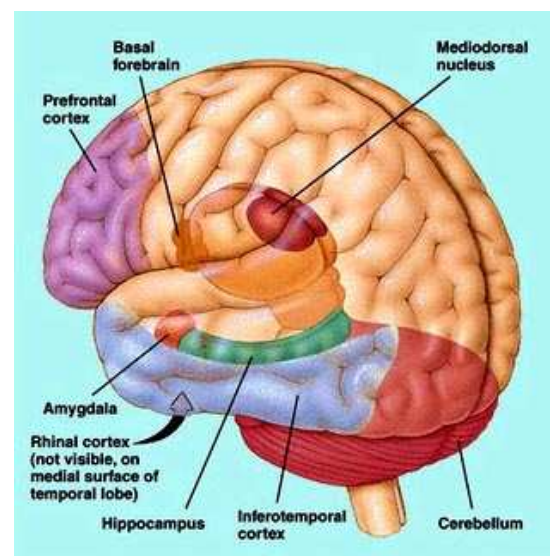
Medical research increasingly points to the fact that thinking and consciously controlling your thought life is the best way of detoxing your brain.



This means not letting thoughts rampage through your mind. It means learning to engage interactively with every single thought that you have, and to analyse it before you decide either to accept or reject it.

Look at your mental processes:

- How many “could-have”, “would have”, “should have”, statements have you made today?
- How many “if onlys” were part of your thoughts today?
- How many times have you replayed in your head a conversation or situation that pained you, or one that hasn't even occurred yet?
- How many scenarios have you created of the unpredictable future?



- How much is speculation taking out of your day?
- How passive is your mind?
- How honest are you with yourself?
- Are you at cross-purposes with yourself – going through the motions but not really committed to the goal, saying one thing but meaning another?
- How distorted is your thinking?
For example:
Are you forming personal identity around a disease – my heart problem, my arthritis, etc.
- Do you ever make comments like “nothing ever goes right for me”; “everything I touch fails”; “I always mess up!”

Researchers believe that toxic emotions rise from three negative and ungodly beliefs:

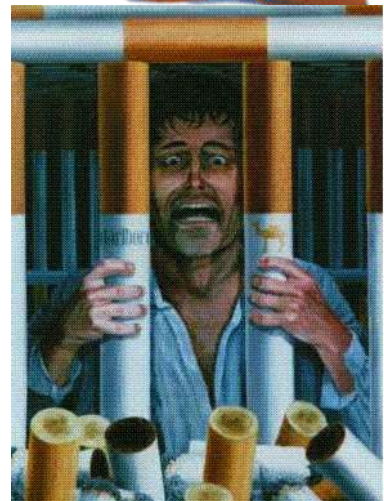
1. I must do well.
2. You must treat me well.
3. The world must be easy.

If you base your thought life on assumptions like the above three, the foundations will be shaky and your body/mind will be very unstable.

As you think more toxic thoughts and generate more toxic emotions, your body/mind shows the cracks, caves in and eventually collapses altogether as disease and illness take hold.

You need to keep in mind some key principles to start off the process of controlling toxic thoughts:

- Thoughts create your moods.
- When you experience a fear-based emotion, you will feel depressed and your thoughts will be characterised by negativity.
- A negative thought linked to emotional turmoil will be distorted.



The process of controlling your thought life

1. Filters of the Mind

You need to activate and continually make use of a “sieve” you already have in place in your brain.

It is an existing network comprising of the **thought trees** (memories), **corpus callosum** and the structures of your **limbic system**.

These operate like a **filter** sifting out required, helpful, positive information from the mass of that comes in.

It initiates a process that starts as a walk through the thought trees of your mind.

This activates and alerts you to become aware of your thoughts and prepares your brain to build new memory.

This **sieve** allows you to find information that is meaningful and personalized.

When you consciously engage with information that is coming into your brain, and think about it purposefully, you literally switch on this sieve.

This **sieve** allows you to select approximately 15% to 35% of what you read, hear and see. The remaining 65% to 85% is superfluous.

2. Make a conscious decision to accept or reject the thought.

This involves the **ask-answer-discuss technique**. This allows your **corpus callosum and frontal lobes** to do a very good job of sifting.

You can do it with people you trust but you should also do it on your own.

In the beginning you may want to do it out loud. This provides extra auditory stimulation and is an excellent way of looking at your thoughts and the feelings they generate before deciding whether or not they deserve to be discarded as toxic, or retained as life-giving.

Talking out loud enhances your ability to think by stimulating the corpus callosum to function on a much higher level.

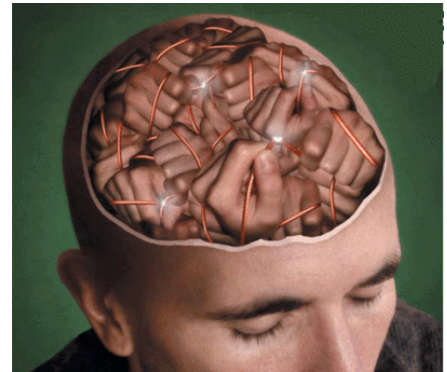


Never let your thoughts just wander through your mind unchecked because if they are toxic they will eventually make you sick.

Thoughts are real things that have substance and need to be controlled.

The primary means of healing toxic thoughts, emotions and bodies is by consciously controlling your thought life and that requires taking the time to look at your thoughts.

It requires courage and perseverance because until you have your thoughts and attitudes under control, no amount of knowledge given, skill gained or medication taken is really going to work for you.



3. Deal with emotional strongholds

Memory is an important component of detoxing the brain. Once the information enters your thought trees, it is there for good.

The next step is: They begin to build toxic memories.

The only chance you have to reject a toxic memory is in the sieve process when the information is still in the hippocampus.

Once a memory is built, it becomes easier to access the more it is used. This is good if it is a healthy memory, but bad is the memory is one of anger or bitterness or anything negative.



Positive, healthy, engaged and interactive thinking will literally detox your brain because it forces integrated networking and the growth of links between stored memories.

This is not the same for toxic thinking.

You can grow your brain

Correct positive thinking is shown to “grow” your brain. The brain can literally grow new connections with stimulation even as it ages.

We can all increase our intelligence without limits as long as the input is positive and healthy.

Bad news! Toxic thoughts can also grow your brain! They grow in the same way as good thoughts, but they upset the chemical feedback loops in your brain by putting your body into a state of stress that is harmful.

The growth will not be intelligent or life-enhancing.

It will be like a millstone around your around your whole body mind and spirit.

Your brain will grow heavy with think memories that release their toxic load and interfere with optimal functioning.

The good thoughts you build look like beautiful lush and healthy green trees.

The negative thoughts look like ugly mangled snarling thorn trees.

Belief System:

If you accept a Belief
You reap a Thought.
If you sow a Thought.
You reap an Attitude.
If you sow an Attitude.
You reap an Action.
If you sow an Action.
You reap a Habit.
If you sow a Habit.
You reap a Character.
If you sow a Character
You reap a Destiny.
(author unknown)

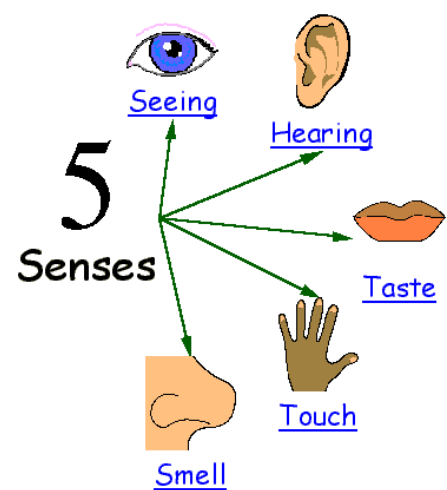
One of the advantages of controlling your thoughts is that you will be more intelligent.

Intelligence is not static – it can be enhanced or reduced by your neurochemistry which in turn is controlled by your thought life.

Frame your world with your words

The words you speak are electromagnetic life forces that come from a thought inside your brain and are influenced by your five senses.

They are containers of power and work hand in hand with your thought life, influencing the people and the world around you and the circumstances of your life.



The five senses are the connection between the external world and the internal world of your mind.

Information is fed into your mind constantly all day long from these five senses, influencing your thought life.

The words you speak feed back into the thought trees of the mind, reinforcing the memory they came from in the first place.



When you make negative statements, you release negative chemicals.

These lead to negative memories that grow stronger and become a negative stronghold that will control your attitude and your life.

This is not positive thinking!!

It is much more!! Framing your world with words is not just about saying something positive.

It has to be backed up by honesty and integrity. What you do and say on the outside must reflect what you think on the inside.

A lack of integrity and honesty is shown to be stressful. It affects the way information is processed and memory is built.



Framing your world with your words involves literally replacing negative thinking and words with the right attitude shift.

- Acknowledge that an issue exists.
- Reflect on what is wrong with it.
- Consider how you can get to grips with it.
- Ask whether you can do it alone or if you need help.

Now you can start truthfully to replace negative statements with positive statements.

Then a wonderful process begins:

Growing a beautiful new memory over the painful and often oppressive old memory.

You will still remember the old – it will still be there – but the new will now dominate.

If you do not do this process properly – with integrity and honesty – then the positive statement will fade in time and the negative stronghold will gain supremacy again.

Every time you speak a negative statement¹ you release negative peptides that affect the environment of the mind and in turn put the body into the stress reaction.

It is then not positive thinking but similar thinking that creates necessary changes in the brain.

Express those Emotions

If you repress and hide toxic emotions year in and year out the time will surely come when those buried emotions will suddenly come pouring out at the most unsuitable time!!

Buried emotions are NOT controlled, thoughtful emotions!

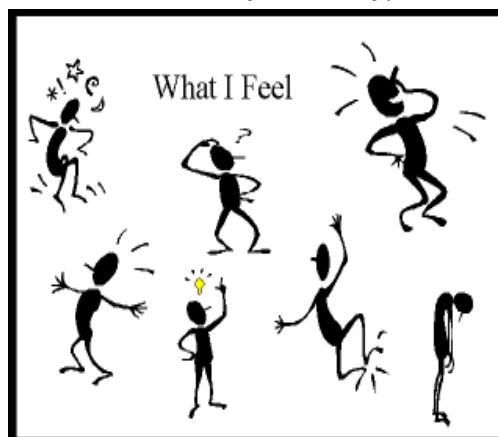
When you express emotions – when you allow the free-flow of neuro-peptides – you make all bodily systems function as a healthy whole.

When you repress and deny emotions, when you do not allow them to be whatever they may be, you block the network of chemical pathways. You stop the flow of feel-good chemicals that run your biology and behaviour.

Doing this for years makes you an expert at not feeling what you feel.

Signs of repressed emotions (besides illnesses in your body):

- Feeling irritable
- Short-tempered
- Over-reactive
- Anxious
- Frustrated
- Fretful



¹ See book: Divination, Fortune-telling and the Power of Your Tongue available from Kanaan Ministries

- Impulsive
- A desire for control
- Perfectionism
- Self-doubt

Expressing emotions is an important step in detoxing the brain.

It does not mean that you show your feelings to the whole world or letting everything hang out!!

You need to express emotions properly in an environment that is safe, accepting and non-judgemental.

Do not deny your feelings. Acknowledge them, face them and deal with them in a positive way as soon as possible!!

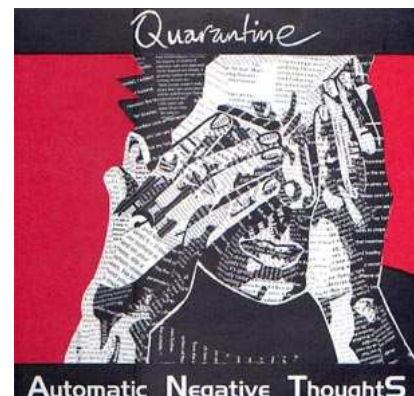


TAKE RESPONSIBILITY AND TAKE CONTROL:

The mind is like a flow of information as it moves among the cells, organs and systems of the body.

One of the qualities of information flow is that it is unconscious yet it impacts the conscious level.

Research shows that the unconscious level is responsible for 90% of what is happening in the mind, and the conscious cognitive level is responsible for only 10%.



This is where your uniqueness comes from. It is where the memory building with all its electrochemical and electromagnetic reactions are occurring.

The uniqueness of who you are carries with it the taking of responsibility for your actions: You need consciously to force the unconscious and conscious levels to interact.

You can do this through active conscious thinking about what is in your mind. This allows you literally to access the body-mind network where the memories are stored and redirect it. This is a scientific technique.

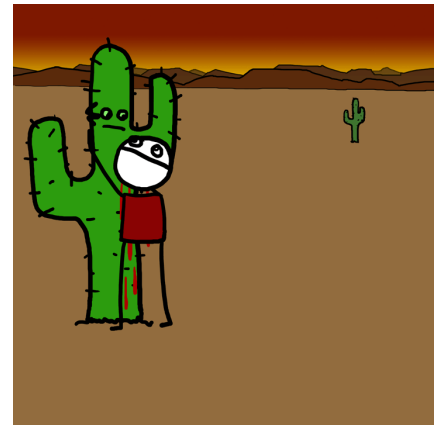
You start by bringing your awareness to past experiences – to the memories stored in your thought trees and in the receptors of your cells².

² See Petition for Memories to Surface and Petition for Meeting of Basic Needs in Addendum A at the end of this book.

Then you begin to lay the groundwork so that you can literally grow new memories over the old ones – watch what you say and what you allow through your five senses!

The memories may still be there but you have unblocked or released the memory by removing the “thorns” – detoxing the blocked peptides.

This allows for healthy new growth and positive new memories to be laid down.



If the emotional strongholds have been in place for many years, you may need extra help in the form of counselling, meditation and prayer.

What also needs to be added to the taking of responsibility and control is helping people to help themselves to get well in ALL areas.

Lifestyle changes need to take place; exercise, nutrition and environment to name a few.

DREAMS:

What happens when we are sleeping? Different parts of your mind/body are exchanging information and your memory networks are being cleaned up by glial cells – the vacuum cleaners of the mind!



The content of your dreams reaches your awareness as a story, complete with plot and characters drawn in the language of your everyday awareness (though not always in a way that you may immediately understand).

On the physiological level your dream state allows the mental-emotional network to retune itself and get ready for the demands of your waking life.

Shifts occur in your brain's feedback loops as peptides spill out into the system and bind to receptors to cause activities necessary for a state of equilibrium (homeostasis.)

Information about these readjustments enters the consciousness in the form of a dream.

Because there are the biochemicals of emotion, that dream does not only have content, but feeling as well.

Any badly built memories are cleaned up at this stage as well.

We have understood that strong emotions that are not processed properly or thoroughly will be stored on the cellular level.



Whenever you are dreaming some of this stored information is released and allowed to bubble up into consciousness as a dream.

Capturing the dream in some form can be enlightening and help you to control your thoughts.

Whenever you wake up, keep a journal by your side and write down your dreams.

The act of simply writing down the story and the feelings and thus acknowledging the dream is shown to increase the blood and peptide flow and help the detox process.

Write down everything, even the fragmented bits, and always ask yourself how you are feeling.

As you write you draw valuable information into the conscious mind and out of the memory networks of the mind.

This is the process by which the unconscious meets the conscious.

People often say they can not remember their dreams. Some say they never dream. The truth is we all dream. It is a physiological process.

The reality is that many of us suppress our dreams because of the emotions they evoke.

Yet our dreams challenge us to sort out our emotional lives.

The more turbulent and disturbing your dreams, the more work you have to do on your thought life.

The crucial first step to using your dreams as part of the detox process is simply to decide to remember them.

That is part of your free will and benefits will flow.

FORGIVENESS:

Forgiveness is a choice, an act of your free will.

Forgiveness enables you to release all those toxic thoughts of anger, resentment, bitterness, shame, grief, guilt, hate, etc.

They hold your mind in a nasty vice-like grip.

Most importantly you will not be able to grow new healthy thoughts and memories over unhealthy toxic ones until you start to forgive.

Forgiveness is:

- Not making excuses for someone's behaviour; it is forgiving despite their behaviour.
- Not ignoring pain or hurt, but it is rather choosing to let go of the person who hurt you.
- Not letting someone off the hook, but it is placing that person in God's hands and letting Him work His justice in that person's life.
- Not a flaw in a weak person, but it is a sign of great courage.



Forgiveness leads to an ability to love; you cannot love if you have not really forgiven and released.

Research shows that love is good for your health. They have proved that those who develop the ability to forgive, have greater control over their emotions and are significantly less angry, upset and hurt – and consequently much happier.



LOVE:

Tune into the true power of love. Studies show clear changes in the patterns of activity of the autonomic nervous system, immune system, hormonal system, brain, and heart when you experience emotions such as appreciation, love, care, and compassion,

Such physiological changes may help explain the observed connection between positive emotions, improved health, and increased longevity.



Research shows that the heart considers and “thinks” about information it receives from the brain.

This implies that the heart has opinions of its own. It acts as a still small voice that checks our thoughts for accuracy, integrity and wisdom.

This mini-brain in the heart literally appears to be like a conscience.

There are times that the heart submits to the brain, and others when the brain submits to the heart.

There are times that your heart should rule your head. It is part of acknowledging and expressing emotions.

The messages from the heart affect behaviour. Getting in touch with your own heart and learning to live in the love that flows from it, are definite ways of healing those toxic thoughts and emotions.

The voice from your heart is a gentle nudge, or a sense of warning. Always listen.

You may feel silly talking “to your heart” – but it is extremely healing to ask yourself how you are feeling. Voice to yourself what it is you are feeling deep down inside.

The best way to communicate with your heart is to quieten your thoughts, to control all the thoughts rampaging through your mind and become as still as you can.

You can do this effectively by:

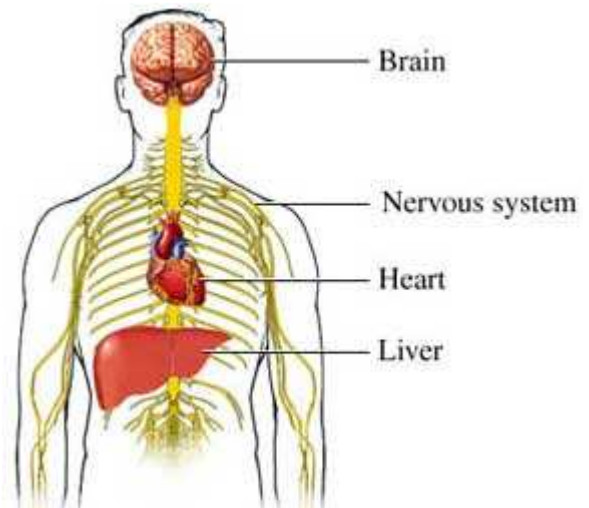
- Thinking of all the blessings in your life.
- Developing an attitude of gratitude.
- Not thinking painful thoughts.
- Focusing on and spending time with people who bring you joy and happiness.
- Focusing on happy memories of good times when you have had a holiday, or anticipating special happy events.
- Not allowing fear to cloud the messages from the heart.



Your heart has the ability to pull every other system of the body into its own rhythm. When the heart is at peace or filled with love, the entire body under the direction of the brain – which analyses it – feels peace and love.

The converse is also true. When your thought life is filled with toxic emotions, your heart is heavy and burdens your body and mind.

It is as though the heart is amplifying what is going on in the brain.



When you experience the highest form of love – God’s love – and the love of other humans, your heart speeds up this communication through the blood flowing through the whole body.

This makes sense because the life is in the blood, the blood is the body’s transport system and the heart is in charge of making sure the transport works.

It goes from the brain to the heart in electrical signals and then through to the rest of the body.

Make a commitment to walk in love – the intentional choice to love others, no matter what.

1 Cor 13 (The Message)

Love never gives up,
Love cares more for others than for self
Love doesn’t want what it doesn’t have,
Love doesn’t strut,
Doesn’t have a swelled head
Doesn’t force itself on others
Isn’t always “me first”,
Doesn’t fly off the handle
Doesn’t keep score of the sins of others
Doesn’t revel when others grovel
Takes pleasure in the flowering of truth
Puts up with anything
Trusts God always
Always looks for the best
Never looks back
But keeps going to the end.



That kind of commitment requires practice, practice, practice!!

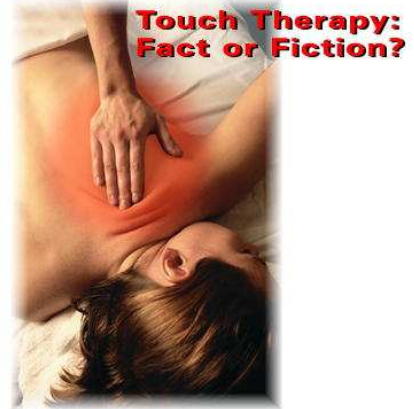
TOUCH THERAPY:

We live in a broken world with so many broken people where touch has become a no-no because of all the sexual harassment in our society.

Touch is one of the techniques used to detoxing thoughts and feelings.

Touch is described as:

- One of the most essential elements of human development
- A critical component of the health and growth of infants.
- A powerful healing force.



Good touching releases the body's natural chemicals in a healing process that optimises your feelings of health and well-being.

Touch is one of the physical things you can do to change your mental processes.

PLAY AND LAUGH A LOT:

Play is a wonderful form of stress-reduction. Play therapy can help us gain mastery over sometimes overwhelming emotions. Play can be used to act out our aggressions, fears, and griefs.

When we play we are stretching our emotional expressive ranges.

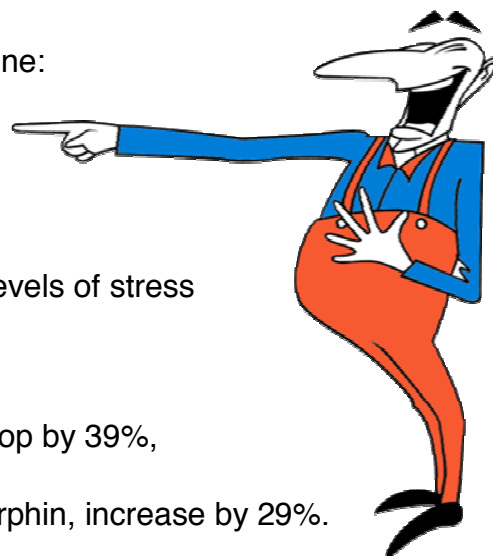
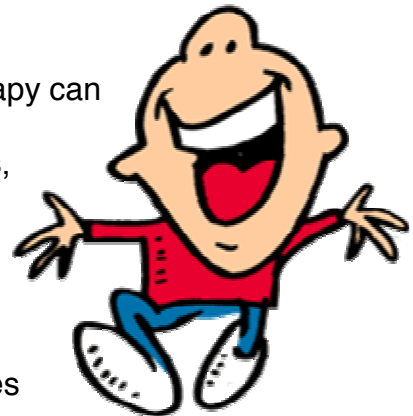
Play brings laughter because it literally lets the peptides flow.

Laughter has proved to be the best medicine:

- It releases an instant flood of feel-good chemicals that boost the immune system.
- It almost instantaneously reduces levels of stress hormones.

A really good "belly laugh" can make:

- The stress hormone, cortisol, drop by 39%,
- adrenalin by 70% and
- the "feel good hormone" – endorphin, increase by 29%.



Laughter boosts **your immune system**:

- by increasing levels of gamma interferon – your body’s defence against viruses
- Immunoglobulin A – which protects against respiratory tract infections.

Humour promotes interaction between both hemispheres of your brain. This is synergy.

Having fun through play is the cheapest and most effective way to control toxic thoughts and emotions and their toxic stress reaction very quickly.

It rejuvenates the mind, body and the spirit. It gets positive emotions flowing, and our emotions are what connects us and give us a sense of unity, a feeling that we are part of something greater.



EXERCISE:

The value of exercise in this context is not about building muscles or burning calories – it is about getting your heart to pump faster and more efficiently.

This increases blood flow to nourish and cleanse your brain and all your organs.

If you break into a sweat, you will get the added benefit of a mood improvement prompted by the increase of endorphins.

You need to find appropriate forms of exercise that increases your heart rate – aerobic with oxygen.

Aerobic exercise helps to sweep away the debris left by toxic thoughts and emotions.

At the heart of using exercise as a method to controlling thoughts is to find a form of exercise that you enjoy. That way you are far more likely to keep it up and enjoy its detoxing benefits.



DIET:

Eating is not as uncomplicated as it may seem.

It is a highly emotional and unconscious event.

Your large and small intestines are densely lined with neuropeptides and receptors. All busily exchanging information laden with emotional content.



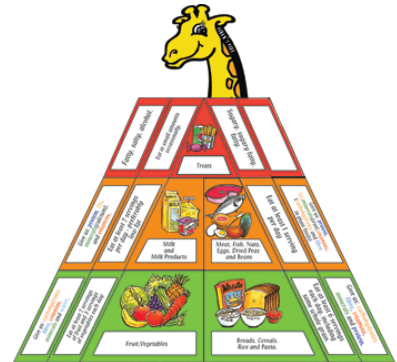
That is why you experience what has been called a “gut feeling”.

The pancreas releases at least 20 different emotionally laden peptides that regulate the assimilation and storage of nutrients, all carrying information about being full and being hungry.

Do not ignore the information these peptides provide.

In the same way, do not eat

- when you are not hungry,
- when you are angry, or
- when you are facing or trying to bury any other unpleasant emotion.



This will make the food you eat or drink toxic because the emotions generated by toxic thoughts interfere with the proper workings of the digestive system.

You won't assimilate the nutrients you need from the food optimally. The digestive process will either speed up or slow down. Either way, that spells more toxins for your body.

By tuning into your thoughts you can hear the messages from your peptides and what they have to say about your body needs to eat, when and how much it needs.

You need to control and reduce your carbohydrate intake – especially refined carbohydrates – white sugar, bread, pasta, rice, cakes, biscuits, etc.



These are often called “comfort foods” as they release feel-good chemicals.

The problem is the comfort will be short lived. Once the effects wear off, they tend to precipitate a downward spiral into feeling bad.

Carbohydrates are not optimum foods for thinking, particularly in their refined versions and especially in excess.

They anaesthetise the mind and dull your thinking processes. They act as a blanket that prevents you from listening to all the good news your peptides might be telling you.

You need to eat correctly to feed your brain optimally. The brain's major food source is **glucose** – blood sugar – which is carried in the blood.

Glucose supports the ability of neurons to store and secrete all the messenger chemicals – neuropeptides and neurotransmitters.

Glucose also fuels the brain's glial cells.

Your body gets glucose from the carbohydrates that you eat – you don't need glucose in quantity; you just need a steady supply of it.

An **excess of carbohydrates**, whether refined or in their healthier, unrefined versions – brown rice, wholemeal brown bread and pasta – causes spikes – highs and lows – in your blood sugar levels.

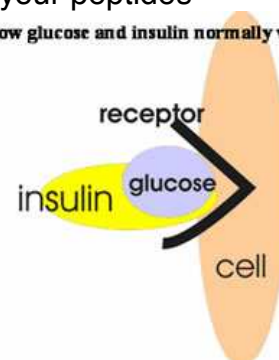
That is not good news for your thinking processes or the rest of your health in body and mind.

A diet overloaded with refined sweetened carbohydrates and bad fats will only add to your body's toxic load.

Stable blood sugar levels are proving to be the key to keeping your weight stable. Protein foods, like meat, fish, chicken and eggs do a very good job of stabilising blood sugar levels.

Your weight has a lot to do your thought life. Overweight and its extreme of obesity are implicated in the growing epidemic of Type 2 diabetes. You won't feel good about yourself if your weight is not under control.

How glucose and insulin normally work



The essential fatty acids such as omega 3 and 6 that you get from oily fish, eggs nuts and seeds. They are called essential because your body has to have them for all its physical and mental processes.

You need to eat with your head and your heart – you need to think about what and why you are eating. It is an important part of controlling your thoughts.

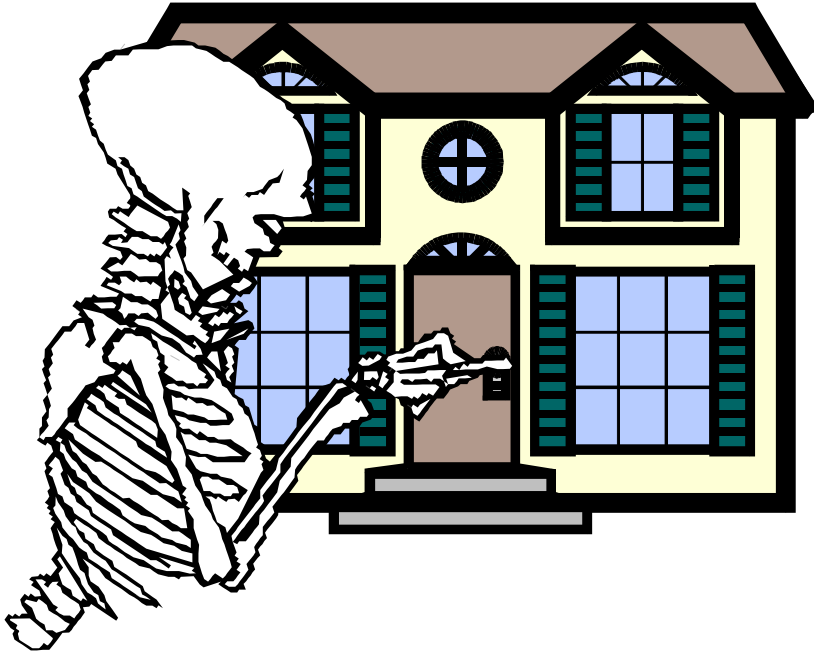


It is a combination of the correct principles of eating, combined with the correct attitude to eating that will allow you to move towards detoxing.



PART B: RESTORING THE FUNCTIONS OF THE MIND AND THE HEART

When looking at issues of the heart, it may feel like death is at the door!



1 Cor 2:16 *“But we have the mind of Christ”*

If we have the mind of Christ, what needs to be renewed?

What is dysfunctional in our minds?

One major problem is that the relationship between our **minds** and our **hearts** has been perverted, the roles confused.

The proper function of the mind in relation to the heart is to make decisions, while the heart is to sense and feel things as the servant of the Spirit - renewed mind.

Though we have the mind of Christ, too many of us don't yet walk in it.

THE FUNCTION OF THE HEART

The heart feels, intuitively and understands things in a way unique among our other faculties. The heart also **serves a pondering function** and can achieve a level of understanding deeper than comprehension of mere facts.



Prov. 15:28 *“The heart of the righteous ponders how to answer.”*

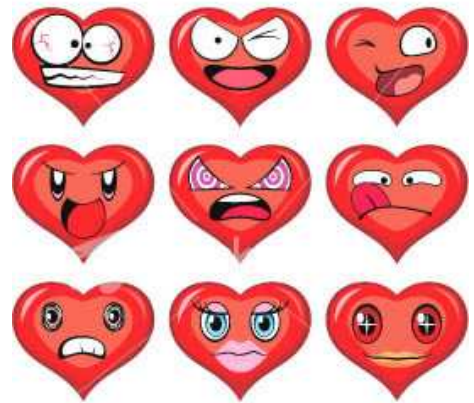
But because the **heart is the seat of our fallen emotions**, we are specifically instructed **not** to follow after it.

Num 15:39 *“You will have these tassels to ... obey them and not prostitute yourselves by going after the lusts of your own heart and eyes.”*

Prov 28:26 *“He who trusts in his own heart is a fool.”*

The fallen heart is not to be trusted. Clearly the fallen heart must not become the decision-maker in our lives.

Jer 17:9 *“The heart is more deceitful than all else.”*



The fallen heart is more likely to mislead, more likely to **misrepresent** itself and to **tell lies**. Left to itself, the fallen heart is the **most selfish** and, therefore, the **most dishonest instrument** we possess.

THE FUNCTION OF THE MIND

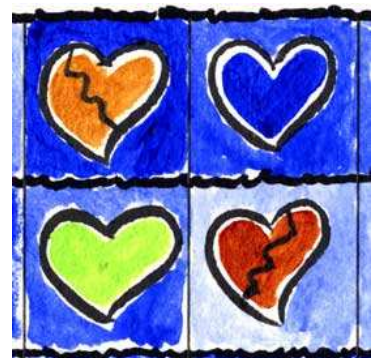
The mind is to know objectively and then decide what to do with what is known. **The mind**, not the heart, functions to **set direction**, to make **decisions** and then **to summon all other faculties to follow after**.

The mind should be “set on the Spirit” (Rom 8:6) which is a decision. In God’s plan, the Holy Spirit rules the mind, and the mind directs the heart.

Ps 16:7 *“My mind instructs me in the night.”*

Prov 15:14 *“The mind of the intelligent seeks knowledge.”*

Prov 16:9 *“The mind of man plans his way, but the Lord directs his steps.”*



The **function of the mind is to plan**, to **set a righteous direction** and then **to marshall all the other parts** of the person to **pursue the chosen direction**.

In Rom 7 Paul tells us of the war going on inside every one of us. The law of sin wages war against the law of his mind.

We **get into trouble** when the heart is allowed to become the **decision-maker** and judge of truth and the mind becomes carnal, the servant of the heart to justify and fortify what the heart has purposed.

The mind **should set borders** and limits for the heart so that the heart becomes the compassionate servant of the renewed mind.

When the mind fails to provide such discipline, **the heart runs amok with desires, emotions and urges until it makes living a shipwreck.**

A heart running amok as the decision-maker **twists all perceptions** to fit its own **selfish frames of reference**, **makes everyone else responsible for its misery** (“You did this to me!”), **creates delusions** (“God told me to”, though He didn’t) and so much more.

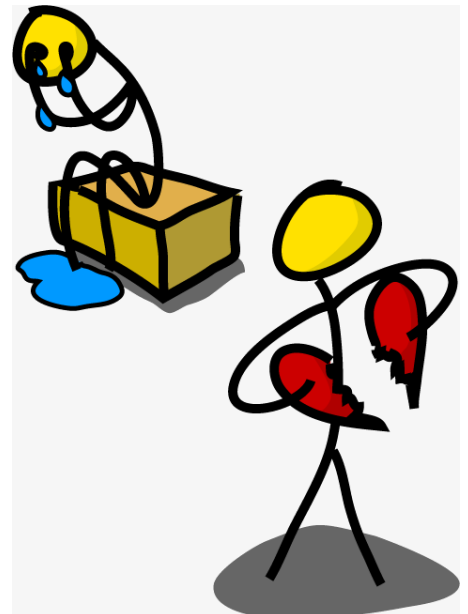


But the heart disciplined by a renewed mind is freed to become a **tool** for **gentleness** and for **discerning** the needs of others for the sake of **ministry in compassion.**

Suppose your mate does **something that really hurts you.** Anger results and you act on it by **snapping back** with a cutting remark. You believe you did it because you were hurt.

But the truth is: You did it because you let your **heart decide your course of actions** rather than the mind inspired by the Holy Spirit. You used your mind to justify what your heart had already decided, rather than to rule over your inner self for a righteous response.

This is not **suppressing** emotions. We are to **feel** the emotions, but **decide** to behave righteously.



YOU HAVE THE RIGHT TO FEEL, BUT NOT TO HURT OTHERS.

UNDERSTANDING EMOTIONAL PAIN:

SUBSTITUTE NEEDS

When needs are not fulfilled, substitute/secondary needs take their place, e.g.

1. A **dominating mother** renders the child passive and weak, thus creating a “need” in the child to either dominate a partner in adult life or to marry a dominating spouse. He/she marries a dominating partner in order to go on acting dependant.
2. A child who was rejected / ignored may grow up with a need to be famous. His whole adult life will be spent trying to boost his ego or feel important.
3. Being unloved makes one feel unattractive. The later struggle then is to attract everyone, regardless of whether or not they really matter to one’s life.



Healing lies in letting oneself **feel** the devastating feeling of not being wanted or desired. This allows one to see that the inability to love was the parents’ problems and was not due to some inherent flaw in the child.

This can only happen when one stops struggling against needing constant reassurance, and feels to its depths the lack of love.

When someone is deprived in childhood they grow up confused about the **difference between love and need**. They tend to fall in love with someone who can fulfil their needs.

We never see beyond our needs no matter how smart we are. Unmet needs make us dumb in specific relevant areas. We do not perceive a person realistically. We always see our needs first.

EMOTIONAL PAIN

When people’s needs remain unfulfilled they are transformed into emotional pain. We are familiar with the pain of a toothache, bodily injury, etc.



The pain we experience when we feel unloved/unwanted is just as real: anxiety, depression, headaches, stomach-aches and unfocused fear.

When needs for **love and affection, touching and safety** go unmet, the child is driven to take protective action and seek fulfilment in another way.

If there is no way for needs to be met then **repressive forces** will stifle the need. **Repression is an automatic response to the pain of emotional deprivation.**

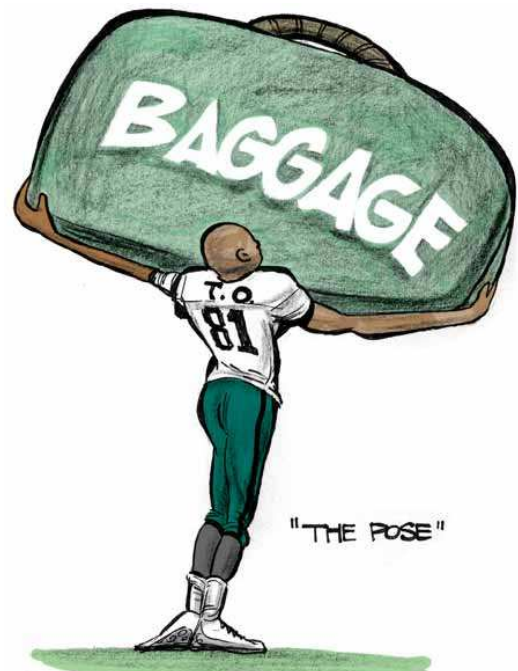
Later on in life one begins to substitute gratifications with tranquillisers, cigarettes, food, drugs, alcohol, sex, etc. These **substitutes** then have to do what touch should have done: to relax us.



As human beings we were not created for rejection, abuse, etc. There is only so much we can take and this causes **repression** to take place. The depth of repression depends on the level of pain.

The most catastrophic pains are the early ones that are life threatening, e.g. coming close to death at childbirth or the pain of hopelessness of ever being loved as a small child.

Our bodies are set up to produce a **morphine-like product** to block the awareness of the pain so that the baby will not die or, in the case of an adult, so that the person can get on with his life.



HOW DOES EMOTIONAL PAIN WORK?

Example

If we start to freeze, we hurt. When the pain is too much we go numb and feel nothing. When we start to thaw and feel again we hurt once more.

Emotional pain is repressed and forgotten. An emotional numbness ensues, an inability to feel.

When the pain is later remembered, the hurt begins anew. Thus, we hurt in the first instance when the emotional pain occurs, and we will hurt later if we allow ourselves to **remember** the original pain.

Please note: The difference between **repression** and **dissociation** is that with repression the forgetting happens **gradually**. With dissociation it happens **immediately**.

The great wonder is how it is that such a gigantic amount of pain can reside compressed in our bodies without our being aware of it. It is **repression** we must thank.

Repression **diffuses** its energy so that it is found in high blood pressure, compulsive sexuality, asthma, daydreams, poor posture, headaches, etc.

The needs and the pain are what drive us, using up tremendous energy, e.g. the neurotic cannot relax.



EMOTIONAL MEMORY

Emotional pain can accumulate and be stored. Clearly this is a function of memory. From very early in life, even in the womb, we code and store our memories.

What used to be outside is now inside. All the smells, sights and sounds of every minute of our lives can be called forth any second of our lives.

A complete environment in every minute detail is in our brains and bodies as a duplicate copy. Moreover, we respond first to that inner environment and then to the outside one.



The **traumatic memory** becomes a **filter** that determines how we later respond to events.

When experiencing trauma during our early years, our systems have a way to **encapsulate** this pain and **isolate** it internally until we are grown up and able to experience and work through the pain.

Emotional memory is not the same as **conscious recall**. We can easily remember our good times in childhood. It takes only a bit of recall. But no wilful conscious determination is going to recall painful, emotional memory.

Those can only be remembered on an emotional level by the feeling system.

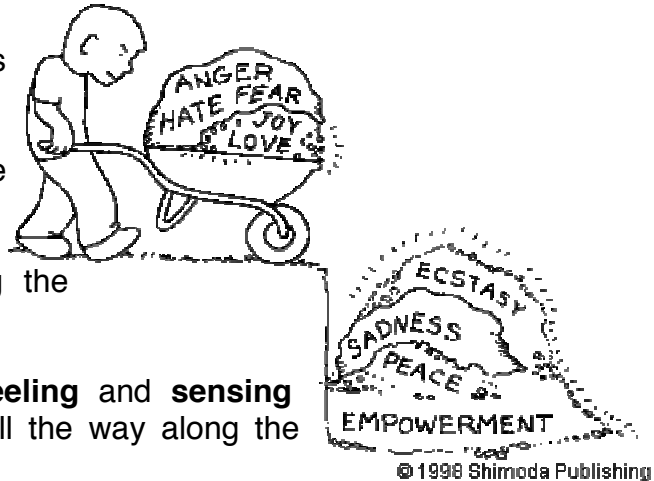
The idea of a hidden memory of pain is difficult to accept because pain being hidden cannot be recalled with ease. We call this “**core pain**”. It is like a force of gravity – a totally unconscious influence that is always there.

Core pain The great hidden secret of our day – repressed needs, feelings and pain.

REPRESSION: THE GATES OF THE BRAIN

The main mechanism through which pain is repressed is called **gating**.

Gating is a process that controls the **perception** of pain, not the pain itself, by **blocking** the mass of electro-chemical impulses that constitute pain from reaching the higher levels of the brain.



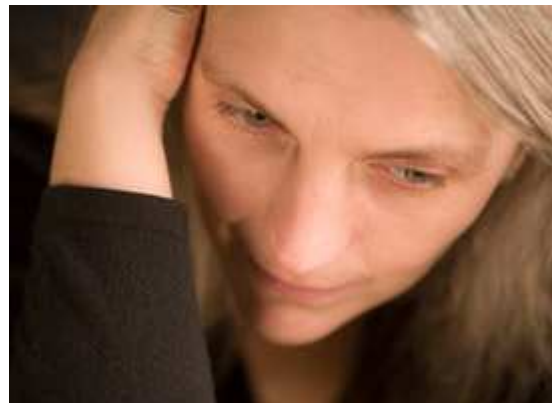
The **gating system separates thinking, feeling and sensing** levels of consciousness and controls input all the way along the nervous system.

Thoughts, disengaged from feelings then have a life of their own.

Gating works in two directions:

1. It keeps feeling and sensation from the thinking level.
2. It prevents ideas and concepts from affecting our emotional level, e.g. “someone has lost touch with reality”.

One loses touch with the outside world only after one has lost touch with the inner world.



EXAMPLE OF GATING

Rugby players can play an entire game with severely broken bones. They only become aware of their pain after the game – when the intensity of their attention is shifted away from the game.

Emotional shocks are no different than **shock therapy**. This massive input stays in the system – what goes in must come out eventually, whether impulses from a shock machine or impulses from being traumatized as a child.

We are discussing an **information overload**. The gates are not too worried about content. It is the force of the trauma that counts. When the level of trauma, say incest, is great enough they swing shut.

Unfortunately, when the gates in the brain shut down against pain they also shut out our history with it.

We no longer remember the trauma nor **the needs** and **feelings** that went with it. We are **deprived** of exactly the kind of memory we need to resolve the crippling effects of those old traumas.

We never repress without having to bear the **consequences**. There is always a price to pay.

The degree of gating/repression is in proportion to the amount of pain, e.g. massive pain during child birth will take a great amount of energy forever after to keep that pain in its place.

This output of energy is continuous because the imprint of the trauma never leaves.

GATING AND SEVERED COMMUNICATION

Gating results in the **blocking of communication** from **one level of consciousness to another**. This is why so many memories remain unconscious:

Our thinking brain is not in communication with other parts of the brain that contain important information.

The **strength** of the gate has to do with the **amount of pain**. The system will automatically allow only a bit at a time into consciousness. It allows just enough to be integrated, and no more.

Example

A patient who was a victim of incest had been counselled over a period of months. Little by little the story unfolded...

1. Fear in the dark as a child.
2. Footsteps coming down the hall.
3. Shadow in the room.
4. Sensation of something big and sharp between her legs.
5. Months later... Daddy!



The gating system allows us to **feel one way** and **act another**. It allows us to be in **contradiction** with ourselves.

It allows us to remember the timetables we learned at age six in school, while having no memory of the emotions we had at the time.

The reason is that we **first** gate the **pain**, then the **associations** that might bring it up, until we have blocked out all memories surrounding it, i.e. places, times, scenes, etc.

When we suffer from **shock** there is often **amnesia**, e.g. the way most of us are born leaves us in a state of shock just after birth. No wonder so few of us can remember our birth!

The gates are the agency of **self-deception**, e.g. a person is certain he is relaxed, while repressed rage elevates his blood pressure. He sees no connection between his blood pressure and feelings. Gating has sealed off awareness.

Gates **preserve** our **internal reality** in its **pure form**. They **buffer** and **protect** feelings. The problem is that in becoming insensitive to ourselves we become insensitive to others. We do not see their pain, we can't empathize or have compassion for them.

Later in life a person who is heavily gated or repressed may suffer from an **autoimmune disease** such as **arthritis** in which the real person, his cells and tissues, is attacked as if it were a stranger or alien to be attacked.

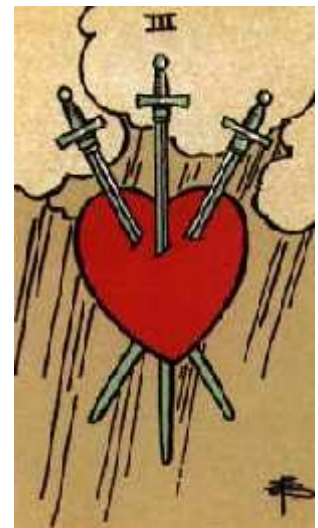
We become allergic to ourselves!

With large **storehouses of painful memories** there are many **defence mechanisms**, e.g.:

1. Some defend by fleeing into their head with ideas, philosophies, belief systems, fantasies, etc.
2. Others defend by a **flurry of activity** that keeps the feeling away. Busy, busy, busy...
3. Others talk incessantly.

By using these **defences** they try to create hope and avoid the pain, e.g. a person who was never listened to and never shown any interest, forces the issue, making others listen all the time.

The force of the defence would be found in how loudly they speak and the speed of their sentences.



REPRESSION IS DENIAL OF THE REAL FEELING

Every person in pain **denies**. We are **hiding** from ourselves. The pain of being unloved stays behind in the unconscious while we go about trying to feel loved. Pain is a blessing because when it is felt it sets in motion the forces of healing.

NATURAL PAIN KILLERS: THE ENDORPHINS

How does repressed / gated pain stay repressed and linger on?

The body produces a natural substance for the control and management of pain. Pain is gated both by the **electrical system** and a **chemical counterpart** that act together in the body.

The electrical stimulation causes the production of this morphine-like substance in the upper brainstem.

The amount of that substance produced seems to be equivalent to the amount of pain.

This is called **endorphin**, which sustains the repression of pain over time.

ENDORPHINS: KEYS AND LOCKS IN DEALING WITH PAIN

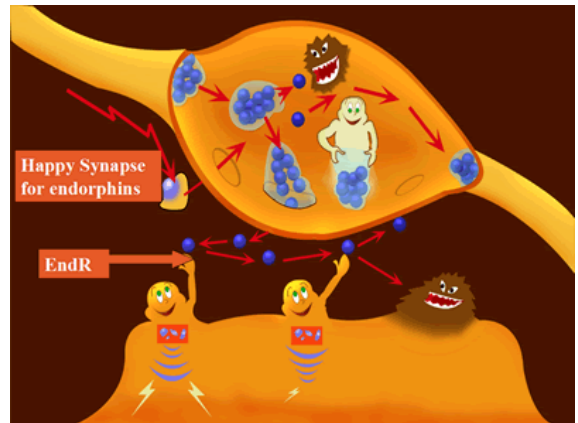
Endorphins hold the secret to unlocking the causes of many diseases. Their levels indicate the amount of pain we are handling.

Once repression exists, we not only stop feeling, but its existence keeps us from knowing that we are repressed.

When repression reaches a critical level called depression, we are feeling the effects of repression.

Repression sets the limit of feeling: You only feel up to your repressive boundary. You could be feeling at four on a scale of ten and not know it!

With the benefit of repression, we can keep on producing and working though haunted by pain – it is often the pain that drives us to produce.



PAIN, REPRESSION AND ENDORPHINS IN DISEASE

Pain + repression = disease.

Anxiety + no repression = survival.

It is not just pain that makes us vulnerable to disease; it is pain **and** repression.

Anything that blunts pain, i.e. tranquillizers, anaesthetics, etc. also blunts the **immune system**.

Natural killer cells are the cells in the immune system that kill invading **antigens**, the **carriers** of disease.

Even a single shot of morphine compromises natural killer cell response. When morphine is prevented from working by other chemicals, natural killer cell activity is enhanced.

Repression operates in the **brain** as well as in the minute cells circulating throughout the **bloodstream**.

Deep pain means **deep repression**, and that means an increased possibility of **cancer**.

The way we live our lives is a reflection of our basic physiological tendencies.

Research indicates that someone who is **repressed** and “inward orientated” is much more likely to contract immune system breakdown diseases.



A **high intensity** type person is more prone to having a heart disease or stroke.

Pain + repression = disease.

Pain + suffering = survival.

Active suffering, acute anxiety and pain, felt and directly experienced, would seem to be preventative of catastrophic disease.

Why would feeling anxious aid survival? The body is in harmony under such circumstances. One is **hurt** and one **feels it**. You operate within a consistent **reality**.

A person who is hurt, but continues to function as though the hurt never existed, is obviously not in harmony with himself. There is an **inner war** taking place, with one part of the system fighting the other.



NOT FEELING PAIN IS ADAPTIVE AS A CHILD BUT BECOMES NON-ADAPTIVE OVER THE LONG RUN.

What saves our life early on – repression – is what kills us eventually.

Can a person die from a lack of love? Yes!

LEVELS OF CONSCIOUSNESS AND THE NATURE OF MIND

Illness can result from a pattern of **deprived need** → **pain** → **repression** → special category of **memory** called **imprints**.

Mind is the structure/framework within which all this activity and drama takes place.

The mind is not just in the brain. The brain processes information from everywhere in the body.

Every cell in our body is an information processor. Cells in the immune system store old information, recognize enemies, and stir the system into combat readiness.

They remember when the same enemy was present in the past, and give orders to clone themselves to do battle.

The **immune system is a mind** that has memory, recognition and command capabilities.

- It has its own language, not words, but it definitely communicates.
- It informs the natural killer cells to multiply and fight against cancer cells.
- It also informs the hypothalamus in the brain about its activities.

The **immune mind** lies in the lymphocytes – white blood cells that produce antibodies to fight disease.

There is therefore a **mind** that helps us to **survive** and a **mind** that **reasons** and uses **logic**.

The verbal mind allows us to say what is on our **mind** (singular) but not what is on our **minds** (plural).

The verbal mind may be cut off from the lower levels of organisation and not have the foggiest notion of what is going on below.

THE SURVIVAL MIND, THE FEELING MIND AND THE THINKING MIND

There are **three distinct principal minds**:

1. **The survival mind**: This mind keeps us breathing and our blood pressure constant.
2. **Feeling mind**: It generates and processes emotions or feelings.
3. **Verbal, logical, thinking mind**: It uses language and solves problems.

They are all three interconnected in the brain. Each of these is a separate entity with different functions.

Damage to the logical, verbal mind may not affect the feeling mind at all. Humans can process emotions without using the section of the brain called the **cortex / thinking mind**.

The survival, feeling and thinking minds function on three **different levels of consciousness**. There is clearly some sort of gating system that manages to keep these three levels distinct from one another.

The three levels of consciousness: A side view

3. Third level: Logical, thinking mind

Pre-adolescence → twenties

2. Second level: Feeling mind

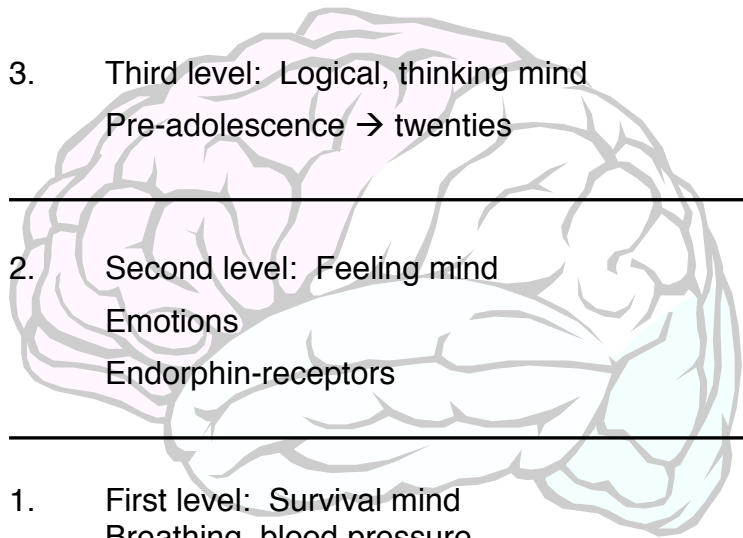
Emotions

Endorphin-receptors

1. First level: Survival mind

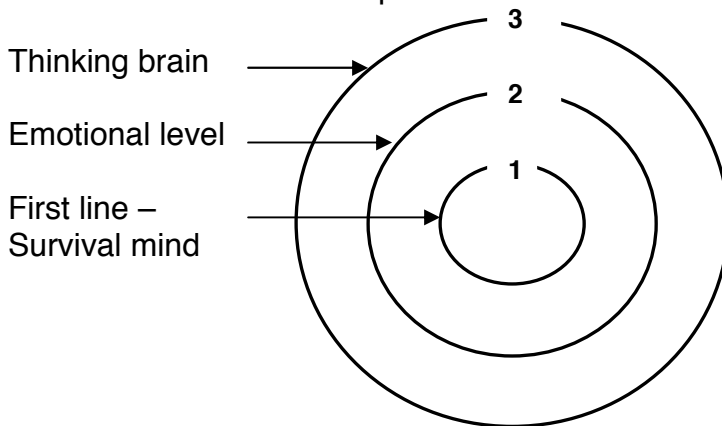
Breathing, blood pressure

Stress hormone: nor-adrenaline



Mind development: A view from the top

Concentric circles – neuropils



- **First level of consciousness:** ± three months old in womb to six months old in life.
- **Second level: Emotional level** - ± six months old onwards.
- **Third level:** Pre-adolescence – into twenties – it is continuous with the development of the highest level of nervous tissue, the cerebral cortex.

FIRST LEVEL

Imprinted pain and its memory on the **first line** are the **least accessible**. They therefore tend to be the **least believable** later on because they are so difficult to retrieve and understand.

No language is going to help in that understanding either, which further complicates the problem.

Remember: The memories that can be remembered when the baby was in the womb and the first six months of life, comes from the spirit of the baby. The physical brain is still developing and is not able to record anything.

SECOND LEVEL

As the infant develops, he begins to relate to a larger world than that of mother's breast and the crib. At this point, the **limbic system** predominates.

The infant can now develop emotional attachments to his parents and relatives. Now he can feel **emotional** suffering.

THIRD LEVEL

This level of thinking comes to predominate around age twelve. By adolescence we possess three full levels of consciousness that correspond to the three principal minds. They function as follows.

First level

Sensory level that deals with sensation and mediates **bodily impulses** and states. This level incorporates the **survival mind**.

Second level

Affective-expressive level mediates the complex processes involved in **creating** and **expressing feelings** and **emotions**. This is the level of the **feeling mind**.

Third level

Cognitive / thinking level: Provides discrimination, comprehension and meaning with regard to feeling states. **Thinking mind level**.

EXPERIENCING PAIN

First level: Raw sensation of pain.

Second level: Emotional development of pain.

Third level: Conscious recognition of pain.

Normally, a feeling/attitude that we have towards some person, object or activity is comprised of all three levels of consciousness: Sensation, emotion and cognition. The three are interconnected and work in harmony.

But, when feelings are overwhelming, e.g. "They don't like me", the fluid interconnection among the levels is disrupted.

Now there is **fragmentation** and **blocking**. Each level has its own repressive system and so it is possible to be cut off from the most primitive impulses and needs, e.g. forget to eat, unable to sleep, etc.

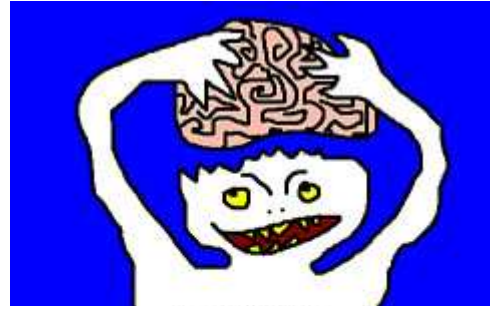


It is possible to be so disengaged from emotions that **one no longer knows what one needs or what one feels**.

It is possible to be disengaged from thinking so that one has ideas and concepts that are completely unrelated to what is going on "below", e.g. a business executive thinks he feels terrific; he is so disconnected from his own physical reality that it takes a stroke/heart attack to get the true message through to his mind.

PAIN: THE ORGANIZER OF THE MIND

Pain dictates the structure of consciousness because pain is not just an ordinary experience. Pain occurs as a result of threats to the survival of the system.



The ability to feel pain is the key to survival, biologically and psychologically. Those who cannot feel pain are in constant danger of being destroyed by something they cannot feel and thus cannot avoid.

Gated and repressed pain is responsible for a kind of **fragmentation** and **disconnectedness**.

Bringing pain to full consciousness will liberate a whole new system of consciousness rather than simply produce an awareness of one specific pain or another.

There is evidence indicating that the **higher central nervous system** (the third level of consciousness) exerts a powerful **suppressive influence** on the experience of pain. This suppressing tendency means that the third level can **control** sensory input and what can be experienced.

When the third level is lulled, as in sleep, coded memories in the unconscious return with alarming force in our nightmares, e.g. the precise feeling from a birth trauma can ascend: Feelings of being **crushed**, **drowning**, **suffocation** or **strangling**.

The three levels of consciousness work all the time and make up the mind.

Each level has its separate function and different biochemical system. The **feeling level/second level** is packed with **endorphin receptors** that act to gate pain.

Lower down at the **first level** where **deep pains** are imprinted we find a heavy concentration of a **stress hormone** called **noradrenaline**. It helps mediate terror.

What we call **mind** develops in stages in the newborn infant as the brain itself develops in **concentric circles** known as **neuropils**.

The first line functions involve the bodily midline: Gastric, respiratory, bladder and bowel functions. They are controlled by the inner portion of the brain and is practically fully functioning soon after birth.



The **second level** (emotional level / limbic system) is also functioning soon after birth.

Only some years later the **thinking brain** will be fully functional. In the meantime, traumas will be handled by the lower neuropils. Thus, the newborn will develop colic, etc.

When a trauma occurs very early in life the **instinctive, rather than intellectual brain**, will deal with it, pumping out more acids, accelerating the heart rate, raising the blood pressure and elevating body temperature.

This **survival mind** is the only mind equipped to deal with early trauma.

Trauma at this level (**survival mind level**) could cause colic, vomiting and breathing difficulties.

A five year old who is constantly made to feel ashamed or guilty is suffering on an **emotional level**. Now the pain will be processed not only on the survival level, but also in the emotional centres of the brain.

This child can act out this emotional pain in school with his peers.



He can now discharge the energy of pain, something a newborn cannot do.

Memory is coded differently on each level of consciousness, e.g. a patient reliving a birth event has no words, no baby cries, and no free movement.

The memory contains all of the details surrounding the trauma – no part of it has changed.

Example:

1. A woman who has the imprinted trauma of a weak and helpless father who could not protect her, may find other weak men in her life and struggle to make them strong – a symbolic attempt to produce a real, protective father.
2. Early trauma is often an oxygen starvation at birth followed by massive dilation and the subsequent throbbing experience. In later years this can be the cause of **migraine attacks**. It is a biological memory of survival and the attempt to conserve oxygen.



No level of consciousness can do the work of another. The **feeling mind** cannot solve a geometry problem.

Each level has its own memory system and therefore one cannot try to **remember a feeling. It has to be felt in its own way.**

The immune system remembers a viral attack for decades; the **cortex** remembers with specific words and figures.

Example: The appearance of forceps' marks will reappear on the forehead when patients relive their birth trauma.

Memory is therefore retrieved in different ways – memories of smells that are only reawakened by smells, etc.

THE FUNCTIONING OF THE MIND

A well-balanced person has a balanced mind. There is fluid access to the lower levels and an intelligence that serves the feelings and instincts. This allows the person to react instinctively to situations and make immediate yet appropriate decisions.



We also know that the most crucial factor in psychological and physiological development is that of **key events** during the **nine months of pregnancy**.

This is when trauma experienced by the mother can alter the brain system, the hormone balance and the anatomy of the baby, not to mention its psychological state.

So, the brain is not a blank slate, but possesses certain tendencies that are either evoked or nurtured, or suppressed, depending on one's life circumstances.

The lower the level upon which the traumas are imprinted, the more they determine later behaviours and symptoms.

BELIEF SYSTEMS / STRONGHOLDS

When thoughts are not anchored into feelings, the upper level mind can be programmed to believe in unreality.

When a person is hypnotized he can undergo an experience and then be told he will have no memory of it. And he doesn't! A mental suggestion can cancel a memory. That is how fragile memory is.

Pain also tells memory to keep quiet, not to intrude or make a noise. The so-called conscious mind forgets, not the lower one.

WHAT IS A NERVOUS BREAKDOWN?

Nerves don't "break down". Defences do. When the gating system breaks down because of drugs, or more often because life has become too tough, the person may go crazy.

He is using his now overwhelmed cortex to handle the onrush of early pain. He no longer makes sense, is irrational, and imagines what isn't there. Actually, it is there, but can't be seen – old shattering memories.



The person doesn't know the source, but he senses danger and focuses it externally, e.g. parents divorce and one leaves the home. For the child the memory of such an event remains well hidden, as does its meaning, which is that the child will never be with both parents again. All of the pain and its memories become unconscious.

The person then walks around in a "semi-coma" for the rest of his life and isn't even aware of it.

Great parts of him are inaccessible. He cannot learn from his past history because it is buried in his mental archives.

It is possible to help someone later on to become **aware** of these events, but you cannot make him **conscious**. Only the experience of pain can produce consciousness.

With an **unconscious emotional life** one neither perceives nor understands and is a **victim**, unable to use past experience to comprehend the present.

The mind does a wonderful thing: It pretends that the earlier brain belongs to someone else. They are two worlds apart. The upper brain cannot recognize the pain the body is undergoing.

PRAYER FOR HEALING

Jesus paid the price to set us free. He gave His very life so that we can **live**. He will never force His way into your life. You need to invite Him to come and help you to open these prison gates in your mind so that His healing power can set you free!

1. The Old City of Jerusalem had 12 gates. One of them was called "Gate of the prison" (Neh 12:39). Repressed memories have placed us into a prison – where we are tormented and locked away from living the abundant life, from being free to be used by the Lord and fulfilling our purpose and destiny in His Kingdom.

Ps 24:6-10 *This is the generation of those who seek Him, who see Your face, O God of Jacob. Selah! **Lift up your heads, O you gates; and be lifted up, you age-abiding doors,** that the King of glory may come in. Who is the King of glory? The Lord strong and mighty, the Lord mighty in battle. **Lift up your heads, O you gates; yes, lift them up, you age-abiding doors,** that the King of glory may come in. Who is this King of glory? The Lord of hosts, He is the King of glory. Selah!*

If we only live from the conscious, healthy part of who we think we are, we can never truly be whole. We need to be aware of who we are in totality (thus, all three levels of consciousness) and be redeemed on all three levels.

Every fragmented part needs to be recognized, retrieved and redeemed by the work of God's Holy Spirit.



THE WOUNDED SOLDIER – PRAYER WARRIOR AND INTERCESSOR

In what way do these unhealed wounds affect our lives?

Is it safe to venture into warfare and intercession with unhealed wounds?

We have already taken a good look at how we obtain these wounds. We know now that they can destroy us spiritually, mentally and also even physically!

Being hampered on the physical level can hinder us to flow in warfare and intercessory prayer, but to be hurt on the spiritual and emotional levels can be devastating to the soldier in the army of the LORD!

WHY?

A wounded soldier cannot declare war on the enemy. His trumpet call will bring on the “flies” to all the open, unhealed wounds!

The moment we start venturing into the areas of intercessory warfare, the Enemy draws our files and scans our lives. If our relationships are broken and distorted, we shall stand out like an open target in sessions of warfare. The area of weakness will be the exact area he will target.

If we struggle for instance, with feelings of depression and inferiority, even more so the battle to think positive after a session of “battle cries” and “fighting the enemy”. There can be no “taking back the land”, when the spirit is too weak to hold the sword steady.

If we want to be effective soldiers in God’s army, we need to start cleaning up our own lives first, and then face the enemy.

Does this now mean that we cannot do any kind of warfare prayer before we are completely whole?

No, but we need to clearly understand that there are certain issues in our lives that definitely should be worked through before we attempt to warfare for schools, cities and nations.

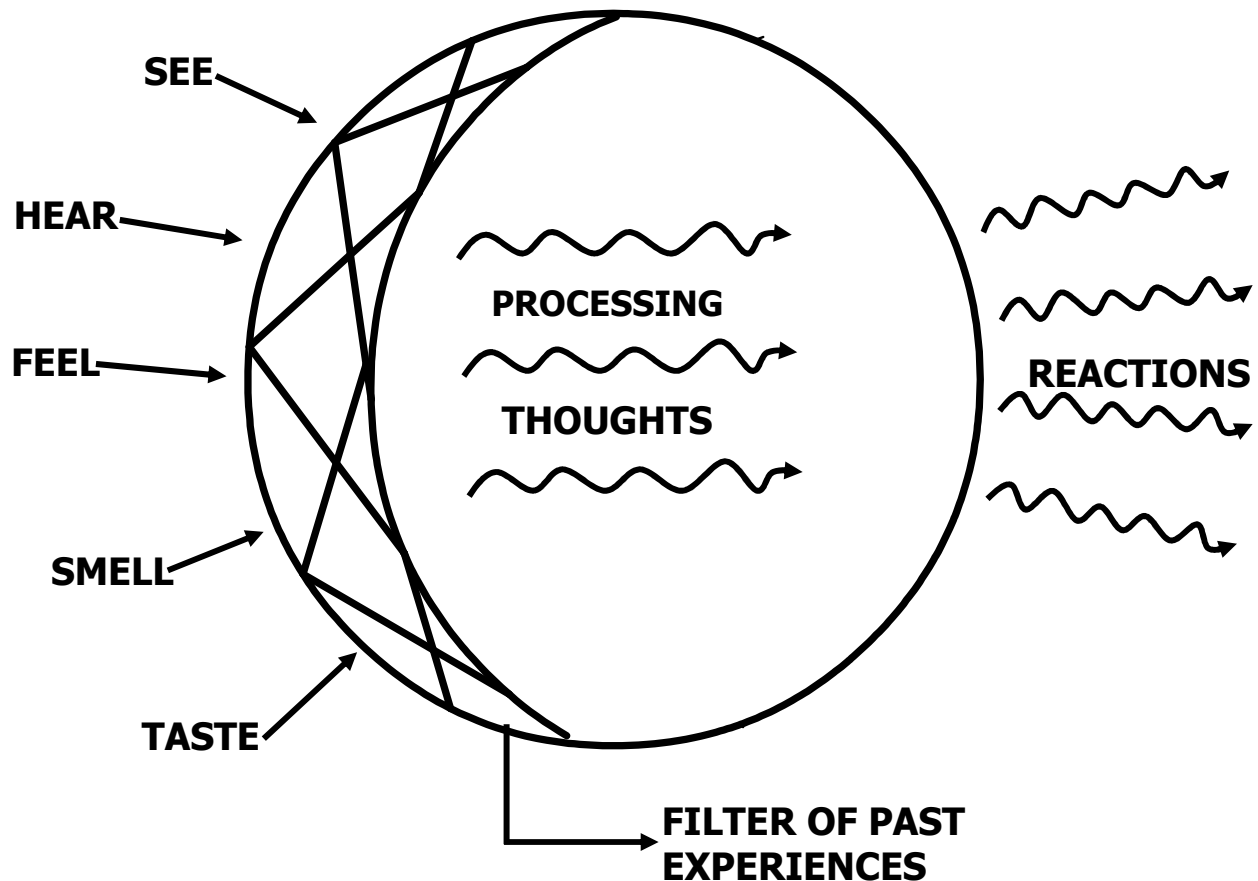
We are in training, therefore we move forward taking one step at a time. The best training ground, are our own lives and those of our families.

As we gain healing, we start to do warfare for the various aspects in our own lives, our marriages and our loved ones, for our businesses and finances, etc. Our area of warfare at this time is our own household.

In being trained in this area, the Holy Spirit will reveal more issues in our own lives that need His healing touch. As we move faithfully with the Lord, trusting Him to train us, we move securely to the next “level” in prayer warfare!

Therefore, every one of us need to petition the Lord to bring to surface everything that impacted our lives and caused us to be wounded and weak in the spirit (see petition).

The presence of emotional wounds, the imprints forcing our minds to have certain thought patterns and the isolation of a part of us (the hurting part) from the rest of ourselves, all work together to distort our interpretation skills of situations and people. It forms “filters” through which all incoming information must move prior to the interpretation thereof.



When this “filter” is caused by deceptions and lies concerning who we are, we will most often interpret information to accomplish our preconceived ideas about others and ourselves!

This will in turn simply strengthen our distorted viewpoints and lead us further away from the truth.

When the fruit of hurt in our lives have matured, we often will spend much energy in dealing with the fruit, trying hard to rid ourselves of them. Often this effort goes unrewarded, because they are only the outward evidence of deeper pain.

Do not be distracted by these fruits, rather allow God’s spotlight to show the root of the problem.

Attacks will always be part of our lives as long as we are in God's army, but our ability to handle it will mature as we allow God's Spirit to work His in will us.

It will no longer knock us down when someone criticizes, or rejects us. We will be able to love someone even when they try their best to destroy our "good" name and will not be distracted from God's calling when a false prophet gives us some misguided word.

Good news though! We are all aware that when wounds are healed, they become scars. These scars give evidence of some hurt that has successfully been healed. In the same way the spiritual scars give evidence of a spiritual battle that has been fought **and** overcome.

This is seen as ranking in the spiritual realm. In other words, the enemy sees the scars and then recognizes the ranking. Therefore wounds can actually give us an opportunity to grow in God's army! Good news indeed and motivation to pursue healing!

In summary, we can see that when we go to war, we need to be prepared. We are in a **spiritual** war, therefore we need to be prepared spiritually. To be **spiritually** prepared, we need to be whole in body, soul and spirit.

When we still suffer from open, unhealed wounds, the Enemy will mark us quickly as open targets, easy prey to destroy and demotivate for the calling of intercession and warfare.

These potential prayer warriors will be left alongside the field more wounded than before and totally discouraged for further battles. Be warned, do not enter the battlefield unless your house (your self in totality) has been dealt with and the wounds are healed.

TRAUMATIC MEMORY

Definition

FRIGHTENING EVENTS which are outside of ordinary human experience and cannot be organized on a linguistic level but are instead assimilated directly as a somato-sensory event and not integrated with other memories (B. Van der Kolk & O. Van der Hart, p. 442).

In other words:

1. These memories overwhelm the normal data processing mechanisms of the brain.
2. The brain is therefore unable to translate them into words
3. These memories thus get stored separate from Narrative Memory.
4. They get stored as raw data just as they are received through the 5 senses.

Trauma can fall in either one of two categories:

1. Happens in situations of deprivation or in an unsafe environment. E.g. Rejection when walking away from a person as a form of punishment or being locked up in a small place.
2. Happens when bad things happen outside person's control. E.g. Physical abuse or a hiding as form of punishment.

Let us look at an example:

Tom is nine years old and has a very low self-esteem. He believes that he is worthless and clumsy, he is only good at loosing.

Every minor or major event in Tom's life is interpreted as simply confirming his conviction of who he thinks he is.

This is because Tom went through certain experiences when he was younger.

He was an only child and not very welcome, his mother fell pregnant at some party and was not willing to stop her alcohol abuse even after she heard she was pregnant.

Tom was unloved from the time of conception and constantly received messages of being a burden. He also suffered physically, caused by Fetal alcohol syndrome, explaining his constant clumsiness.



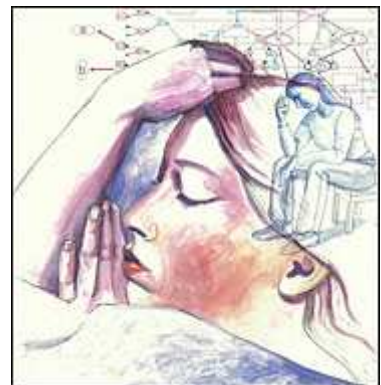
Tom holds some specific viewpoints concerning his identity and life in general. Tom hurts emotionally and it has a tremendous effect on his whole being. His general convictions are: "I am worthless. No one loves me."

These have formed deep grooves in his brain and causes him to interpret everything else in line with these thought patterns.

The interesting thing about Tom's reactions and interpretations is that, should someone ask him what happened in his life causing him to act this way, his answer would probably be that he does not have a clue.

Most of us go through life, bearing obvious fruit of emotional hurt in our lives, but with no conscious recollection of the trauma we have been through. This can be very confusing. We battle to get breakthroughs and carry a lot of anger, but need to ask ourselves, why?

During intensive research, discoveries were recently made concerning how our minds deal with traumatic experiences. In order to survive, the information (entering like a huge bundle of electrochemical impulses) are split into the bare information on the one side,(i.e. the facts of the event) and the feelings or emotions connected to it, on the other.



The information is also placed deep within our unconscious level of the mind, until we are more mature to deal with it and to get healed.

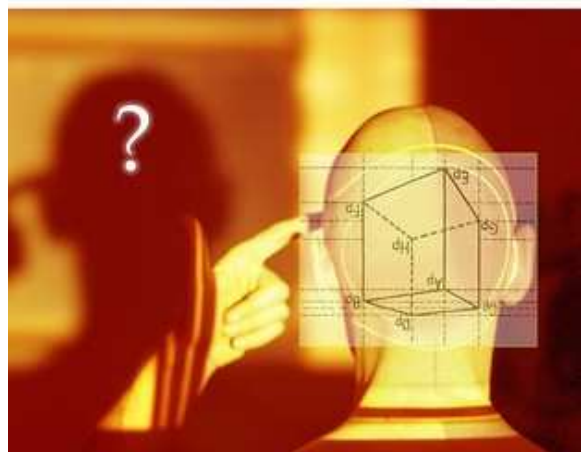
It is during these times of trauma and shock that we need to keep the information hidden from our conscious minds, in order to survive.

But, how does the information stay hidden?

Again research has proven that our minds make use of a chemical called **endorphin**, to help us in the process of coping by repressing the painful information.

For someone like Tom, the pain of feeling unloved stays hidden, while he tries to cope using different mechanisms rather than facing the truth. What happens with the painful information:

- It is **split**
- then **hidden** in the unconscious part of our mind
- and **kept there** by the constant release of endorphins into the unconscious level, serving as a so-called gate.



We see that when we are too young to deal with the pain and still stay sane, the working of endorphins are a blessing and truly help us to survive. It does however become a problem when we get older and still do not deal with the hurt and pain.

Amazingly, research has shown that by measuring the endorphin level in our systems, we can have a fairly reliable indication of the amount of stress (caused by repressed painful memories) we still carry in our bodies!

Our bodies need constant supplies of endorphins, but the older we get, the less healthy the presence of a huge amount of endorphins in the body are!

Huge amounts of endorphins breaks down immunity and cause cancer and other sickness.

Research has proven that later on in life, the presence of these chemicals in huge amounts can be extremely harmful to the body, it also blunts the immune system. Therefore something that at first helped us to survive, can become our enemy!

The more repressed or “hidden” hurts we carry in us, the more unreal our identity and life’s experiences will be.

Unresolved issues are very much part of who we are. Not acknowledging their existence, cause us to have distorted perceptions and keep us from enjoying the full benefit of God’s plans and purposes for us!!

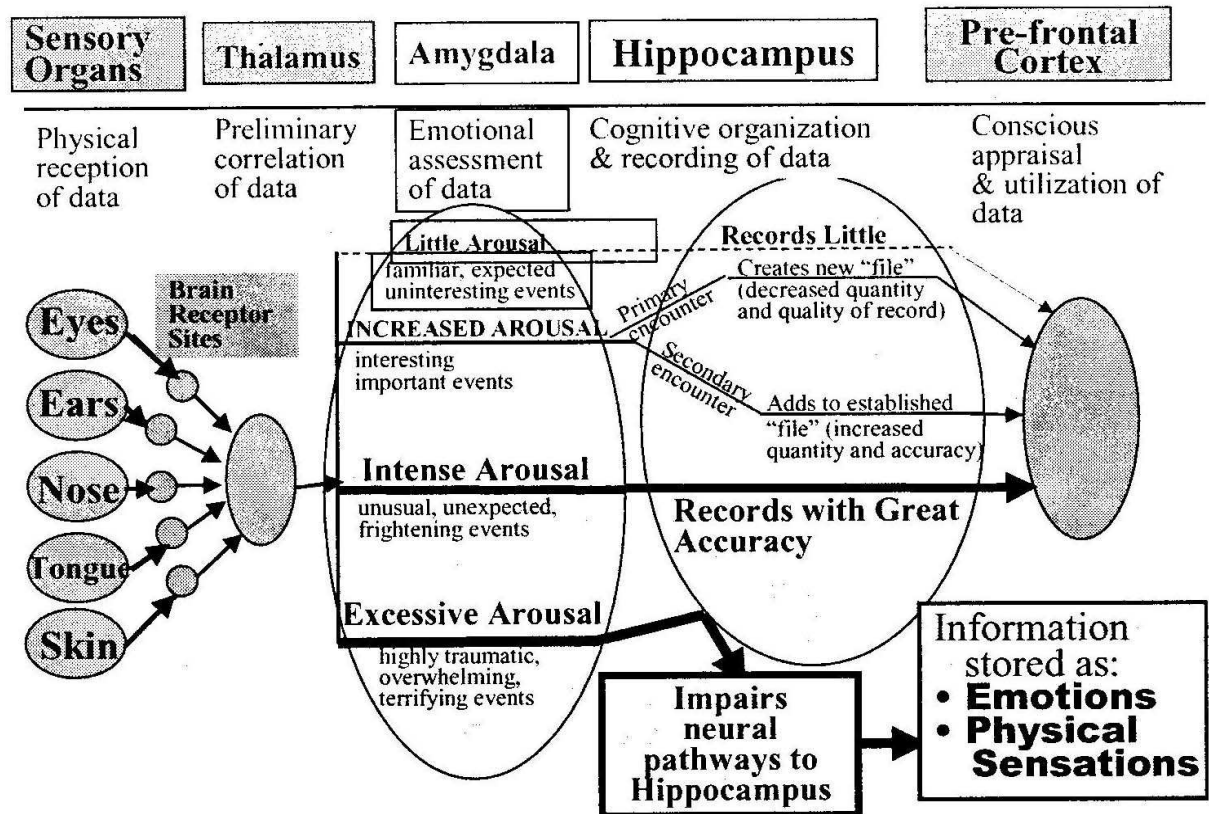


It is not only the hidden hurts and pain that form imprints and cause distorted identities, but also those we are too well aware of, but refuse to face and work through in a Godly way!!

Tom and everyone relating to his life story urgently need to face the truth about their past hurts and deal with the feelings connected to it.

The imprints guiding our thought patterns need to be changed according to the truth, i.e. the Word of God. **(Rom 12:2; 1 Cor 10: 5 – 7)**. This is not an easy process, but praise God, it is exactly for this that Jesus died for us!!

HOW DO MEMORIES GET STORED IN MY BRAIN?



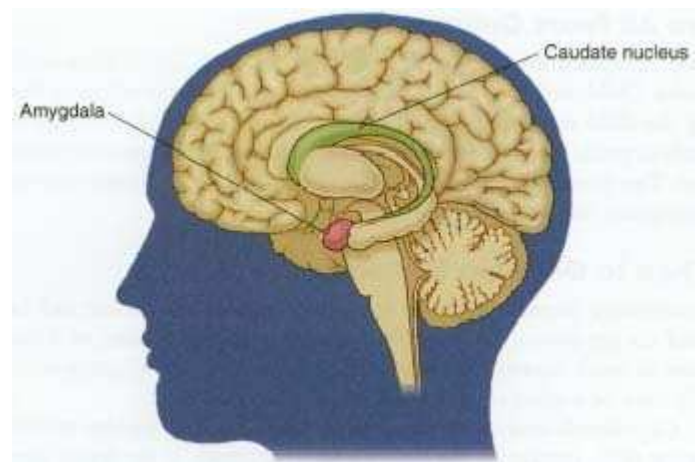
1) If the Amygdala is totally non-responsive (as in sleep), the Hippocampus records no data.

2) If the **Amygdala** shows very little arousal (as in familiar, expected, or uninteresting events), the Hippocampus pays little attention and records very little data.

3) If the **Amygdala** is *more strongly* aroused (as in interesting or important events), the Hippocampus pays more attention and recognizes the need to record it.

a) If this is the first encounter with this kind of data, it will create a new file, but both the quantity and quality of the record will be decreased.

b) If this is not the first encounter with this kind of data, it will add to its existing file and record a greater quantity of data with greater accuracy.



4) If the Amygdala is *intensely* aroused (as in unusual, unexpected, or frightening events), the Hippocampus will pay extreme attention and record the data with great accuracy.

a) This is called "hypermnnesia."
The memory:

- (1) Remains in the normal stream of consciousness
- (2) Is recalled in abnormally vivid or complete detail

b) This is the typical response to isolated traumatic events occurring as an older child or adult.

5) If the Amygdala is *excessively* activated (as in highly traumatic, overwhelming, or terrifying events), the connection to the Hippocampus is impaired so no transmission of data to the Hippocampus takes place and the events get stored as isolated sensory imprints or affective states.

a) Van der Kolk calls this "chronic dissociative amnesia." In this case the memory:

- (1) Is isolated from the normal stream of consciousness
- (2) Cannot be voluntarily recalled but can be triggered in situations reminiscent of the original trauma.

b) This response is more typical in cases of repeated, severe traumatization occurring in early childhood.

c) In extreme cases this can result in Dissociative Identity Disorder.

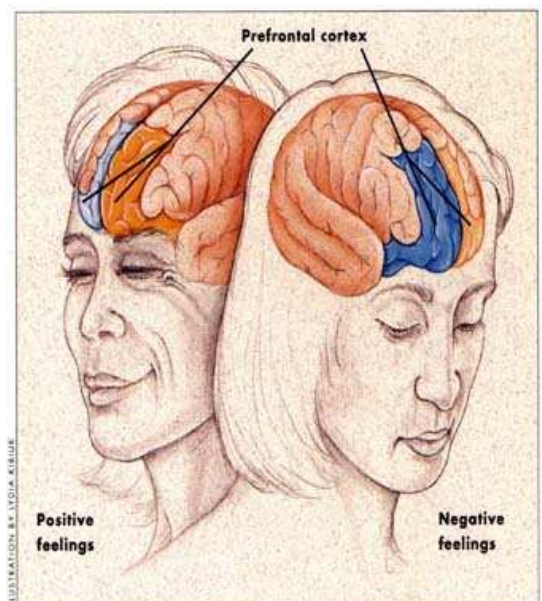
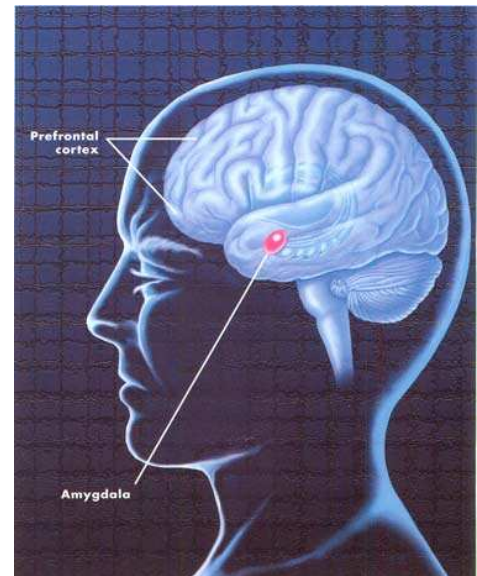
5. Pre-frontal cortex

a. Consciously interacts with the data intellectually

a. Utilizes the data

The Recall of Narrative Memory

Narrative Memory can be triggered spontaneously or recalled voluntarily.



The Accuracy of Narrative Memory

Depends on:

1. The extent and quality of what was originally recorded.

2. According to Van der Kolk, this is determined by:

- a. The familiarity of the event
- b. The degree of mental attention paid to the event
- c. The subjective assessment of the event

a. The normal integration process that takes place with Narrative Memory
Way back in 1889, Pierre Janet said, "Once a particular event or bit of information becomes integrated in a larger scheme, it will no longer be accessible as an individual entity, and hence the memory will be distorted" (Janet; 1889).

- b. The social modifications that take place and get re-enforced in re-telling it. The more we talk about an event, the more chance there is for distortion.

The Recall of Traumatic Memory

1. These memories cannot be voluntarily recalled.

2. They may be evoked automatically – or triggered – in situations that are reminiscent of the original trauma.

Because the memory was never processed by the Hippocampus but was stored in its raw sensory and affective form, it can only be recalled as a virtual replay of the emotions and physical senses of the original event.

- a. It will feel to the survivor as if the event is re-occurring in the present.
- b. In psychological terms this re-experiencing of a past traumatic event is called an "abreaction."

DISSOCIATION IN A NUTSHELL

Dissociation is when you go through the motions of a very traumatic memory but you are not connected to the experience. It seems like a movie you have watched. You star in it, but it's not really you.

Dissociation is a defence mechanism developed by children when life becomes too traumatic for them to handle.

Dissociation from memories are called repressed memories / DID (Dissociative Identity Disorder).

The brain simply compartmentalizes experiences, emotions, and behaviours necessary for survival into different identities.

Sometimes these identities actually have different names, or they may simply have identity through their functions or feelings.

One compartment or personality may not even have any awareness of other personalities. This condition represents a very high-level of dissociation.

The problem with dissociation is that it seemingly works for children because it helps the pain or trauma go away on a temporary basis and allows the child to continue moving on in life.

But it is still a dysfunctional way of approaching life and can cause many difficulties when the child reaches adulthood.

Dissociation is a defence mechanism that helps a child to survive the tension and abuse that they experience at home.

As an adult, their methods of dissociation can be through drugs, alcohol and isolation but this is very destructive, and they also hinder the person from dealing with issues and relationships in a mature way.



The same dissociation that helps a person survive when they are small can be very destructive when they get older.

If they continue to dissociate, this keeps them from being truly connected to their own real feelings and prevents them from experiencing true intimacy with themselves, other people and God.



PART C: STRONGHOLDS OF THE MIND:

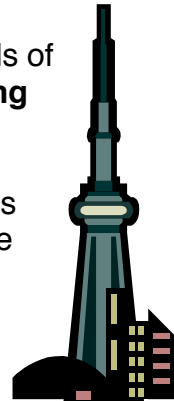


The first most important effort of Satan is to capture the minds of men and women, and thus their souls. The mind is the **strong tower** of the soul.

Under the anointing of the Holy Spirit, the mind rules our hearts and directs our life. Satan knows if he can get hold of the way we think, he can expand his rule into every other area of our life.

Prov 23:7 *“For as he thinketh in his heart, so is he.”*

Satan wants to control not only our conscious mind but also our **motives** and **thoughts** in our subconscious minds.



2 Cor 10:3-5 *“For though we walk in the flesh, we do not war according to the flesh, for the **weapons of our warfare are not of the flesh**, but divinely powerful for the destruction of fortresses/strongholds. We are **destroying speculations and every lofty thing raised up against the knowledge of God**, and we are **taking every thought captive to the obedience of Christ.**”*

A **fortress/stronghold** was a **walled city** with access to their own water supply and plenty of storage space for food. **Seige warfare** was used to attack this fortress. They dug trenches around the city, used catapults to hurl boulders against the walls, hurled firebombs over the walls, etc.

Paul uses this knowledge to describe the attack needed against strongholds in the mind. We can destroy every stronghold because our weapons are eternal and invincible.



INDIVIDUAL MENTAL STRONGHOLDS

This is a way of **thinking** and **feeling** that has developed **a life of its own** within us. We were created in the image of God, with a **free will**. Whatever we create within us likewise has a life and will of its own.

Example: If we develop a **habit of temper**, or jealousy, or alcoholism, that habit forms a life of its own within us and does not want to die.

One simple decision not to do it again does not kill it. The next time the “right” circumstances arise, the habit may take over and still be in control.



An **individual stronghold** is more than a habit: It is a **centre** of fleshly control within us that uses **habits** to maintain its control over us.

These strongholds are the **fortresses** of thought and emotion ringed about the “nation” of **selfishness** that is at the core of us all.

The **function** of a stronghold is to put up **smoke screens** to keep things like sermons, teaching and counseling from piercing our inner man with truths that could bring repentance and freedom.



A stronghold **guards** the untruths that keep us in bondage to self and the flesh.

It not only fends off outsiders but also prevents our spirits and renewed minds from seeing our own deceptions.

Strongholds give us **tunnel vision**, preventing us from seeing what common sense would tell us is wrong. They create **inner captivity** to deception and misery.

The **central core** of each stronghold is made up of **lies**.

Examine your ways. Many times there are patterns of dealing with life, people, relationships, risk and even love itself that are causing you problems now.



We need to learn new patterns of behaviour according to God's ways and then He will make a way for us.

Examples:

If you have learned: Not to let people get close, examine that pattern to see when it is limiting you.

To avoid conflict, examine that pattern to see how it's weakening you and prolonging conflict.

See the new you through **new eyes!**



Old baggage we carry around is the view of ourselves that we learned in past relationships and situations – we “borrow” the eyes of others when we are growing up.

We need to unpack all the various false views of ourselves.

Ask yourself:

Is the way I see myself realistic?

Is it balanced with strengths and weaknesses of things I value and areas where I need to grow?

Do I see myself as loved?

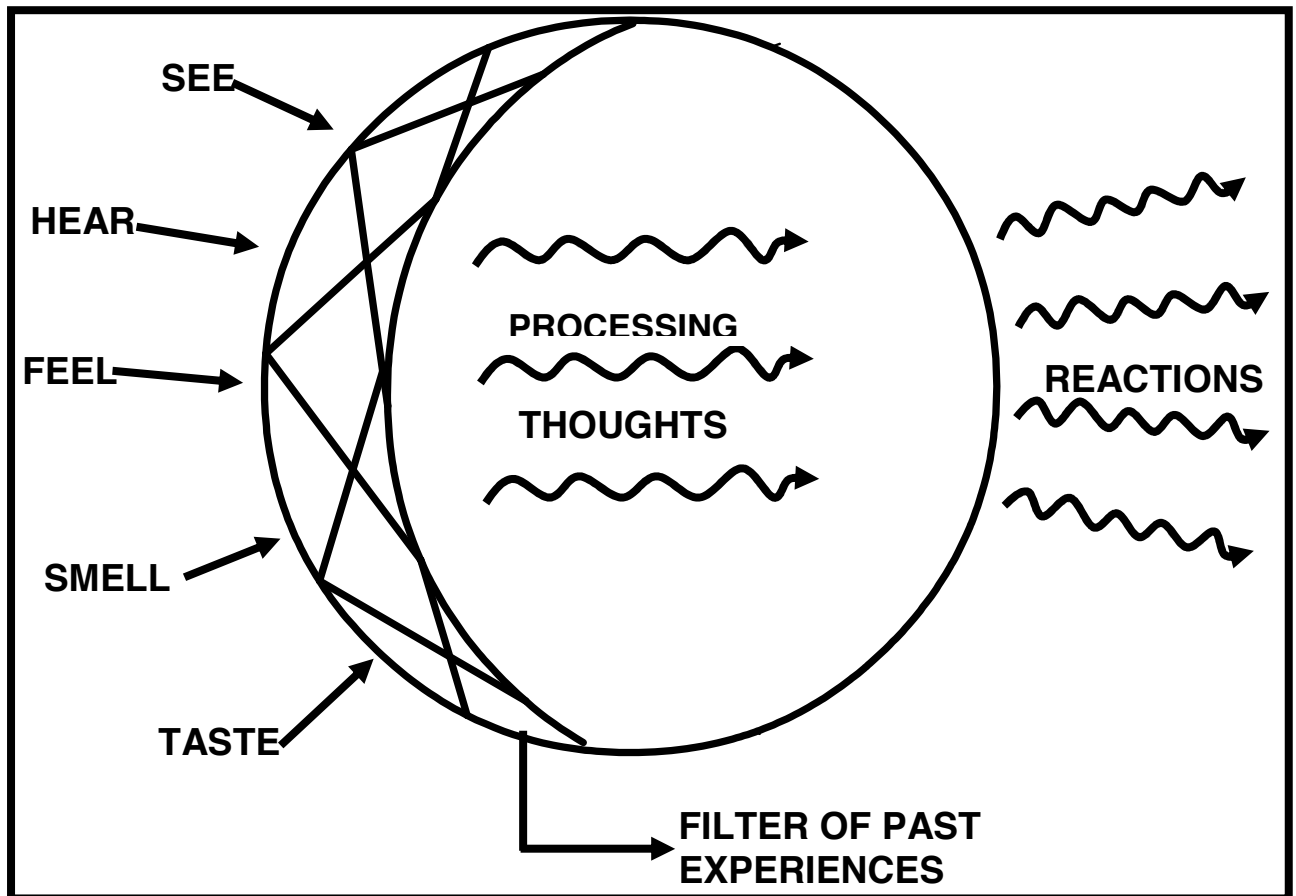


God has designed us to learn who we are by who loves us. We need – **DEEPLY NEED** – to see ourselves first of all as loved by God and having **GREAT value** to Him! Then we can begin to see ourselves as the people who love us can see us.

BE FREE TO BE YOU!! God does not want your past to hold you back! God has made a way out, a way to unpack your bags of grief, pain, unforgiveness, guilt, shame, or even old patterns of relating.

Ask Him to show you His ways of unpacking your heavy baggage so you can begin to travel light!

What makes up these strongholds that we have to demolish?
Sub-conscience mind and filters, e.g. Traditions.



Example: A young girl molested sexually - the lies that become the walls of the stronghold: "I am a slut - always have been and always will be. I'm good for nothing but to be used by men. I'm ugly. Nobody really knows me. Nobody really cares. Nobody wants me."

When truths threaten one of those walls of deception, the centre of control within the stronghold quickly reinforces the weak spot with more lies and false feelings, trying to counter that bit of truth lest it break the walls and set the person free.

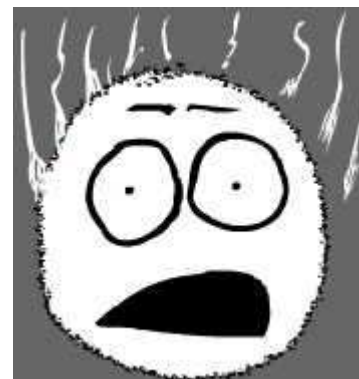
The **function** of an individual mental stronghold is to keep the person from thinking effectively, or feeling repentant, or praying in ways that would defeat it as one of the fortresses of the ruling center of flesh within the person.

A stronghold is like a **boil** on the brain. It has a sick core, surrounded by the pus of twisted feelings and thoughts. It sends pain and sickness throughout the body of personality and character.

The Lord's persistent love is needed to draw it to a head, and the pressure of truth and forgiveness to pull out the core.

Once the **ruling centre** has been broken or extracted, then its lies can be dismantled one by one on the Cross of Jesus Christ. So the "pus" is expelled and healing comes to the body.

Fear is the primary weapon of strongholds. We fear letting go and trusting the goodness of God.



1 John 4:18 *"Perfect love casts out fear."*

Love begins the battle against strongholds.
Love enables us to see the truth.
Love hurls truth over the walls of self-deception.
Love causes us to repent.

It is easy to see how **demons** use strongholds. They establish and maintain control.

To set people free, it is not enough to bind the strongman and cast him out. The power of the stronghold must be broken before his house can be plundered.



You can discern when a stronghold finally loses its hold. Suddenly the person begins to brighten. His mind begins to catch the truths you tell him, for the first time.

He starts to see things accurately for himself. He helps you discover truths within himself rather than smoke screening and blocking. **Hope** shines again in his face. His faith is rekindled.

He may block you all over again when you begin to tackle the next stronghold, but in this area he has found freedom.

COUNTER ATTACKS

Strongholds and strongmen counterattack. So we must not abandon the battle before the time that the healing has been settled.

So these people need to be surrounded by the family of God with a fortress of love and prayer.

Family members or sometimes even church families possess the very strongholds that can throw the person back into his own stronghold from which he has just escaped.

We must be careful, then, to guard the aftermath of healing.

1. DEALING WITH THE OLD MAN

Why did God not deal completely with our old man / the flesh when we were born-again?

Because God, in His wisdom, knew we have to be forced to stay close to Him in devotion.

If He were to remove our problematic nature altogether and replace it with something Christ-like, our confidence would be in ourselves. We would soon succumb to the greater sin of pride. And we would quickly drift away from dependence on Him, thinking, "I can do it myself".

By leaving our old, practiced way there, intact inside us, dead but present, He installs an automatic thermometer of our distance from His fire of love.

The moment we walk away from private devotions and/or from worship with others, our old nature begins to revive and we are driven back to our knees in prayer.

So God leaves our sin nature intact within our roots.

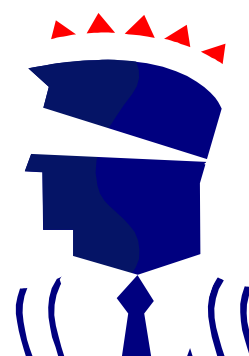
QUESTION: AFTER THE DELIVERANCE AND INNER HEALING, WHAT WAS ACCOMPLISHED THROUGH ALL THAT SOUL-SEARCHING AND PRAYER?

Before we face our old nature and die to it on the Cross, **it has us**. We act impulsively and sometimes compulsively, **blind-sided** by forces within us of which we have little or no awareness - and we have no power to overcome whatever we are aware of!

When we have repented, received forgiveness and reckon that aspect of our sinful nature as dead on the Cross, it can no longer control us.

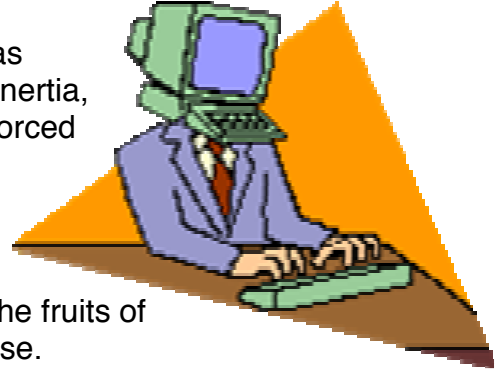
We are no longer **impelled** into wrong decisions and actions. We are free - as long as we remain humbly dependant on Him at the foot of His Cross.

Our transformation is simply in our newfound **freedom to choose** the way of Christ, and the power by His Holy Spirit to live it, not something set in concrete in ourselves, never again requiring personal discipline and choice.



Rom 12:1, 2 *"I urge you therefore, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship. And do not be conformed to this world, but **be transformed by the renewing of your mind**, that you may prove what the will of God is, that which is good and acceptable and perfect."*

Our minds are like **computers**. Once the mind has ingrained a way of thinking, it maintains a kind of inertia, a **habitual track** it never leaves, unless jolted or forced off track.

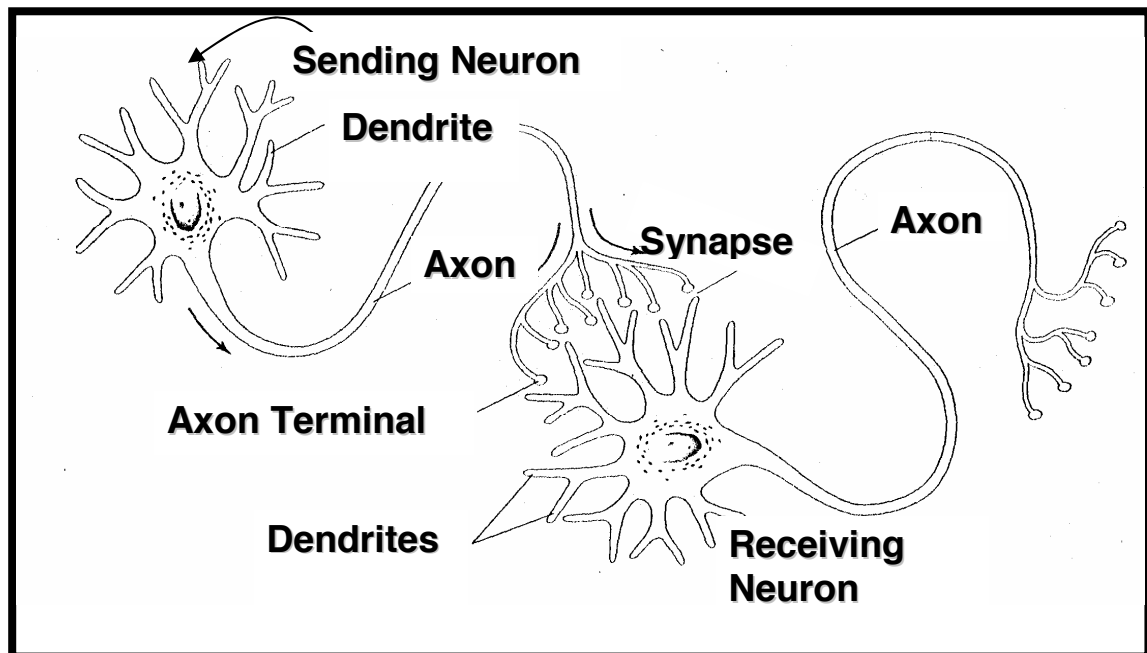


In many years of counselling, we have seen that it is habitual tracks of the mind, which defeat the fruits of counselling more than anything else.

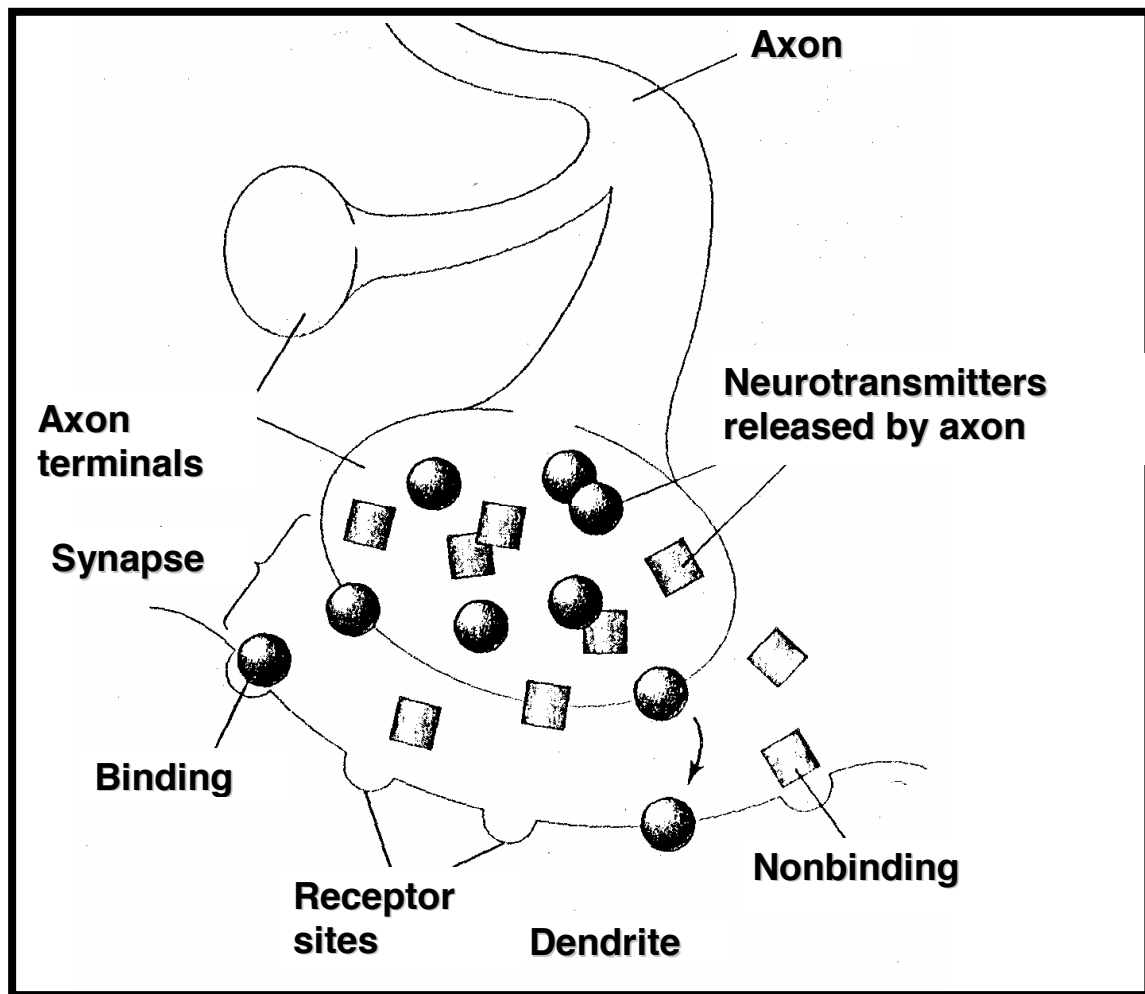
It is not enough to wash long forgotten sins in the Blood, nor enough to apply the cross to habitual patterns of behaviour. The mind must learn to think in new ways.

Habitual tracks of thought must be overcome before the New Way of Christ can be built.

THE BRAIN CELL:



RECEPTORS:



Rom 8:5-8 "For those who are according to the flesh set their minds on the things of the flesh, but those who are according to the Spirit, the things of the Spirit. For the **mind set on the flesh is death**, but the **mind set on the Spirit is life and peace**, because the mind set on the flesh is hostile toward God; for it does not subject itself to the law of God, for it is not even able to do so; and those who are in the flesh cannot please God."

Eph 4:17-23 "So I tell you this, and insist on it in the Lord, that you must no longer live as the Gentiles do, in the **futility of their thinking**. They are darkened in their understanding and separated from the life of God because of the ignorance that is in them due to the hardening of their hearts. Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, with a continual lust for more. You, however, did not come to know Christ that way. Surely you heard of Him and were taught in Him in accordance with the Truth that is in Jesus. You were taught, with regard to your former way of life, **to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds;...**"

Every Christian must deal with a **two-fold problem in his mind**:

Firstly, he must root out and destroy the practiced tracks of thinking he may never have realized are bondages. Without help he cannot do this.

Secondly, he must seek new roots in the Spirit, in the Mind of Christ.

1 Cor 2:16(b) *"...we have the mind of Christ"*.

This is a fact BUT the carnal mind does not surrender its rule easily. We must let go of the old tracks of thought and learn to sink our roots into Jesus and build ways of letting His mind fill all the channels of our thinking processes.

It is no easy task to transform all our thinking according to the Word of God. It involves both exterior and interior warfare.

Early in life we assigned to our minds the task of guarding and keeping all our ways. Now that we are born again and have invited the Holy Spirit to rule us, our carnal mind does not willingly give up its rule.

The real issue of the Baptism of the Holy Spirit is not the gifts we receive nor even what fruits we can produce - the important thing is **who is in control**. The struggle is for **headship**.

Our carnal mind is often the last enemy to die within us - our supposed self-control, our carnal mind's predominance over all that we think and do.

Pride of intellect manages to reinstall the carnal mind as king of our lives.

(Significant that Jesus was crucified upon Golgotha, "the skull", the residence of the mind, the first and the last residence of sin in mankind.)

2. THE DEPTH OF THE BATTLE

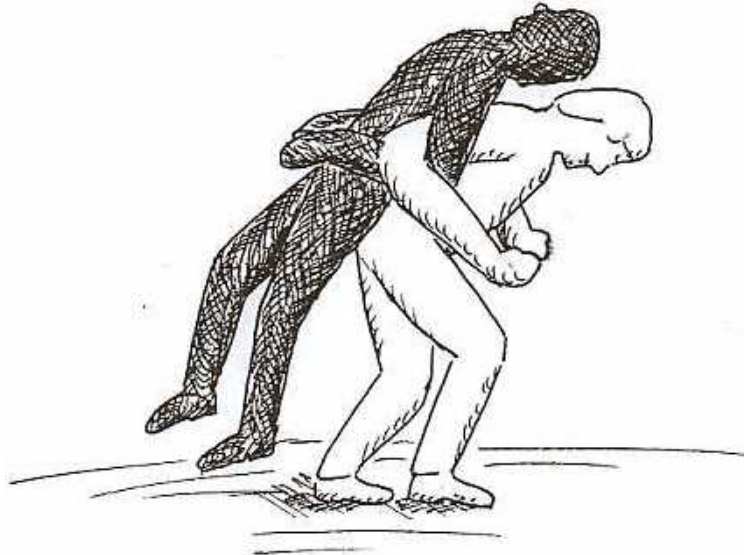
Few have understood the depths of the battle to **renew the conscious mind**. It is not merely a matter of deciding to change the way we think.

Our minds own deep ruts: long-practiced ways of thinking which are not overcome that easily.

The first lesson to be learned in the renewal of the mind is not to believe old carnal feelings and thoughts when they come back after prayers for healing.

Old long-dead feelings and thoughts **will** return. If we believe these thoughts and feelings are what we really feel or think, we will have our problems back again - because **we have resurrected what was dead, and have given it power in our lives again.**

The purpose behind it is the desire of the old self to regain its mastery of you.



1 Cor 13:11 *“When I was a child, I used to **speak** as a child, **think** as a child, reason as a child; when I became a man, I did away with childish things.”*

Our practiced ways of thinking and feeling which resurrect after being slain on the cross are precisely that: the ways we used to think and reason as children.

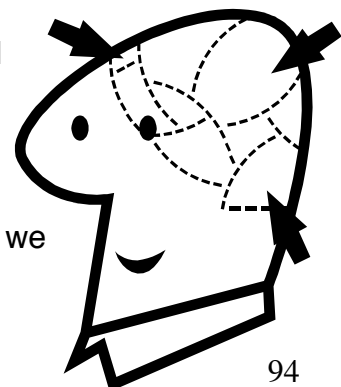
Under pressure, we tend to regress to the familiar ways of the past. We have reinstalled our carnal, old self in control - even if that means being out of control in our emotions and thoughts!

The discipline every Born-Again Christian must learn is how to recognize when he is resurrecting an old fallen practice, so as to haul it restfully back to the cross again. We are crucifying anew, daily, the **childish** ways of thinking and feeling which our carnal nature would use to regain the throne of our life.

We are created in the Image of God. God is free. We have a **free will** and a life of our own. The same is true of whatever we create within our own nature. Our self has a life of its own.

Our emotions have a life of their own. So, too, our carnal mind has a life of its own.

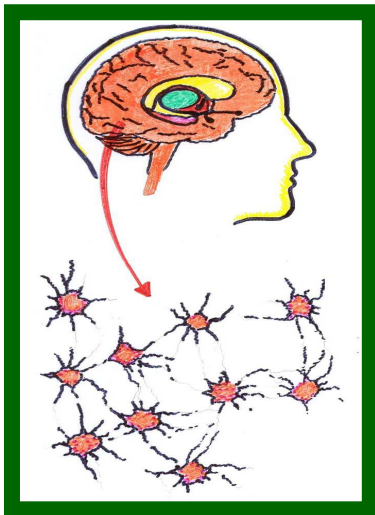
Neither our feelings nor our thoughts want to die or let go of their control over us. Our carnal mind **refuses** to lie down and quit its rule over us just because we have invited the Holy Spirit to take charge of us.



Rom 8:7 "For the mind that is set on the flesh is hostile to God; *it does not submit to God's law, indeed it cannot.*"

This verse clearly shows that our minds do have a life of their own - a life involving will, desire and intention.

RENEWING YOUR THOUGHT LIFE

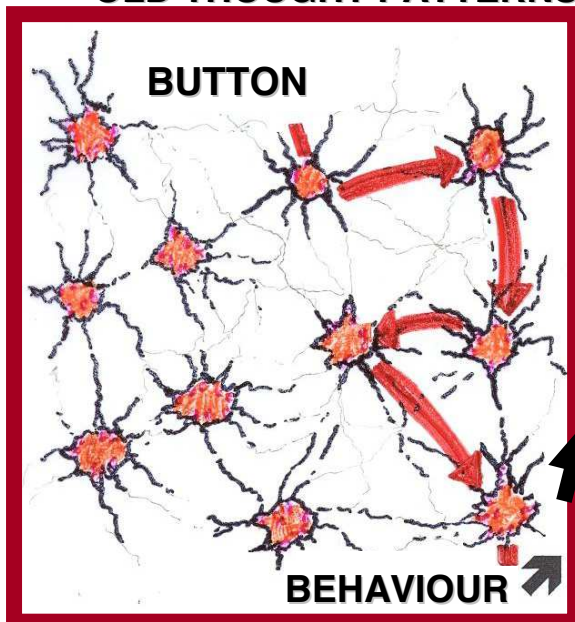


- ▣ 80 to 100 billion brain cells.
- ▣ produce electricity patterns - 30 000 new connections every second and never repeats one.

Fluid between the cells - A.C.H. Helps the connection forming process – good conductor.

Thought life: 1250 w.p.m.
Speech: 200-250 w.p.m.

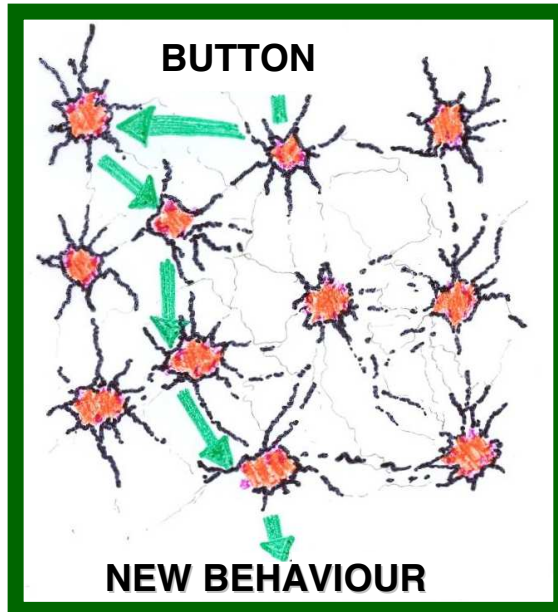
OLD THOUGHT PATTERNS



Rejection → sexual masturbation & pornography.

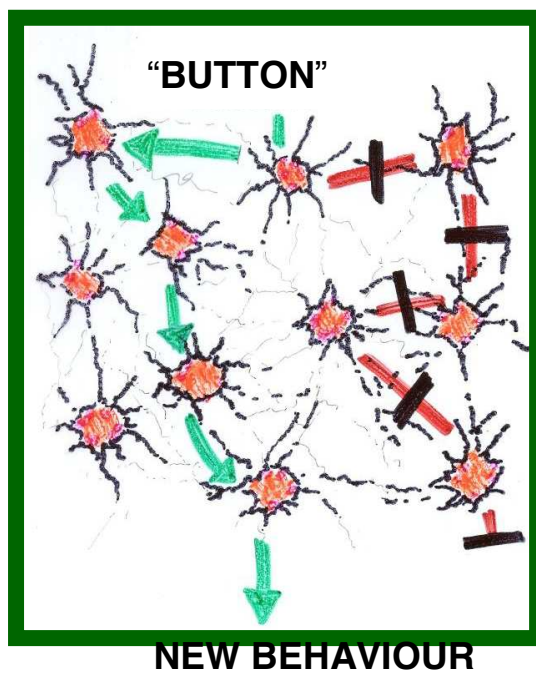
NB: These are chemical pathways. The Blood of Jesus does NOT make them go away. The thought life has to be renewed.

NEW THOUGHT PATTERNS



OFF RAMP = however, it takes three weeks to three months to establish.

Once established, a new chemical is released: GABA



Road blocks declaring a detour along the new pathway.

Gama
Amino
Butyric
Acid } Discourages electrical impulses on old pathways

OLD BEHAVIOUR

DISLODGING THE CARNAL MIND

Its rulership **begins** to be dislodged when we receive the Lord Jesus Christ as Lord and Saviour, when we read the Word of God, pray, receive truth when confronted, minister to others, choose sound thinking in Christ, etc.

Our carnal mind fights back - "It isn't logical to believe that. You aren't making sense".

Our mind demands **intellectual integrity**, a tight system with no loop-holes, no contradictions. It wants to keep the Holy Spirit from becoming seated as the Ruler of our hearts and minds.

Example: The gift of the speaking in tongues.

Nothing dislodges the carnal mind and embarrasses it more than for us to start spouting words it can't understand or control!



Who has not noticed that it is frequently the most logical and rationalistic people who profess to have little use for the gift of tongues? *"Oh, I suppose it has some value for some people, but I've just never seen much good in it."* *"I'd rather have the gift of knowledge or wisdom."* The person has spoken in tongues once or twice to prove he has received the baptism of the Spirit, but has not done it since.

From our infancy, we have installed our conscious, carnal mind in control of our flesh, to **rationalize our desires, protect our feelings, think our thoughts, and plan our steps.**

It is **our lack of trust in God** which our carnal mind uses to retain its throne. We are afraid if we let go, the Holy Spirit won't really take charge, and we will run amok and embarrass ourselves.



When our parents (who represent God to our childish mind) fail to apply appropriate discipline to fence-off our rampaging emotions, we are even more unconsciously sure as adults that God won't be there for us if we let go control of ourselves to His Holy Spirit.

Because family structures are disintegrating more and more, people are finding it increasingly difficult to trust enough to allow God to govern their lives.

Steps in dethroning the Carnal Mind:

1. Gain a healthy respect for the cleverness of the carnal mind and a holy fear of its abilities to seduce us again and again.
2. Prayer and discipline
Is this the way Jesus would think? Is this what Jesus would feel? Is this what Jesus would do?
3. Continual, loving confrontations of brothers and sisters who love us too much to let us get by with our practiced deceits. The carnal mind fights honesty, vulnerability, openness and corporateness even as it fights prayer.

“Don’t be so open, it’s too risky.” Whoever would truly have the Mind of Christ must pay the price of corporateness.

The price is the pain and fear of openness, especially since people make mistakes, and sometimes intends to hurt. The price is also the humility of being formed by others.

THE MOST DIFFICULT THING FOR CHRISTIANS TO LEARN

Our feelings and thoughts have such a life of their own within us that they are fully capable of waiting until just the right moment to flare back to life, so that we will take them up and adopt them again. **DO NOT FEAR THAT YOU WEREN’T HEALED AFTER ALL!**

Many Christians have never been taught about the continuing battle to subdue their own minds and feelings. So they plunge needlessly back into their ancient troubles and then blame and shout at the devil.

He will use whatever handles we give him, but **he is not the primary problem.** Our lack of understanding and discipline is what destroys us in these cases.

The solution is easy. Don’t struggle with its thoughts and resurrected old feelings all over again. Say to yourself: “That is not what I really feel or think. I’m not going to give it any power.

I choose (whatever new feelings and thoughts are appropriate in Christ). That’s who I really am. I’ll ignore these feelings and thoughts until they go away. **Lord, I choose Your way, and I banish these old things from my heart and mind.”**

You don’t have to act on them just because they came into your head and heart. **They have no real life unless you give it to them.** Rest, and enjoy your new life in Christ!

Remember: We cannot simply ignore, as having no reality, whatever we have not yet brought to effective death on the Cross. Whatever we feel or think, which Jesus would not entertain as His, is a signal to us that we need to track that thing to its roots and bring it to death on the cross.

But, if we have already **wrestled** an old way to the cross, its reappearance is no more than the self, trying to regain the throne of control within us.

The way the Lord heals ensures that old feelings and thoughts will crop up again and again as we grow in Him!

When the Lord heals our soul, He doesn't merely fix it, like repairing a machine so it will run again.



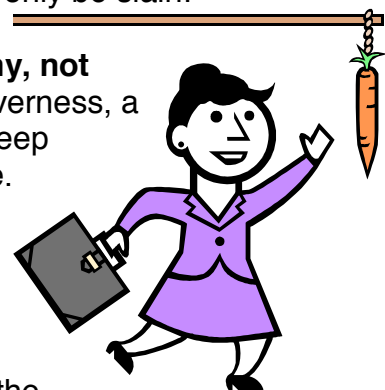
Ps 23:3 *“He restores my soul.”*

All Christian “restoring” proceeds by the work of the Cross.

Healing + Restoration = Crucifixion + Rebirth (not mending)

Our carnal mind cannot be adjusted or retaught, it can only be slain!

We must come to see our carnal mind as our enemy, not our friend. We must gain a healthy respect for its cleverness, a holy fear of its ability to seduce us again and again. Keep pressing into Jesus, calling for repentance and change. Soul Care School made us aware that we lacked knowledge about how things worked in the Spirit.



We now need to be careful not to become filled with pride and self-confidence in knowledge. “I’ve learned the hard way. Now that I know myself, I’ll never do that again.” **KNOWLEDGE CANNOT PROTECT YOU!**

The Trinity is not “Father , Son and Knowledge”. It is only the Holy Spirit who will keep us in walking uprightly in Him.

PRAYER:

Lord, I don't want my mind. I want Your mind. I believe I have Your mind within me. Let Your mind live and rule all my thinking and feeling.

I don't want my knowledge or any other humanistic knowledge.

I want Your truth.

Purge my mind according to Your Word.

Take me on a never-ending Emmaus walk, and open Your Word to me daily, upsetting and replacing whatever I have learned in the world.

Bring my mind to death in all its knowledges and ways of thinking and ways of controlling my feelings, in all the ways I have learned to think and feel in the world.

***Lord, I thank You for the keen mind You have given me. I thank You for all its labours in accumulating knowledge. But now, Lord, it exaggerates its task and does too much. Still my mind, Lord! Quiet it. Take it off centre stage so that the Holy Spirit can rule it through my spirit. Turn my mind down for a while, Lord. It won't lose power. I will not become dumb or stupid. After a while, it will have more power than ever before, but then it will be ruled only by Your mind, not mine. It will be Your servant, ruled by You, no longer the master but the slave.
AMEN!***

3. DEVELOPING MENTAL DISCIPLINE

It is our “traditions which make void the Word of God”.

(Mat. 15:2-6; Mark 7:5-13)

All of us possess countless traditional ways of thinking we have assumed are Christian, but may not be at all.

The Christian life is not a matter of feelings. It is a matter of **continual choices**, of milli-second choosings within the stresses of living.

Abiding in Christ demands **moment-by-moment** choices to live by His Word and by His example.

The discipline of trying to live positively like Christ is what brings us to our knees and to death of ourselves faster than anything else we have tried so far.



PRAYER:

I will not think what You would not think, Lord Jesus.

I will not let myself feel what You wouldn't allow in Your emotions.

I will not do what You wouldn't do.

AMEN.

Our mind ceases to be our enemy when we discipline it in Christ and give it good channels to run in. If we do not pay the price of building such a discipline in prayer, we cannot defeat the fleshly rule of our minds.

There are no instant-on saints.

There can be **no substitutes** for our own efforts, no matter how much our Lord generously gives us through His grace.

He has paid the price, once for all. But in His wisdom, He leaves some areas for us to **conquer** with Him, in Him.

And this is one of those areas in which He will not do everything for us with no corresponding discipline and effort on our part.



Some Christians remain **immature**. There are those that refuse the discipline of flash prayers and the constant daily habit of checking every **feeling** and **thought** and **action** by the example of Jesus.

Christians need to practice “praying without ceasing” until they no longer have to remind themselves to pray, they just automatically do it.

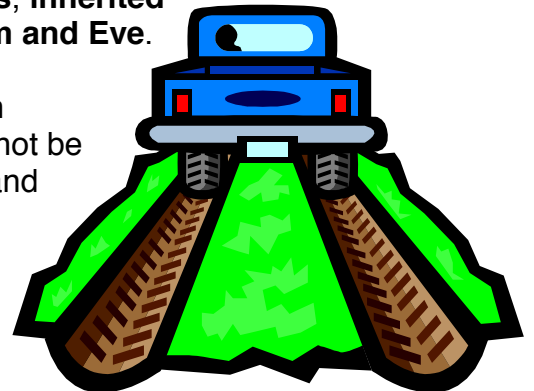
The more we learn to concentrate to pray, the more we lessen the hold of our mind’s carnality.



4. DEEP RUTS

There are two kinds.

1. Thought-patterns, tracks in our minds which were not trained into us, nor chosen in experience, but which are **part of us, inherited** simply because we are **descendants of Adam and Eve**.
2. Our ways of thinking **we built** into ourselves in infancy and early childhood, so deep we may not be aware they exist, though they guide us daily, and can entrap us.
3. There are also **combinations** of both **inherited** and **developed** ruts.



Deep mental ruts exist in all of us, whether born-again or not. All too often they serve as channels for rivers of fleshly passions to rise nearly unchecked into dominance and control. Deep ruts are also often the mental shape of deep roots within us.

Definition: Roots are practiced, hidden ways of drinking nurture and fulfillment from God, from others, self and nature.

They are

- habitual manners of receiving
- systems for getting, not for giving
- ways our inner being has developed to obtain whatever it deems is necessary for survival and well-being.



Roots are **hidden** in the same way that we, as tiny children, built ways of walking and talking until they became automatic systems requiring no continued, conscious effort.

Those formations happened so long ago, we have forgotten or never really knew we learned them.

Thus, **our practiced ways are hidden to us**. Only when exposed to others do we see that our ways are not always everybody else's.

Roots are ways of reaching beyond ourselves to drink from others what we need: affection, acceptance, love, approval, embrace, etc.

Or, unfortunately, to feed on rejection, refusal, criticism, bitterness, aloofness, etc.



Experience with parents, siblings and others confirms, upsets or rebuilds both the root systems we inherit and those we originate.

By the time we are **six**, both kinds of roots are firmly established. From then on, up till about **twelve**, we are busy building and establishing the strong trunk of **character** on which the limbs and leaves of our personality will depend for the remainder of our lives.

Deep roots reside in the heart.



Matthew 15:18: *"18 But whatever comes out of the mouth comes from the heart, and this is what makes a man unclean and defiles [him]."*

INHERITED ROOTS

Root systems inherited from Adam and Eve are common to all; no one has escaped having them. We share equally in original sin; no one has received unique dosages. What we **do** with inherited roots **is** unique.

Roots and deep ruts in all of us are strongly established and stubbornly persistent in functioning the way we inherited or first constructed them.

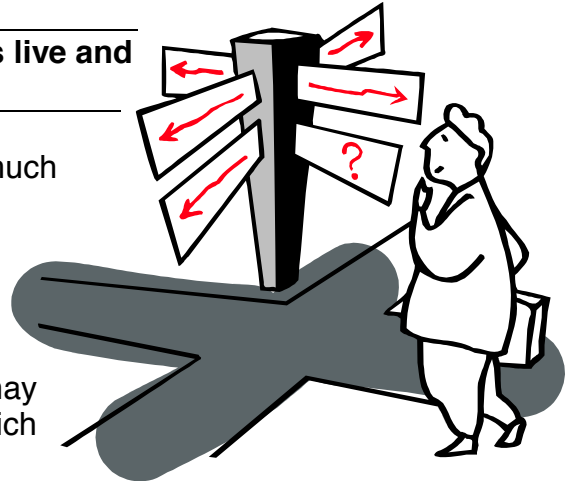


Example: Once our roots have learned to seek and feed on rejection, hatred, criticism, etc., though plenty of love and encouragement, affection and approval may abound, our root system may pick out that which brings misery and death rather than life.

As with ruts, it is in the heart that our roots live and cause us to choose wrongly.

E.g. the body will take up carbon monoxide much faster than oxygen.

In the same way, once our roots have learned to seek and feed on rejection, hatred, criticism, etc., though plenty of love and encouragement, affection and approval may abound, our root system may pick out that which brings misery and death rather than life.



We unconsciously chose death rather than life. We unconsciously chose death and mix death so much with life, that we remain emotionally crippled.

Heb. 3: 12: *“12 [Therefore beware] brethren, take care, lest there be in any one of you a **wicked, unbelieving heart** [which refuses to cleave to, trust in, and rely on Him], leading you to turn away and desert or stand aloof from the living God.”*

WHERE IT ALL BEGAN

1. ADAM AND EVE DID NOT COMMUNICATE PROPERLY

Eve listened to the serpent and Adam was silent.

From that lack of cohesiveness and attention to one another comes the first of our inherited deep roots and ruts.

The most common problem we as counselors deal with in marital counseling is improper communication between the partners.

Every action of Adam and Eve is so deeply set into our nature roots and ruts that only the Cross of Christ can overcome them and enable us to change!



That is how original sin affects us all in the present, through tendencies and stubborn practices set and fixed into our old nature, still effective long after we come to Jesus, until we bring them to death on the Cross.

Since then, every marital couple must struggle against the ruts of their flesh to **keep the lines of communication open** and flowing.

2. EVE ADDED TO GOD'S COMMAND

Gen 3:2, 3 *"... You shall not eat from it or **touch** it, lest you die!"*

That error has become instinctive, a deep rut of thought in all of us.

How frequently **we add to God's commandments!**

Example: dress rules, make-up, hair styles, etc.

Obedience to God's law should always be refreshing to us.

Ps 19: 7-8a: *"7The Law of the Lord is perfect, restoring the soul.
8 The precepts of the Lord are right, rejoicing the heart."*

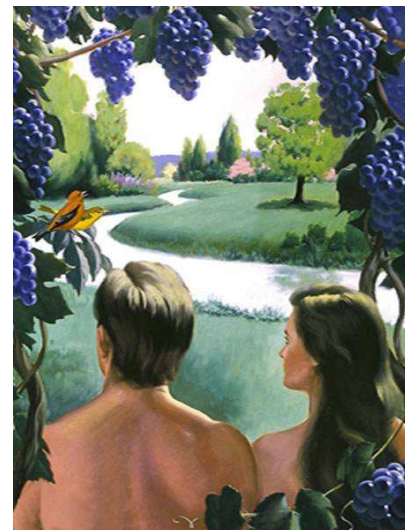
PRAYER:

**Lord, bring to death my practiced, hidden ways of reading Your Law. Bring to death on the Cross the mind I inherited from Adam and Eve, and renew in me the Mind of Christ, so I may see as He saw and obey as He obeyed.
AMEN.**

3. EVE HAD BEEN FEEDING EVERYWHERE ELSE

She said in **Gen 3:2, 3** that the forbidden tree was **in the middle** of the garden. She didn't know which tree was actually the forbidden one and confused the command. This means that she had not been feeding on the Lord Jesus Christ where she should have! Her spirit had become weak and, therefore, vulnerable to delusion.

From that error we inherit our root tendency **to feed everywhere else** but on Jesus.



PRAYER:

*Lord, crucify my habit of wandering everywhere else than to You. Teach my heart anew to centre in You. Fasten my mind to feed on the Tree of Life who is my Lord Jesus Christ.
AMEN.*

4. IDOLATRY

When we do not put **God at the centre** of life, something else **has** to fill that vacuum. Eve was ripe for **temptation**. Satan stepped in to fill her hunger for truth.

Just so, idolatry has become the most besetting sin of all mankind.

It is a powerful rut within us all to make anything and everything rather than **Jesus the centre of life**.

Eve placed Satan at the centre of her life. The tree of knowledge filled the vacuum.

We celebrate the strength of the flesh rather than God's transforming power.

Placing **Satan at the centre** enhances the world of **fear**. Fear breeds lack of trust in those who protect us, most especially in our Father God.

We see now that the **root of fear and mistrust** in us began at this point in history.

From Eve's error came **deep ruts of mistrust** in all of us, stimulating closure, creating **hearts of stone, fearfulness, patterns of flight** and unnatural **deviousness** and **cleverness**.

We are **double-minded** and **unstable** in all our ways (James 1:5-8).

This mental rut of **fear and root of mistrust destroys our faith**. This is the foundation of **back-sliding**.

Is 26: 3: “3 You will guard him and keep him in perfect and constant peace whose mind [both its inclination and its character] is stayed on You, because he commits himself to You, leans on You and hopes confidently in You.”



5. EVE BELIEVED A LIE ABOUT GOD’S CHARACTER

Gen 3:4, 5 “You surely shall not die.”

Satan was telling Eve that God was lying to them.

We now are **vulnerable to defilement and temptation**.

Inherited tracks of defilement are

- **bitter roots** from drinking from Satan’s nature
- **twisted ruts** of thoughts about God and His nature.

The result: We now cannot fully trust God that He is as good as the Bible reveals Him to be AND we don’t tap into His presence sufficiently nor frequently enough. **PRAYERLESSNESS!!!**



PRAYER:

Father, I fail to be with You as I ought. Therefore, I don’t trust You as I should. Bring my spiritual slothful and wandering nature to death on the cross. Give me a new heart of devotion, and a new mind of trust. AMEN.

6. BAD COMPANY

Because Eve kept bad company in the Garden, it is a root tendency in all of us to **ally ourselves with people who do us little good**.



Freedom is not achieved merely by determining to find better friends, though it may help. We need to crucify that in us which seeks the flattery of friendship with people weaker than ourselves in grace and wisdom, and to pray for the humility to seek out those friends whose fellowship will make us stretch to improve.

Our propensity to be **overtaken** and **made captive to do someone else's will**, began right there in Eve's succumbing to Satan's defilement.

7. "A DELIGHT TO THE EYES"

Gen 3:6: "6 And when the woman saw that the tree was good (suitable, pleasant) for food and that it was delightful to look at, and a tree to be desired in order to make one wise, she took of its fruit and ate; and she gave some also to her husband, and he ate."

Defilement had run its course in Eve. She was no longer thinking her own thoughts. If sin did not look good, who would do it?!

We are all powerfully influenced by root tendencies and mental ruts to take again and again by force of sin what God would have given at the right time by grace.

E.g. Taking sex before marriage. A thief takes by force of sin, a liar tries to obtain by lies.

Every sin we do has behind it untrust that the good God will provide what is best for us in His own time and way. That habit of falsely grabbing what we want, rather than waiting for the goodness of God to provide the best, is a mental rut of untrust we have all inherited.

PRAYER:

Lord, slay my false wantings and my untrust. Let me be born anew here too, equipped and empowered by Your heart of trust in our Heavenly Father.



Question: Did a sinful act produce something good?

From this confusion has come the mistaken notion that if we sin, something good will come of it!

People excuse their extra-marital affairs saying, "I'm coming alive like never before!" (Actually, they are dying in their **souls** while being **emotionally** excited and turned on.)

"This is wonderful! Surely something this good can't be that bad."
That sinful and foolish mental rut has seduced untold thousands into misery.

Gal. 6: 7-8: *“7 Do not be deceived and deluded and misled; God will not allow Himself to be sneered at (scorned, disdained, or mocked by mere pretensions or professions, or by His precepts being set aside.) [He inevitably deludes himself who attempts to delude God.] For whatever a man sows, that and that only is what he will reap.
8 For he who sows to his own flesh (lower nature, sensuality) will from the flesh reap decay and ruin and destruction, but he who sows to the Spirit will from the Spirit reap eternal life.”*

Nothing good ever comes from sin!!!

8. ADAM CHOSE EVE ABOVE GOD

Adam listened to Eve and ate of the fruit.

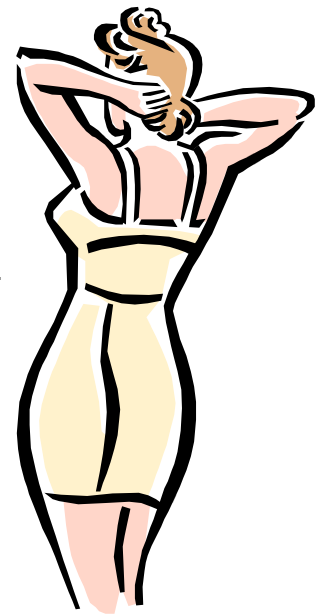
From this sin derives our rut of **choosing the woman in place of God**. Whoever sins sexually with any woman has surrendered again to that track of **placing a woman above God** in importance.

That rut has been the **basic first cause for every man’s sexual sins**. All of us have it in us to fall to **seduction**. No one is safe.

PRAYER:

Dear God, bring this carnal nature of mine to death. Set me free in You to have emotions and think and act in relation to woman as only You would have me do.

AMEN.



9. “THEY KNEW THEY WERE NAKED”

After they had sinned they ran to cover their nakedness with fig leaves. From this mental rut has originated our entire tendency to **pornography, adult bookstores, X-rated movies**, etc.



10. FEAR OF GOD'S PRESENCE

Out of their flight from God comes one of the most powerful ruts in all our thinking. We don't want God to come any closer to us than we can control and feel comfortable about.

**We're afraid of His awesome presence.
We're afraid to come forward and
confess our sins.**

For every flight pattern, we possess **built-in excuses**.

Adam put the wrong reason on his foolish actions. That deception built into all mankind the deep mental track of putting **lying reasons** behind **foolish deeds**. "*I just couldn't help myself*" is a common example of a lying reason.

We learned the track of lying to ourselves before we learned anything, because we never had to "learn" it; it came with the package of being human - from Adam's first lie to God - "because I was naked".



PRAYER:

***Slay it in me, Lord. Set me free from deceiving myself and others.
Give me a heart and mind of truth and honesty.
AMEN.***

11. "WHO TOLD YOU THAT YOU WERE NAKED?"

From Adam's silence to God's question we inherit our own **reluctance** and **rebellious resistance** to responding, as we should in hundreds of situations.

Example:

- **not responding** to God at an altar call.
- **not giving** the word the Holy Spirit prompts you to bring.
- not confessing you were wrong.

The result: **Rebellion** and hatred between parents and children, bosses and employees, etc.

How long will we still quibble as children in self-justifying, self-seeking ways?

12. PASSING THE BUCK

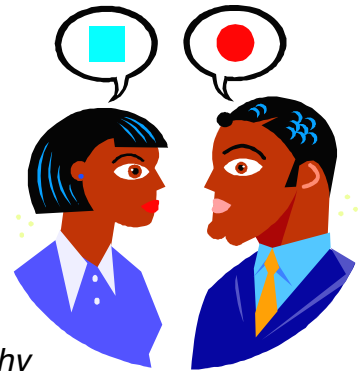
Finally, Adam knew he had to respond: “The **woman** who **You** gave me...”

Eve also passed the buck: “The serpent deceived me”.

Thus, a double dose of buck-passing! We are forever blaming each other.

We also tend to **blame God** when things go wrong. “*Why did God do this to me?*”

Silly excuses and blaming of others just seem to flow so easily out of our mouths!



PRAYER:

Lord, bring this habit of blaming You in my heart to death on Your cross (whether I can admit it in my mind or not) and resurrect trust and honour for You until that becomes second nature to me.

AMEN.

13. “YOUR DESIRE SHALL BE FOR YOUR HUSBAND”

Because Eve had caused Adam to choose her before God, she and her descendants would reap a perpetual rut of striving to please men rather than God.

Husbands cannot be allowed to exercise authority which overrides the commandments of God. He cannot be allowed to force her to lie, or cheat, or steal, or give herself sexually in wrong ways.

Let every woman surrender to the Lord her tendency to please and obey her husband rather than God, and let her ask to be set free from that idolatry.

14. “AND HE SHALL RULE OVER YOU”

Men have **dominated** and **controlled** women the world over - she is her husband's possession. It is ingrained in all men **to put women down**, ever so subtly sometimes, but down nevertheless!



A husband must never dominate and control or use his position for personal advantage, or disrespect and treat his wife as an object to be used as he sees fit.

One of the first and most telling signs of heresy is when women immediately lose their rights as free and equal partners and become second-class citizens from whom only slavish obedience is to be expected – in meek and submissive silence!

Jesus intends to **restore the woman** by bringing this mental rut of dominance and control to death on His cross.

15. “BY THE SWEAT OF YOUR FACE YOU SHALL EAT BREAD”

Because of sin, **labour** is filled with **anxiety** and **tension**, creating “sweat”. Labour has been corrupted by the curse of the **mental rut of strain**.



Because of sinful ruts in men’s thinking, from then on until now men tend to flee from their wives into the security and manageable satisfaction of their work.

A man has two worlds: work and family, and all too often his family comes second.

Bring to death on the cross that practiced rut that came from **Adam’s loving his work first**. Love your wife and family **first** after God, not your work.

Sin separates. Immediately after they had sinned, guilt, fear and lies separated Adam and Eve from God. Then they were separated from each other by Eve’s inordinate desire and the corruption of headship, and by Adam’s preferring labour above Eve.



Finally, they were **separated from nature** by thorns and thistles and unrewarding labour.

It became a vicious cycle which we inherit through roots and ruts today. Men spend **too much time and energy at work**. That frustrates their wives’ desire to be with them. So wives scold, incite, agitate or manipulate, trying to cause their husbands to pay them more attention.

This makes husbands want to **flee back to the office or farm or factory**, where they can feel more competent and composed, where they know how to make things happen and feel the satisfaction of seeing a job well done.

That, in turn disappoints their wives all the more, and their resultant **bitterness, loneliness** and **tension** cause them to act in ways which can only separate them further!

It is important for husbands and wives to see this cycle and come to hate it until both can haul it to the cross together.

We need to repent of it as our own sin, and as a death-dealing cycle we have all inherited from our forefathers, generation to generation, back to Adam and Eve. It needs to be broken at the foot of the cross in repentance.



16. "MAN HAS BECOME LIKE ONE OF US"

(Gen 3:22) Adam and Eve now knew good from evil, but not in God's pure way - as Satan knows good from evil. Their **lies** and **sins** had caused them to become spiritually, emotionally and mentally **like Satan**, not like God.

From the misinterpretation of that text has descended a most persistent lie, a rut of deception that has done untold harm in the lives of countless people - **that sinning somehow produces good.**

That lie weakens our resolve to stand in righteousness.

We sin because whatever forbidden thing we want, seems to be worth the price of sin to get it.

The lure of it, and the **lie** that there won't be any bad consequences, and the **foolishness** of unconsciously thinking that we will be better people because of it - all come from this mental rut of thinking that God said Adam and Eve had become like Him by sinning!

God could not let them return to the Garden until His Son's cross could purify them to live again among holy things.

Here lies the crux of this teaching: **it is not enough merely to receive Jesus Christ as Lord and Saviour.**

Conversion only starts the process of death and rebirth required to prepare us for fullness of life in Jesus.

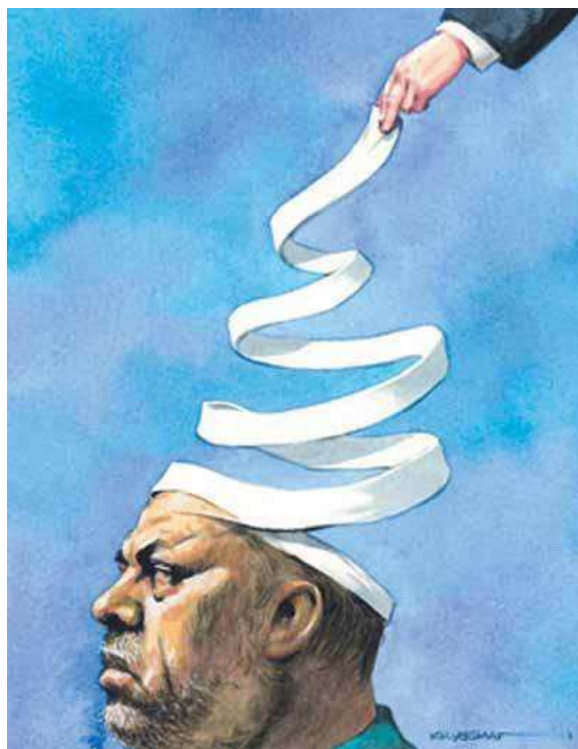


Positionally, it is all done (**John 19:30**).

Experientially, we must daily make His death for us more and more our own.

Here, at the foot of the Cross, moment by moment, day by day, is where we are either **transformed** according to God's Word, or **conformed** to the world!

**LET'S FIGHT THE BATTLE WHERE IT COUNTS -
IN THE DEEP RECESSES OF THE MIND!**



PART D: UNGODLY BELIEFS

A. How Ungodly Beliefs are formed

Ungodly Beliefs originate primarily from **two sources**:

- the natural or unredeemed mind
- and experiences of hurt.

In addition, there are some other "belief shapers" which we will discuss briefly.

1. Ungodly Beliefs from Experiences

A great source of our ungodly beliefs is **childhood hurts, traumas, and negative experiences**. These make a **very strong impression** on us. For example, the child whose father misses all of his ball games, all of his birthday parties, and is never there when he needs guidance, may form such beliefs as the following:

- *I am not important because my dad does not have time for me.*
- *My dad will not be there for me when I need him.*



Even more serious ungodly beliefs are formed by the child, who trying to intervene as his parents are fighting, is told, "*Shut up you pip-squeak, we did not even have all these problems before you came along.*" He concludes that:

- *Things would be better if I had not been born. My life is a mistake.*
- *It is better to keep my mouth shut and my feelings to myself. If I express them I will just get in trouble. (He learns to "stuff" or "hide" his feelings.)*

Even as a potter moulds and shapes the clay, so **our hurtful experiences mould and shape our beliefs**. If the **foundation** of the **belief system** laid during childhood is misshaped and distorted, the life that is built upon that foundation will also be misshaped and distorted.

In addition, negative experiences occurring during the **adult years** can cause further ungodly beliefs to be formed. The impact of problems in **business, marriage, and church**, or the **experience of accidents, natural disasters, or tragedies**, can cause us to believe lies about ourselves, others, and God.

2. Ungodly Beliefs from the Natural Mind of Mankind

The largest, most tainted, source of ungodly beliefs comes from the natural, unredeemed mind. These beliefs, often so seemingly logical and appealing, reek with worldly standards of man.

Today they are infused with ideals of worldly success, popularity, and the self-made man. They encourage us to "be in charge," "to do our own thing," or in the words of various cult organizations, "to create our own reality."

If God is mentioned, He is limited to the "God within," and He is more like a tool than Lord. These beliefs are like poison gas, unseen but lethal.

Surrounded by the beliefs that pervade our culture, we as Christians fail to detect how tightly they are woven into the fabric of our own partly sanctified minds.

It is the natural, unsanctified mind then, handling life's hurts and traumas, that is chiefly responsible for the ungodly belief system that we all have. One thing that it does as it tries to protect itself from hurt is to wonder "what if?" It is not uncommon for the imagination to run wild, as we either fear/worry about terrible things happening to us or convince ourselves that we are no good or shameful.

Because of this belief system, God insists that our minds need to be renewed. **(Rom. 12:2)**

3. Additional Forces that Shape Our Beliefs

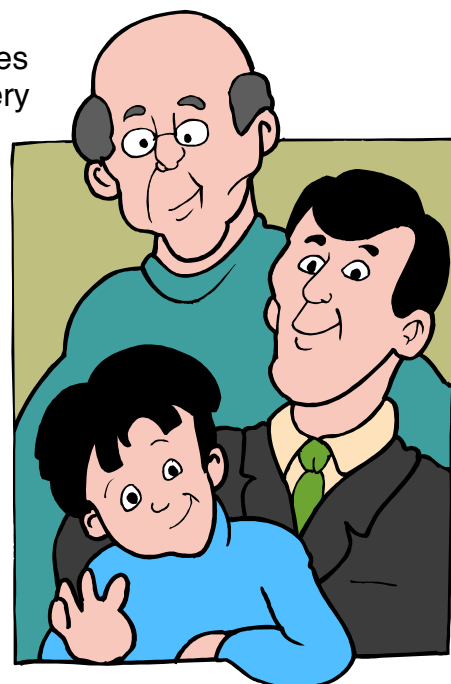
While it is hard to differentiate between the various forces that shape our beliefs, the following sources are also very influential.

a. Family Heritage

Just as certainly as our families pass on to us a special fishing rod, a set of old china, or the corner cupboard, **our families also pass on their beliefs**, for better or for worse.

Without realizing it, we "inherit" their beliefs about almost everything: **life, politics, religion, education, and relationships.**

We receive their prejudices about other people, other races, other cultures, and even their fuss over the neighbour's dog.



Our inheritance is very complete. Think of those times you've said, *"I sound just like my mother (or father)."*

As one marathon runner smoothly passes the baton to another, so parents pass on to their children their beliefs. **Families are belief shapers!**

b. Repetition reinforces Ungodly Beliefs

We are particularly influenced by our families often **repeated statements**, especially ones about ourselves.

Some families continually reinforce with such statements as:

- *"You will never amount to anything,"* or,
- *"You are no good."*

In a friend's family it was, *"Don't be a softie / sissie,"* meaning, *"Do not be a coward."*



These statements, often part of the child's daily diet, become the bone and marrow of his ungodly belief system, a belief system that undermines his **self-worth** and **ability to succeed**.

c. The Subtleties: What are We Teaching Our Children?

Ungodly Beliefs can also be formed even when a parent has such good motives as comforting and protecting his child.

An example of what a mother might say when her "precious" child comes home crying because the neighbour's "awful" child hit him.

The comfort sounds something like this.

"There, there, don't cry. It doesn't hurt. You are just fine."

Sound familiar? What ungodly beliefs might the child form if this kind of comfort were repeated? Perhaps the following:

- It must not be "O.K." for something to really hurt.
- People who love me don't accept my real feelings.
- It is not all right to cry.

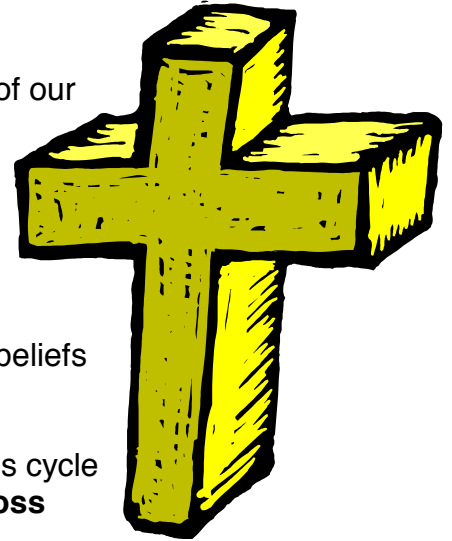
These are not beliefs that most of us want our children to have.

4. The Belief Expectation Cycle

The above explanations can be diagrammed as the Belief-Expectation Cycle (see next page).

In this cycle, we see that experience leads to the formation of our beliefs;

- our beliefs cause us to have certain **expectations**;
- these expectations govern our actions / behaviour and they also "reach out" and effect others;
- our behaviour and other peoples' behaviour directed toward us results in various **experiences**;
- and then these experiences further reinforce our old beliefs and cause new ones to be formed.



This cycle continues on indefinitely. The only way to stop this cycle for our ungodly beliefs is to **interpose the power of the Cross onto the cycle and bring it to a stop.**

Then, as we begin to accept God's truth and let it change our beliefs;

- our expectations become positive;
- leading to constructive behaviour and good experiences.

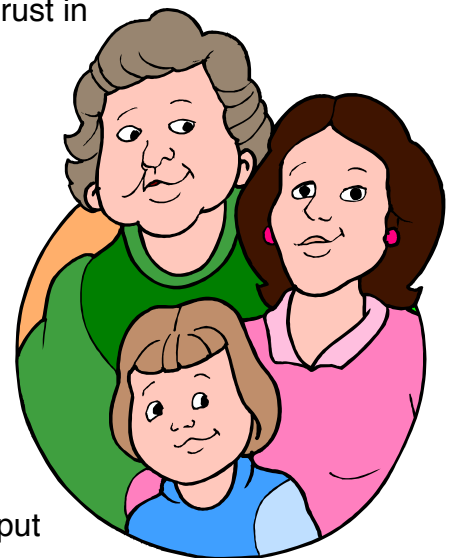
The same cycle that was killing us now begins to reinforce the new Godly Beliefs, further strengthening them. This helps us to build trust in God's faithfulness to us, as He watches over His Word to perform it.'

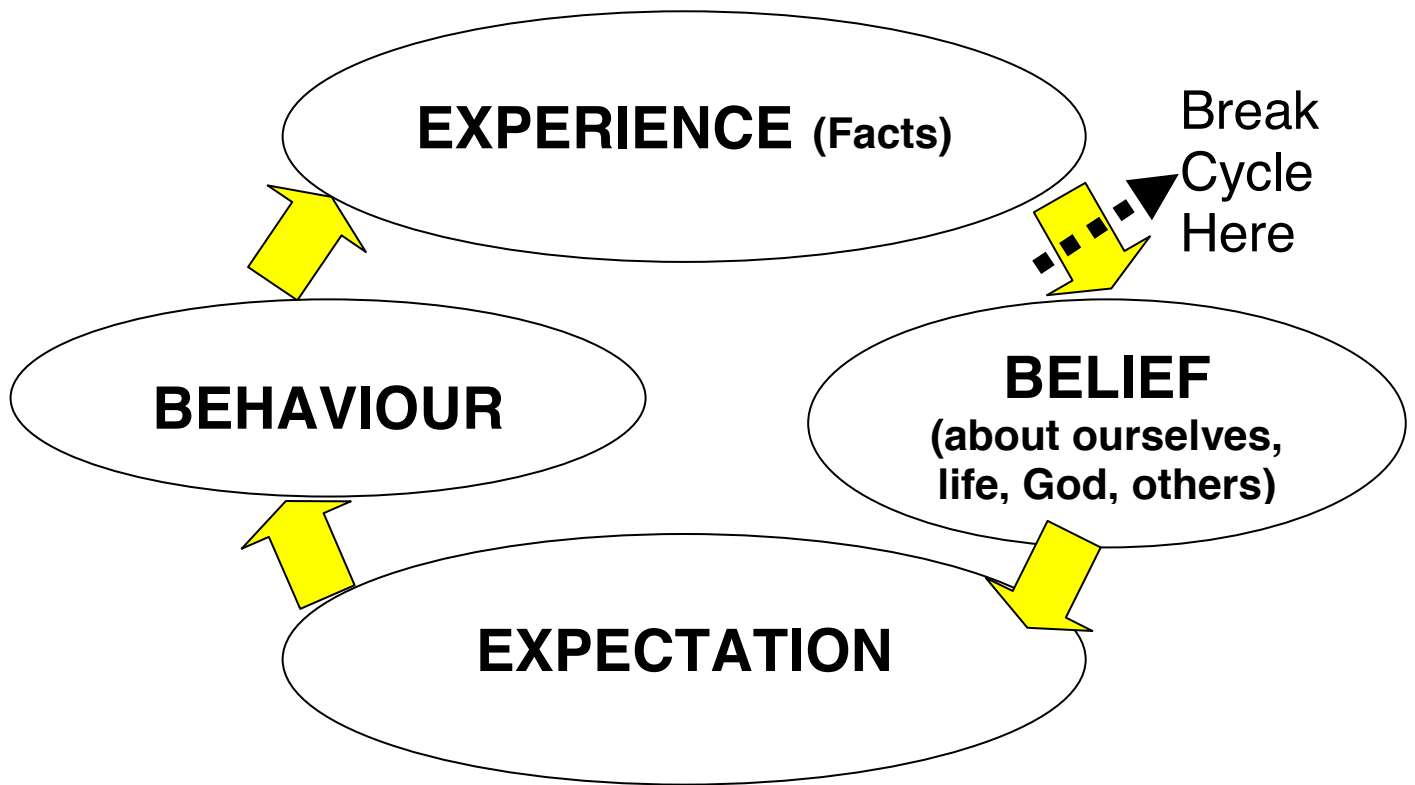
5. Summary

Ungodly Beliefs result when the **unredeemed mind** attempts to **make sense** out of its contact with sin and the world, whether in our homes or in our culture.

Ungodly Beliefs are also the result of **emotional hurts** and **wounds**.

These beliefs are frequently passed down from one generation to the next, particularly in frequently repeated "put downs." God says, "*Get rid of them!*"



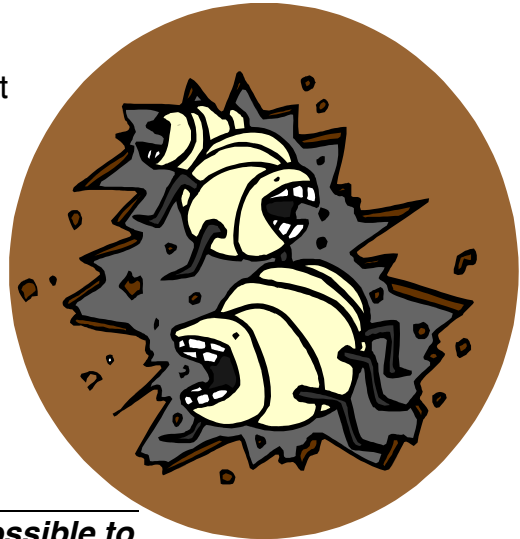


B. Results of Ungodly Beliefs

Our **beliefs affect who we are, how we perceive ourselves, and how we relate to others**, to the world around us, and to God. They determine how Christ-like we become, and even the quality of our Christian lives. They are like a vise-grip putting tight constraints on our lives, choking out the abundant life that Jesus promises. (**Joh. 10:10**)

Ungodly Beliefs are like **spiritual termites** that quietly work behind the scenes undermining and eating away at that faith that has been established within us. They are going, "gobble, gobble, gobble," and eroding our foundations.

Ungodly Beliefs are, by definition, "unbelief." They hinder or block our faith in God and the truth of His promises. We hinder or shut off God's ability to bless us, since:



Hebrews 11:6 *"6 But without faith it is impossible to please and be satisfactory to Him. For whoever would come near to God must [necessarily] believe that God exists and that He is the rewarder of those who earnestly and diligently seek Him [out]."*

God doesn't "reward" unbelief or lack of faith. It is not too much to say, "*We are what we believe,*" as the writer of Proverbs wrote:

Prov 23:7 *"7 For as he thinks in his heart, so is he. As one who reckons, he says to you, eat and drink, yet his heart is not with you [but is grudging the cost]."*

We use our Ungodly Beliefs to justify our fleshly (old man) behaviour (sin), rather than allowing the Holy Spirit to sanctify us.

Romans 6:6-7,12 *"6 We know that our old (unrenewed) self was nailed to the cross with Him in order that [our] body [which is the instrument] of sin might be made ineffective and inactive for evil, that we might no longer be the slaves of sin.
7 For when a man dies, he is freed (loosed, delivered) from [the power of] sin [among men].
12 Let not sin therefore rule as king in your mortal (short-lived, perishable) bodies, to make you yield to its cravings and be subject to its lusts and evil passions."*

Even our beliefs about God Himself have the power to make our Christian life a fulfilling, growing experience, or one that is stagnant, frustrating, and unfulfilling. How could we have joy if we believed the following:

- No matter how hard I try, it will not be enough to please God.
- God is waiting for me to make a mistake.
- God cares for others more than He cares for me.

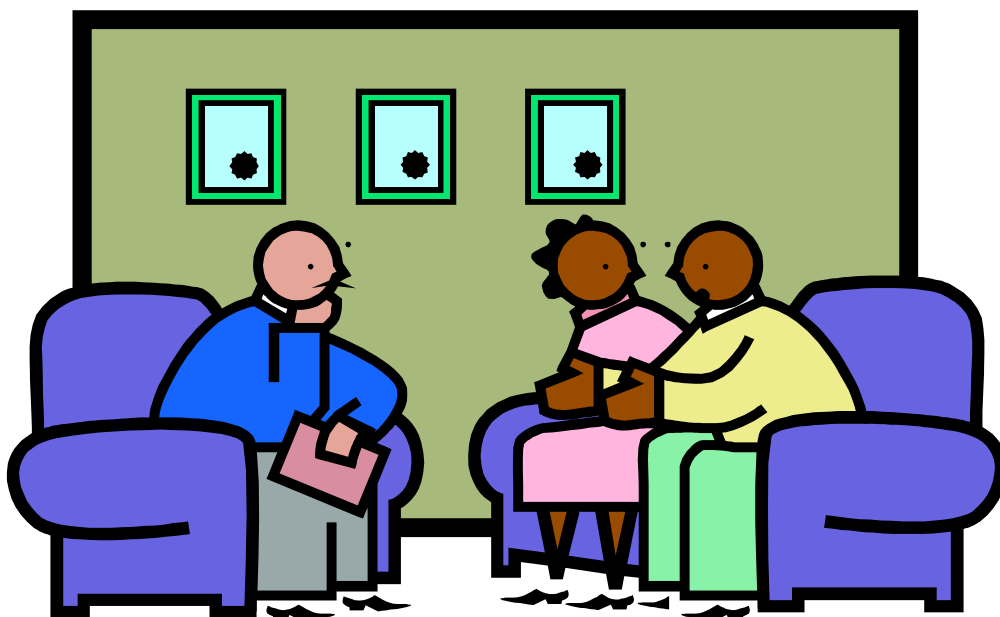
These beliefs would undermine the very basis of any meaningful relationship with God.

In extreme cases, Ungodly Beliefs can result in a person having **false or counterfeit identities**. This occurs when he believes so many lies about himself that his God-given identity is obscured or covered over.

This is probably always accompanied by demonic entities assuming the roles of the counterfeit identities. (Demonic identity personalities are not the same as dissociated or fragmented identities that have their origin from within the God-given identity)

Ungodly Beliefs, whether based on the natural mind or on experiences of hurt can be crippling. They are the enemy of our faith. Because we have lived with them for so long and because they seem so natural, most of us are blind to them.

This is an area where we can seldom minister to ourselves, but rather we can greatly benefit from counselling.



Take a piece of paper and place it over this table. Now slide it down so that only the first Ungodly Belief shows. Stop and pray about what you read. Once you have peace about that one, move onto the next one. DO NOT READ THEM ALL AT ONCE!

Ungodly Beliefs about Ourselves

Theme: Rejection, Not Belonging

- 1. I don't belong. I will always be on the outside (left out).
- 2. My feelings don't count. No one cares what I feel.
- 3. No one will love me or care about me just for myself.
- 4. I will always be lonely. The special man (woman) in my life will not be there for me.
- 5. I will isolate myself so that I won't be vulnerable to hurt, rejection, etc., any more.
- 6. _____

Theme: Unworthiness, Guilt, Shame

- 1. I am not worthy to receive anything from God.
- 2. I am the problem. When something is wrong, it is my fault.
- 3. I am a bad person. If you knew the real me, you would reject me.
- 4. I must wear a mask so that people won't find out how horrible I am and reject me.
- 5. I have messed up so badly that I have missed God's best for me.
- 6. _____

Theme: Doing to achieve Self-worth, Value, Recognition

- 1. I will never get credit for what I do.
- 2. My value is in what I do. I am valuable because I do good to others, because I am "successful".
- 3. Even when I do/give my best, it is not good enough. I can never meet the standard.
- 4. I will choose to be passive in order to avoid conflict that would risk others' disapproval.
- 5. God doesn't care if I have a "secret life", as long as I appear to be good.
- 6. _____

Theme: Control (to avoid hurt)

- 1. I have to plan every day of my life. I have to continually plan/strategize. I can't relax.
- 2. The perfect life is one in which no conflict is allowed, and so there is peace.
- 3. _____

Theme: Physical

- ___ 1. I am unattractive. God short-changed me.
- ___ 2. I am doomed to have certain physical disabilities. They are just part of what I have inherited.
- ___ 3. It is impossible to lose weight (or gain weight). I am just stuck.
- ___ 4. I am not competent/complete as a man (woman).
- ___ 5. _____

Theme: Personality Traits

- ___ 1. I will always be (angry, shy, jealous, insecure, fearful, etc.).
- ___ 2. _____

Theme: Identity

- ___ 1. I should have been a boy (girl). Then my parents would have valued/loved me more, ... etc.
- ___ 2. Men (women) have it better. ___
- ___ 3. I will never be known or appreciated for my real self.
- ___ 4. I will never really change and be as God wants me to be.
- ___ 5. _____

Theme: Miscellaneous

- ___ 1. I have wasted a lot of time and energy, some of my best years.
- ___ 2. Turmoil is normal for me.
- ___ 3. I will always have financial problems.
- ___ 4. _____

Ungodly Beliefs about Others

Theme: Safety/Protection

- ___ 1. I must be very guarded about what I say, since anything I say may be used against me.
- ___ 2. I have to guard and hide my emotions and feelings. I can not give anyone the satisfaction of knowing that they have wounded or hurt me. I'll not be vulnerable, humiliated, or shamed.
- ___ 3. _____
- ___ 4. _____

Theme: Retaliation

- ___ 1. The correct way to respond if someone offends me is to punish them by withdrawing and/or cutting them off.
- ___ 2. _____
- ___ 3. _____

Theme: Victim

- ___ 1. Authority figures will humiliate me and violate me.
- ___ 2. They will just use and abuse me.
- ___ 3. My value is based totally on others' judgment/prescription about me.
- ___ 4. I am completely under their authority. I have no will or choice of my own.
- ___ 5. I will not be known, understood, loved, or appreciated for who I am by those close to me.
- ___ 6. _____
- ___ 7. _____

Theme: Hopelessness/Helplessness

- ___ 1. I am out there all alone. If I get into trouble or need help, there is no one to rescue me.
- ___ 2. _____
- ___ 3. _____

Theme: Defective in Relationships

- ___ 1. I will never be able to fully give or receive love. I don't know what it is.
- ___ 2. If I let anyone get close to me, I may get my heart broken again. I can't let myself risk it.
- ___ 3. If I fail to please you, I won't receive your pleasure and acceptance of me. Therefore, I must strive (perfectionism) even more. I must do whatever is necessary to try to please you.
- ___ 4. _____
- ___ 5. _____

Theme: God

- ___ 1. God loves other people more than He loves me.
- ___ 2. God only values me for what I do. My life is just a means to an end.
- ___ 3. No matter how much I try, I'll never be able to do enough or do it well enough to please God.
- ___ 4. God is judging me when I relax. I have to stay busy about His work or He will abandon me.
- ___ 5. God has let me down before. He may do it again. I can't trust Him, or feel secure with Him.
- ___ 6. _____
- ___ 7. _____

Husband/Wife Complementary/Reinforcing Ungodly Beliefs	
Women	Men
Men don't know what to do around the house. It is easier to just do things myself.	Women control the household, men control at work.
Men are passive.	Women are domineering and controlling.
Special occasions are not important to men.	Women make too big a deal about special occasions.
Men are tight with their money. They don't appreciate how hard it is to keep the house supplied with food, clothes, etc.	Women are loose spenders. They can't be trusted with money. They don't have any restraint. They are always buying clothes and other things.
Men don't want an intimate, close relationship, where a woman can share her innermost self.	Women just want to talk about their feelings all of the time.
The only thing men are interested in is sex.	Women just aren't interested in making love.
Men see children as a bother. They would rather not have them.	Women make having children too important. They get consumed with the children's lives.
My husband ignores our children. He just doesn't want to be close to us.	My wife and children have ganged up against me. I can't even talk to my children.
Men are not concerned about the spiritual life of their family.	Women are just naturally more spiritual than men.
My husband just finds fault with my house-keeping and doesn't see all that I do.	My wife is lazy and doesn't keep the house in order.

1. Examples of the Effects of Ungodly Beliefs in Specific Areas

Two examples in the areas of "Significance and Security" and "Negative Expectation" will show how destructive Ungodly Beliefs can be.

a. Significance and Security

Our real significance and security is in God. If we only verbally agree with this, and do not believe it in our heart, we have an Ungodly Belief. Concerning this, the scripture says:

Eph 1:6 “6 [So that we might be] to the praise and the commendation of His glorious grace (favor and mercy), which He so freely bestowed on us in the Beloved.”

Heb 13:5 “5 Let your character or moral disposition be free from love of money [including greed, avarice, lust, and craving for earthly possessions] and be satisfied with your present [circumstances and with what you have]; for He [God] Himself has said, **I will not in any way fail you nor give you up nor leave you without support. [I will] not, [I will] not, [I will] not in any degree leave you helpless nor forsake nor let [you] down (relax My hold on you)! [Assuredly not!]**”

Rather than believing God, we believe that we will be disliked, rejected, or abused. Therefore, we must strive to find acceptance.

We search for significance in many other places than God: in money, fame, sexual exploits, etc., even though His Word tells us that we are created in His Image 'for fellowship' and that He has a plan and a purpose' that will give us fulfilment.

As counsellors, when we see **striving** and **little rest** in a person's life, we have an important clue that **Ungodly Beliefs are in operation** in the area of **significance** and **security**.



b. Negative Expectation

If we are full of **negative expectations** and **fear** about what is going to happen to us, we are not believing nor trusting what God is saying in His Word:

1 Joh 4:4 “4 Little children, you are of God [you belong to Him] and have [already] defeated and overcome them [the agents of the antichrist], because **He Who lives in you is greater (mightier) than he who is in the world.**”

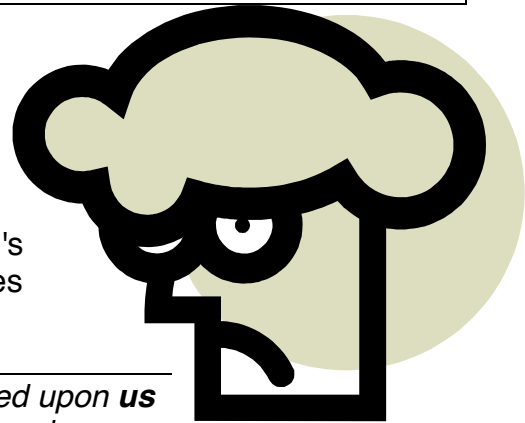
Rom 8:37 “37 Yet amid all these things **we are more than conquerors and gain a surpassing victory through Him Who loved us.**”

Joh 10:10 “10 The thief comes only in order to steal and kill and destroy. I came that they may have and **enjoy life**, and have it **in abundance** (to the full, till it overflows).”

2 Pet 1:3-4 “3 For His divine power has bestowed upon us **all things that [are requisite and suited] to life and godliness**, through the [full, personal] knowledge of Him Who called us by and to His own glory and excellence (virtue).”

*4 By means of these **He has bestowed on us His precious and exceedingly great promises**, so that through them you may escape [by flight] from the moral decay (rottenness and corruption) that is in the world because of covetousness (lust and greed), and become sharers (partakers) of the divine nature.”*

Christians **expecting to fail**, to **have lack**, to be **mistreated** by others, etc., or believing that whatever they do **won't be adequate**, who **worry continually**, or who are **afraid** of every new thing on the horizon (or what might appear on the horizon), are not walking in God's provision or promises. **II Peter 1:3** clearly states that:



2 Pet 1:3 *“3 For His divine power has bestowed upon us **all things** that [are requisite and suited] to life and godliness, through the [full, personal] knowledge of Him Who called us by and to His own glory and excellence (virtue).”*

When we as counsellors see a person living out of **negative expectation**, ministry for Ungodly Beliefs is clearly indicated.

C. Higher Level of Truth than the Facts

In order for us to be transformed into the Image of God, what is in our mind has to be changed so that it lines up with God's Truth, not the facts of our experience. Here we are truly challenged.

First, there are the facts. Facts are what actually happened. For example:

- The wreck happened.
- The person had a disease.
- The business closed.
- The person confessed sin.

Facts are true, based on our experience in the here and now.
But:

There is a higher level of truth than the facts. And that is God's Truth: what He says about the situation.

God's truth is not seen by the natural man, who is looking at the facts, but by the spiritual man, who knows God's transforming power. It is seen and embraced through faith.



1 Cor 2:14-15 “14 *But the natural, nonspiritual man does not accept or welcome or admit into his heart the gifts and teachings and revelations of the Spirit of God, for they are folly (meaningless nonsense) to him; and he is incapable of knowing them [of progressively recognizing, understanding, and becoming better acquainted with them] because they are spiritually discerned and estimated and appreciated.*

15 ***But the spiritual man tries all things [he examines, investigates, inquires into, questions, and discerns all things], yet is himself to be put on trial and judged by no one [he can read the meaning of everything, but no one can properly discern or appraise or get an insight into him].”***

But we are not just natural men. We are men and women whose spirits are alive, who have been born again. And we can discern (appraise) the spiritual truth that has to do with what God says about a fact or situation. By the power of His Spirit working within us, we can embrace His Truth.

The following examples illustrate the difference between believing factual truth and believing God's truth.

<p>1. Apparent Fact:</p> <p>2. God’s Truth:</p>	<p>I’m a victim of difficult circumstances.</p> <p>I am an over comer. I am more than a conqueror.</p>
<p>1. Apparent Fact:</p> <p>2. God’s Truth:</p>	<p>I am just nobody, going nowhere.</p> <p>I chose you before the foundation of the world. My plans for you are good.</p>
<p>1. Apparent Fact:</p> <p>2. God’s Truth:</p>	<p>The leadership of this church can’t be trusted.</p> <p>I am building my Church.</p>
<p>1. Apparent Fact:</p> <p>2. God’s Truth:</p>	<p>So much is changing, I can’t count on anything.</p> <p>I am the same yesterday, today and forever. Put your trust in Me.</p>
<p>1. Apparent Fact:</p> <p>2. God’s Truth:</p>	<p>I am going through many trials and difficulties.</p> <p>I will bring you through trials that I may mature you.</p>

Can you hear the difference between believing the “reality” of our circumstances or believing and confessing God’s **eternal Truth**?

We don’t negate the level of fact, we just say, “*God, there’s something more, more than just the facts that my natural eyes are seeing and my natural circumstances are causing to happen. There’s something more, and that’s **Your Truth.***”



Prayer:

Lord, help me to be that spiritual man / woman that can discern and embrace Your **Truth**.

D. Scriptural Basis: Beliefs and Their Dynamics

As you may have noticed, we like to have a scriptural basis for everything that we teach. Yet, since the Bible was not written to cover every detail of life, sometimes we have to infer from scriptural principles what the Logos has to say about a particular topic. We also depend on the Holy Spirit to teach us, as He *"brings all things to our remembrance."* (KJV)

1. Importance of What We Believe for Salvation

The first group of verses (**Acts 16:31** and **Rom 10:9-10**) apply the Law of Sowing and Reaping to believing, i.e., beliefs. If we **plant belief seeds** contrary to God's Word in our heart (**Matt. 13:19**), we sooner or later **reap a harvest** of like contrary nature (**Matt. 15:18-20**).

As just discussed, this experience of "reaping" what we were already expecting to happen further reinforces the Ungodly Beliefs, leading us into greater distress and frustration.



We include these verses to remind us of how important our belief system is, and that our beliefs can make the difference between heaven and hell.

In **Acts 16:31** we are promised, *"Believe in the Lord Jesus Christ [give yourself up to Him, take yourself out of your own keeping and entrust yourself into His keeping] and you will be saved, [and this applies both to] you and your household as well."*

2. Importance of What We Believe in Shaping Situations

The next group of verses relates the importance of what we believe to the shaping of situations and events surrounding us. This concept is frequently taught by various occult, psychic, and secret societies.

It is summed up in the phrase, "*Creating your own reality.*" These people work very hard at shaping/creating their own reality, usually for selfish reasons.



Some of the people involved probably think that their motivations are not selfish, but normally they are for selfish reasons because these people are not saved.

Believers should be shaping situations and their responses to them under the direction of the Holy Spirit, so that **Godly seed** and **Godly harvests** are planted and reaped, rather than planting the seed of the devil.

Please see **Mat 15:18-20**.

Scriptures Concerning Ungodly Beliefs

Importance of What We Believe for Salvation

Acts 16:31 "...Believe in the Lord Jesus Christ [give yourself up to Him, take yourself out of your own keeping and entrust yourself into His keeping] and you will be saved, [and this applies both to] you and your household as well."

Rom 10:9-10 "... if you acknowledge and confess with your lips that Jesus is Lord and in your heart believe (adhere to, trust in, and rely on the truth) that God raised Him from the dead, you will be saved.

10 For with the heart a person believes (adheres to, trusts in, and relies on Christ) and so is justified (declared righteous, acceptable to God), and with the mouth he confesses (declares openly and speaks out freely his faith) and confirms [his] salvation."

Importance of What We Believe in Shaping Situations

Mk 11:22-24 "22 And Jesus, replying, said to them, Have faith in God [constantly].

23 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.

24 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]."

Prov 23:7 "7 For as he thinks in his heart, so is he..."

Gal 6:7-9 “7 Do not be deceived and deluded and misled; God will not allow Himself to be sneered at (scorned, disdained, or mocked by mere pretensions or professions, or by His precepts being set aside.) [He inevitably deludes himself who attempts to delude God.] For whatever a man sows, that and that only is what he will reap.

8 For he who sows to his own flesh (lower nature, sensuality) will from the flesh reap decay and ruin and destruction, but he who sows to the Spirit will from the Spirit reap eternal life.

9 And let us not lose heart and grow weary and faint in acting nobly and doing right, for in due time and at the appointed season we shall reap, if we do not loosen and relax our courage and faint.”

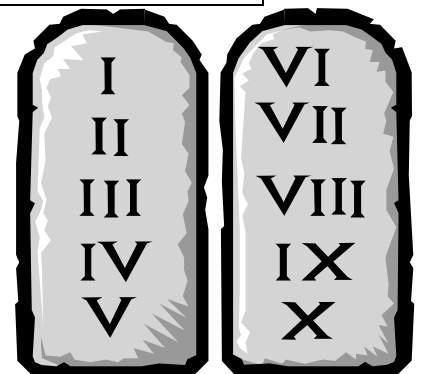
Heb 12:14-15 “14 Strive to live in peace with everybody and pursue that consecration and holiness without which no one will [ever] see the Lord.
15 Exercise foresight and be on the watch to look [after one another], to see that no one falls back from and fails to secure God’s grace (His unmerited favor and spiritual blessing), in order that no root of resentment (rancor, bitterness, or hatred) shoots forth and causes trouble and bitter torment, and the many become contaminated and defiled by it—“

Mat 7:1-2 “1 DO NOT judge and criticize and condemn others, so that you may not be judged and criticized and condemned yourselves.
2 For just as you judge and criticize and condemn others, you will be judged and criticized and condemned, and in accordance with the measure you [use to] deal out to others, it will be dealt out again to you.”

Luke 6:37-38 “37 Judge not [neither pronouncing judgment nor subjecting to censure], and you will not be judged; do not condemn and pronounce guilty, and you will not be condemned and pronounced guilty; acquit and forgive and release (give up resentment, let it drop), and you will be acquitted and forgiven and released.
38 Give, and [gifts] will be given to you; good measure, pressed down, shaken together, and running over, will they pour into [the pouch formed by] the bosom [of your robe and used as a bag]. For with the measure you deal out [with the measure you use when you confer benefits on others], it will be measured back to you.”

Mark 11:22-24 is a passage that we refer to continually, when we talk about the **Laws of God**.

Mark 11:22-24 “22 And Jesus, replying, said to them, Have faith in God [constantly].
23 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.



24 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]."

This is a very, very important passage in showing the universality of the **Principle of Sowing and Reaping**. As we plant thought seeds (in our heart), they do (eventually) affect our reality.

Verse 23 contains the general principle that if we believe in our heart, down in the soil of our heart where (thought) seeds are planted, and if we don't doubt, we shall have what we say.

We usually read this verse from the prayer point of view, since that is how Jesus is applying the general principle of Sowing and Reaping. But the power behind the **Law of Sowing and Reaping** is at work all of the time, not just when we are praying. Whatever we are planting with faith, with expectancy, with absolute confidence that we shall have it, we will have it. Good thing or bad, we will have it.

It is a fact that we can plant a seed at any time of the year. At some of these times, there is a greater chance that the seed will sprout up and come to harvest, but we can plant all year round, winter time, spring, etc.

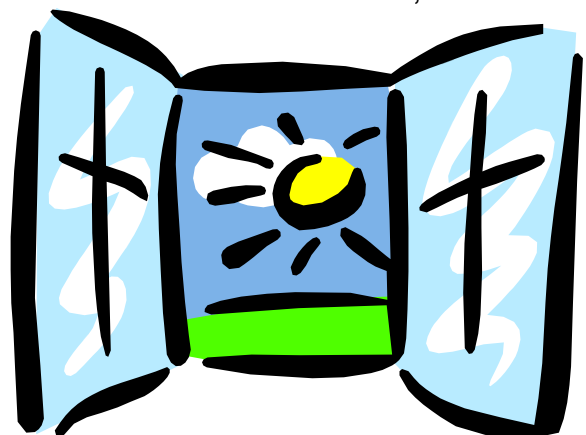
Depending on where we live in the world, the seed may come up all year round, or it may not come up at all (if we plant in the winter). Likewise, we can plant thought seeds, good or bad, at any time.

Whether we receive a harvest or not, and how big the harvest is, depends on many factors. Now we don't want you to be fearful about every stray, negative thought coming through your minds, implying that you will immediately have this huge, horrible, harvest coming down upon you.

But when there is repetition, when there is prayer (whether out of faith or fear), when it goes down into your heart and it is received as the truth, when it gets planted there as something that you just know that you know that you know, then there is a high likelihood that a harvest, sooner or later, will come.

CORE BELIEFS:

Now, the Ungodly Beliefs that we grew up with, that we received and made our own without even thinking about them, tend to be the "absolute" type of belief.



That is, since they have been planted at the **very core of our being**, we don't even think about them to question whether they really are true. They are **foundational things in our life**. We know that we know them without knowing that we know them.

They are just as sure as truths that "The sun is going to come up in the morning," and "The sky is blue." And so, as these deeply planted belief/thought seeds produce a harvest, the same thoughts go through our mind again and again.

Usually we don't even register that they are passing through, because they are such "givens." They continue to be planted again and again, and so continue to produce harvest after harvest, confirming and verifying the core belief

Besides the replanting that happens, the **expectations associated** with the harvest also come to pass, further validating the belief. We have shaped our reality.

God's universe has responded to our seed planting and produced a harvest. Of course, there may be some demonic influence working with the ungodly expectations, amplifying, accelerating, stirring up the response and causing the situations to appear worse than they might otherwise.

To summarize, what we believe (in our heart), say (think), expect (to have), we will receive. God's Word promises this. So **our beliefs get reinforced by our experience, what we experience reinforces our beliefs, and around we go.**

"See the facts, here they are. This shows I was rejected again. It proves that my belief, my expectation that I will be rejected, is valid." Since our **beliefs** cause our **expectations**, the **expectations** shape our **reality**, and our **reality** influences our **beliefs**, we find ourselves on a downward spiral that seems out of control.

Breaking Free of the "Bad" Harvest"

To break out of this takes some effort. We have to work at it. But God has provided a way, if we will appropriate it. Of course, we also must allow for the Law of the Time to Harvest.

It takes time to change the direction of our experiences.

Proverbs 23:7 is one that we discussed earlier. We become what we believe that we are. Again, another statement of the Law of Sowing and Reaping.

Galatians 6:7-9 *"7 Do not be deceived and deluded and misled; God will not allow Himself to be sneered at (scorned, disdained, or mocked by mere pretensions or professions, or by His precepts being set aside.) [He inevitably deludes himself who attempts to delude God.] For whatever a man sows, that and that only is what he will reap.*

8 For he who sows to his own flesh (lower nature, sensuality) will from the flesh reap decay and ruin and destruction, but he who sows to the Spirit will from the Spirit reap eternal life.

9 And let us not lose heart and grow weary and faint in acting nobly and doing right, for in due time and at the appointed season we shall reap, if we do not loosen and relax our courage and faint."

In **Galatians 6:7-9**, God is stating that whatever we sow, whether we sow to the flesh or we sow to the spirit, the Law of Sowing and Reaping will bring forth a harvest. **The law has a universal nature.** That is, it applies in all realms, it applies with all people. The law doesn't care whether a saved or an unsaved person plants the seed.

Sowing thought seeds (beliefs) produces a harvest in the soulish realm and/or possibly in the spiritual realm.

But then, as others respond to the spiritual pressure of our expectations, they "do" in the physical realm what the thoughts projected.

While we are on the subject of sowing and reaping, please note that the **beatitudes** reflect this same principle, particularly

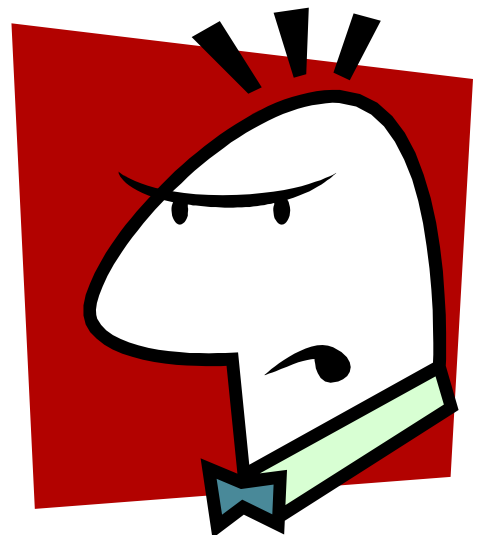


Mat 5:7 *"7 Blessed (happy, to be envied, and spiritually prosperous—with life-joy and satisfaction in God's favor and salvation, regardless of their outward conditions) are the merciful, for they shall obtain mercy!"*

ROOT OF BITTERNESS:

Hebrews 12:14-15 refers to a root of bitterness. The context of the passage is "living at peace with all men." If we are not living at peace, then we are likely to be planting seeds of **unforgiveness, anger, resentment, envy, and bitterness.** Bitterness is a particularly "hardy" plant that usually underlies **criticism, gossip, murmuring, complaining,** etc.

God is cautioning us to not plant **seeds of bitterness,** because the root will follow, and then the harvest that will affect (defile) many others. The Law of Sowing and Reaping is at work again. God says to follow peace, don't follow bitterness.



Size of the Harvest:

Look next at **Matthew 7:1-2**.

Matthew 7:1-2 *"1 DO NOT **judge** and **criticize** and **condemn** others, so that you may not be judged and criticized and condemned yourselves. 2 For just as you judge and criticize and condemn others, you will be judged and criticized and condemned, and in accordance **with the measure you [use to] deal out to others, it will be dealt out again to you.**"*

This passage belongs in the section on "**Hazard of Believing Lies**," but it is also an expression of the Law of Sowing and Reaping.

It further shows us that the amount of seed reaped relative to the number planted will be in proportion. If we plant with teaspoons, we will reap in proportion to teaspoons. If we plant with bushel baskets, our harvest will be relative to bushels.

So it is with planting **ungodly beliefs**. The stronger, more intense our belief is, the more we "think" it and plant it in our hearts, the larger the harvest.

Judging and Condemning:

Luke 6:37, a companion verse to **Matthew 7:1-2**, says, "*Judge not and you shall not be judged.*" The verse continues, "*Condemn not and you shall not be condemned.*"

Do you hear the sowing and reaping in this? If we don't plant seeds of condemnation, then we won't reap a harvest of condemnation. Then the verse reads, "*Forgive and you shall be forgiven.*" Now here we have a good harvest to receive.

This is a real impetus to forgive other people, so that we will be forgiven.



Giving and Multiplying:

And then, of course, we have **Luke 6:38**, which is the famous verse for everyone who is trying to get rich. *"Give and it shall be given unto you."*

This is God's Word, it says if you plant seeds of giving, it shall be given unto you (us). We can't avoid it. That's a wonderful thing if it's applied in a Godly way.

But if we are giving out bitterness or hatred or anger or violence or rage or abuse, things such as these, watch out.

If these are what we are giving out, then these shall be given unto us, *"full measure, pressed down, shaken together, running over."* But we don't want to reap that kind of harvest, do we?

3. Balancing Word: For the Spiritual Man

If we just looked at the previous verses, we probably would stop thinking altogether, out of fear of wrong thinking. The next group of verses provides a balance to the previous group, particularly to **Matthew 7:1** (judge not).

It is possible to become so "non judging" that other problems arise. God does want us to judge with "righteous" judgment (**Jn 7:24**), particularly when we are in a place of responsibility and authority.

He wants us to be spiritually sensitive and discerning, aware of what's going on. As counselors, it is essential that we learn to judge by the Holy Spirit, so that we can discern both the good and evil in the people to whom we are ministering.'

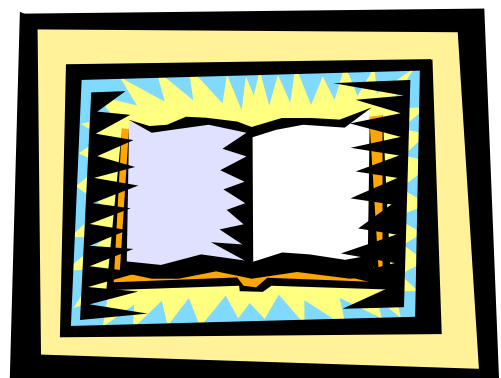
Looking at **1 Corinthians 2:14-15**, we see that the writer Paul clearly states that, *"The spiritual man makes judgments (discernments) about all things."*

We do need to know what's going on around us. But we are not to take that understanding, that comprehension, and become judge and jury, handing out a judgment (verdict) of "guilty," and carrying out a sentence of separating ourselves from other people and being critical.



John 7:24 instructs us how to judge, not by appearance but by righteous judgment. We do this by the Spirit. We should not go on appearance, just as Christ did not (and still doesn't. (**Is. 11:3**) Appearance has to do with facts, with the situation, and how things seem to be.

God wants us to not go by the facts, situation, or appearance, but to go by the truth, the Word of God.



So, when we see somebody in sin, we are to know and understand what is going on, but not judge (condemn) the person. Rather, help them get free. (Gal. 6:1)

Hebrews 5:14 is a great verse.

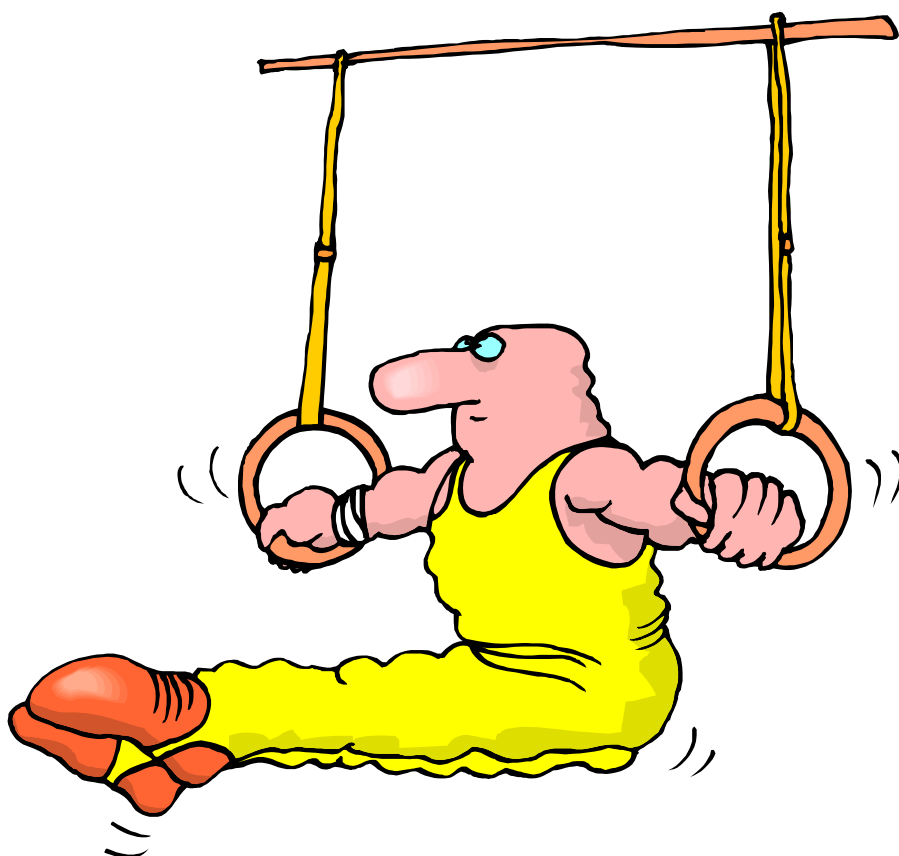
Hebrews 5:14 "14 But solid food is for full-grown men, for those whose **senses and mental faculties are trained by practice to discriminate and distinguish** between what is morally good and noble and what is evil and contrary either to divine or human law."

This passage provides us with an impetus to mature, as well as having a real truth about maturing. The author of Hebrews is writing to people who are basically still babies. The Amplified Version of the Bible really makes this clear.

PRACTICE!!

Note the phrase, "*trained by practice.*" The NIV has, "*by constant use have trained themselves.*" The KJV reads, "*by reason of use have their senses exercised to discern both good and evil.*"

The common attitude that spiritual gifts are just "present" and we either have them or we don't have them, that we either use them or we don't, is contradicted by this verse. As far as we are concerned, the Word makes it clear, and experience makes it clear, that we **need to practice**.



4. God's Plan and Purpose for Our Beliefs

The fourth group of verses shows God's plan for our beliefs. While our spirits were redeemed when we were born again, the redemption of our soul is "in process." Renewing of the mind is the key element in this part of sanctification. Our responsibility is to give ourselves to the process, cooperating with God rather than resisting Him.

Scriptures Concerning Ungodly Beliefs

Balancing Word: For the Spiritual Man

1 Cor 2:14-15 The man without the Spirit does not accept the things that come from the Spirit of God, for they are foolishness to him, and he cannot understand them, because they are spiritually discerned. The spiritual man makes judgments (appraises, discerns) about all things, but he himself is not subject to any man's judgment: (NIV)

Jn 7:24 Stop judging by mere appearances, and make a right judgment. (NIV)

Jn 8:15-16 (reinforces **Jn 7:24**)

Heb 5:14 But solid food is for full-grown men (i.e., the mature Christian), for those whose senses and mental faculties (i.e., spiritual gifts) are trained by practice to discriminate and distinguish between what is morally good and noble and what is evil and contrary either to divine or human law (i.e., UGBs, things that are contrary to God's way). (AMP)

1 Thes 5:21 Test everything. Hold on to the good. (NIV)

God's Plan and Purpose for Our Beliefs

Rom 12:2 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]. (AMP)

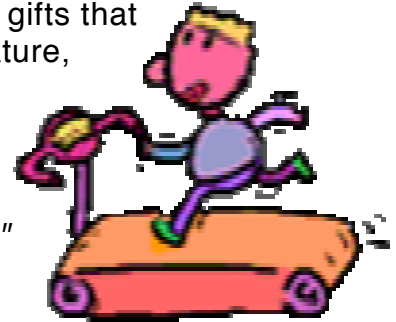
Eph 4:22-23 that, in reference to your former manner of life, you lay aside the old self, which is being corrupted in accordance with the lusts of deceit, and that you be renewed in the spirit of your minds, (NAS)

1 Pet 4:1 ... arm yourselves likewise with the same mind: (attitude)... (KJV)

Col 3:9-10 ... seeing that ye have put off the old man with his deeds; And have put on the new [man], which is renewed in knowledge after the image of him that created him: (KJV)

2 Cor 10:3-5 For though we walk in the flesh, we do not war after the flesh: (For the weapons of our warfare [are] not carnal, but mighty through God to the pulling down of strongholds;) Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ; (KJV)

We need to exercise; we need to learn how to use the gifts that God has deposited within us. As we practice, as we mature, we become better able to discern between good and evil. We have to "judge" as a part of "discerning."



The final verse in this group is **1 Thessalonians 5:21**. It states, "*Prove all things; hold fast that which is good.*" (KJV) If we don't discern, we can't prove; we can't judge; we can't hold on to the good. There is a balance to "*judge not.*"

But let's go on to God's heart regarding our beliefs. He wants His sons and daughters to be like Him.

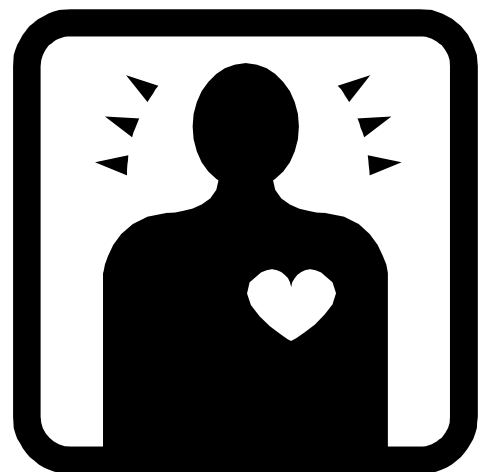
Hazard of Believing Lies

The **fifth group** of scriptures shows the **extreme danger** of holding on to Ungodly Beliefs, particularly after being exposed to the gospel. We would rather not include this section, but we must if we are to have a balanced and complete teaching on beliefs. We are attempting to further encourage you to have your minds renewed, because as men and women **deliberately choose to reject the truth, they are in grave danger.**

The author of Hebrews clearly understood the connection between unbelief, lack of faith, and disobedience. He makes it clear in **Heb 3:12** that **an unbelieving heart is a sinful heart.**

We could even say that an unbelieving heart can not be obedient, because it will be controlled by the old nature.

Here the nation of Israel is our example, as they wandered for 38 years because of their unbelief.



The adult males that came out of Egypt died in the wilderness. On the other hand, a believing, faith-filled heart leads to obedience and entrance into God's Sabbath-rest.

David Wilkerson wrote on **unbelief** in one of his newsletters, calling it, "*The Mother of All Sins!*"

"*This sin is ... the one that gives birth to all others,*" he declares. Among his many valid points, he has "*Our unbelief makes God a liar!*" We are afraid to take God at His Word, to really believe Him.

We effectively say to God, "*Your promises sound real nice, but my problems are too big for you,*" or "*Your promises are for everyone else, because I am too unworthy to receive anything from you.*" Declaring that God is a liar is hazardous.

The next set of Scriptures begins to get down into the hard spots, the part of the Gospel we would rather not hear. In Romans, we read about the hazards of exchanging the truth of God for a lie (**verse 25**).

If this downward trend continues, we may eventually be given over to a depraved (reprobate) mind (**verse 28**). A reprobate mind is one that can not be changed (again).

A reprobate mind has turned so far away from God, the will has been so set against His purpose and practice, that there is no way for it to be turned back. This is a serious situation, deadly serious.

In **2 Corinthians 4:3-4**, we see that those who are perishing (because they ignore the truth and believed a lie) have given the god of this world the ability to blind their minds. It is likely that this is true even if a portion of our mind is, "*believing not.*" The unbelieving part is an Ungodly Beliefs area.

In **2 Peter 1:9-10**, we have the opposite view of this truth. If we do not grow in Godly qualities, as Peter has enumerated in the earlier verses, then we open ourselves for the god of this world to blind us (**2 Cor 4:4**), because we have become "nearsighted and blind."



There is a call to us to not become casual, but to press in, "*To make your calling and election sure. For if you do these things, you will never fall.*"

We grow in Godly qualities as our minds are renewed and the truth is more and more firmly established.

In **1 Timothy 4:1-3**, a very familiar passage, Paul writes, "*Now, the Spirit speaks expressly, that in the latter times some shall depart from the faith giving heed to seducing spirits and doctrines of devils.*" (KJV) A doctrine is a teaching, something we believe. Doctrines of devils, obviously, would be contrary to the Word of God.

If we are susceptible to being seduced by "hypocritical liars," then we may receive and believe lies, leading to a real danger of departing or abandoning the faith.

2 Thessalonians 2:10-12 is about satan and deception. *"(And he comes) with all deceivableness of unrighteousness in them that perish; because they received not the love of the truth, that they might be saved."* (KJV)

Men have to be willing to receive the truth to be saved. *"And for this cause (reason), God shall send them strong delusion, that they should believe a lie:"* (KJV)

It is difficult to read these passages, because we know Him as a loving, gracious Father God. But He is a judging God as well, and if people reject Him and His truth, preferring to believe a lie, apparently a strong delusion comes that confines them to the lie (the Ungodly Beliefs).



They become trapped. We do not want to be among this group. We don't want anyone else to be in this group.

Scriptures Concerning Ungodly Beliefs

Hazard of Believing Lies

Heb 3:12-4:9 See to it, brothers, that none of you has a sinful, unbelieving heart that turns away from the living God. But encourage one another daily ... so that none of you may be hardened by sin's deceitfulness. ... "Today, if you hear his voice, do not harden your hearts as you did in the rebellion." ... Was it not with those who sinned ... to whom did God swear that they would never enter his rest if not to those who disobeyed? So we see that they were not able to enter, because of their unbelief. ... Now we who have believed enter that rest ... a Sabbath-rest for the people of God; (NIV)

Rom 1:18-2:11 The wrath of God is being revealed from heaven against all the godlessness and wickedness of men who suppress the truth by their wickedness, ... For although they knew God, they neither glorified him as God nor gave thanks to him, ... Therefore God gave them over in the sinful desires of their hearts to sexual impurity for the degrading of their bodies with one another. They exchanged the truth of God for a lie, ... Furthermore, since they did not think it worthwhile to retain the knowledge of God, he gave them over to a depraved mind, ... Although they know God's righteous decree ..., they not only continue to do these very things but also approve of those who practice them. ... God "will give to each person according to what he has done." ... But for those who are self-seeking and who reject the truth and follow evil, there will be wrath and anger. (NIV)

2 Cor 4:3-4 "but if our gospel be hid, it is hid to them that are lost: in whom the god of this world hath blinded the minds of them which believe not (they're believing a lie), lest the light of the glorious gospel of Christ, who is the image of God, should shine unto them." (KJV)

2 Pet 1:9-10 But if anyone does not have them (godly qualities), he is nearsighted and blind, and has forgotten that he has been cleansed from his past sins. Therefore, my brothers, be all the more eager to make your calling and election sure. For if you do these things, you will never fall, (NIV)

1 Tim 4:1-3 The Spirit clearly says that in later times some will abandon the faith and follow deceiving spirits and things taught by demons. Such teachings come through hypocritical liars, whose consciences have been seared as with a hot iron. They forbid people to marry and order them to abstain from certain foods, which God created to be received with thanksgiving by those who believe and who know the truth. (NIV)

2 Thes 2:10-12 And in every sort of evil that deceives those who are perishing. They perish because they refused to love the truth and so be saved. For this reason God sends them a powerful delusion so that they will believe the lie and so that all will be condemned who have not believed the truth but have delighted in wickedness. (NIV)

6. How We are Progressively Saved

Our faith is better than what the above passages describe. The verses in the next table show how we are being progressively saved.

2 Thessalonians 2:13 shows God's process of salvation through sanctification and belief of the truth. **Sanctification is progressive conversion and holiness.**

Having our minds renewed is an important part of the process, as we progressively think more and more like God. We were saved; we are being saved; and one day, we will be totally and completely and finally saved at the resurrection/translation. (**Phil. 2:12; Rom. 8:23**)

John 17:17 further clarifies this progressive sanctification, as we see that the Holy Spirit sanctifies us by the truth, the Word of God. This reminds us of Ephesians, where Paul writes,

Eph 5:26

"To make her (the Church) holy, cleansing her by the washing with water through the word." (NIV)

Washing involves time, the time for sanctification.



Romans 1: 17 and **2 Corinthians 3:18** reveal the time process of sanctification. While we are righteous because of our legal standing with God, in another sense we are becoming more righteous, from **faith to faith**, as we grow in our faith walk.

Likewise, we continue to reflect the Glory of the Image of the Lord in a stronger and stronger way, as we progress from **glory to glory**.

The real key to becoming like Jesus is revealed to us in **Isaiah 26:3-4** and **Colossians 3:1-2**, the New Testament statement of the Old Testament truth. When our hearts/ minds are "**stayed**" on God and not on earthly things, then we are not distracted away from whose we are and who we serve. (**Acts 27:23**)

We become the image that we are looking at, reflecting, as discussed in the previous paragraph.

How to Replace Ungodly with Godly Beliefs

1. Purpose

The purpose for writing Godly Beliefs is to clearly identify what God's Word says about any belief problem area so that we can align our beliefs with God's. The written Godly Beliefs are a help in the process of letting go of the wrong beliefs (Ungodly Beliefs) that do not agree with God's Word. They help in releasing ourselves and others from the **beliefs, judgments** (labels), and **expectations** that keep us locked into less than what God has for us. We want to line ourselves up with His plans and purposes, and not put limits on His abilities or His Grace.



Scriptures Concerning Ungodly Beliefs

How We are Progressively Saved

2 Thes 2:13 But we ought always to thank God for you, brothers loved by the Lord, because from the beginning God chose you to be saved through the sanctifying work of the Spirit and through belief in the truth. (NIV)

John 17:17 Sanctify them by the truth; Your Word is truth. (NIV)

Rom 1:17 For therein is the righteousness of God revealed from faith to faith: as it is written, The just shall live by faith. (KJV)

2 Cor 3:18 But we all ... are changed into the same Image from glory to glory, [even] as by the Spirit of the Lord. (KJV)

Isa 26:3-4 Thou wilt keep [him] in perfect peace, [whose] mind [is] stayed [on thee]: because he trusteth in Thee. Trust ye in the LORD for ever: for in the LORD JEHOVAH [is] everlasting strength: (KJV)

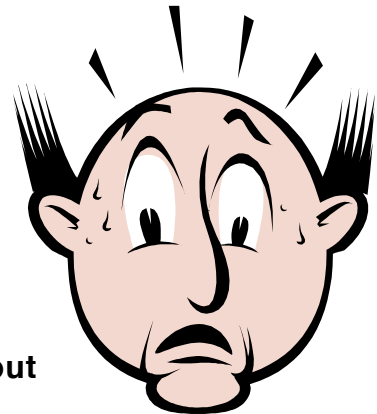
Col 3:1-2 Since, then, you have been raised with Christ, set your hearts on (keep seeking) things above, where Christ is seated at the Right Hand of God. Set your minds (affection) on things above, not on earthly things. (NIV)

As counsellors, we believe that using this procedure with your counselees will help them gain considerable freedom from the tyranny of their Ungodly Beliefs. As they talk, listen to them and to the Holy Spirit to hear the Ungodly Beliefs underlying their conversation.

The procedure for helping someone change an Ungodly Beliefs into a Godly Beliefs is to:

1. **Identify** a thought, belief, expectation, etc.; a "given," that the counselee has that is not in agreement with God's Word.

His **fears, worries, anger, resentments, hurts, unbelief, doubts, bitterness, and blaming** are a good indicator of his Ungodly Beliefs.



These can be brought out by helping him **think about recent occurrences** of negative emotions and/or behaviour, and then digging down under the emotions to determine the underlying beliefs (we like to go for the root Ungodly Beliefs, that support and undergird the more obvious ones).

It is almost certain that these beliefs will contradict and disagree with the principles of God's Word, i.e., what God says about Him, others, His Church, what He can do (or has done), who He says that He is, etc.

Every time you identify an Ungodly Belief, dig deeper. Ask the Holy Spirit if there is a "more core" Ungodly Belief under the identified one. Let us encourage you to "go for the roots."

2. **Define** the Ungodly Belief.

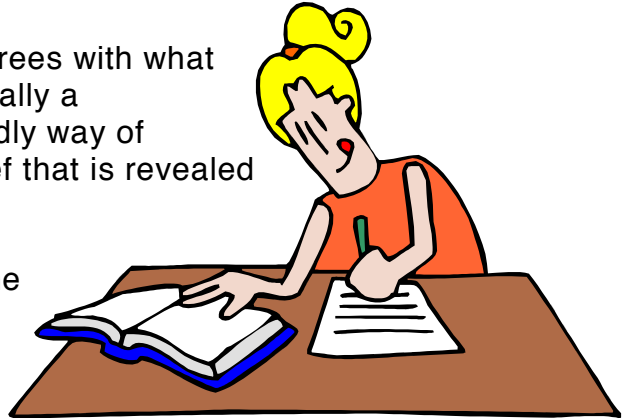
Express the Ungodly Belief as a statement, usually declarative. It helps to make a stark, blunt, clear statement, to emphasize the reality of the unbelief.

Usually the beliefs can be stated in two to three sentences. If the counselee can be honest with himself, he may be shocked at how much fear, resentment, and/or unbelief the statement contains.

3. **Define** the Godly Belief.

A good Godly Belief is a statement that agrees with what God's Word says is true. Again, this is usually a declarative statement. We express the Godly way of looking at the same concept/principle/belief that is revealed by the Ungodly Belief.

Sometimes we write the Godly Belief for the counselee. At other times, depending on how the Holy Spirit leads us in assessing the ability of the counselee, we let the counselee write the Godly Belief.



We help him do this by discussing his thoughts and making notes of his prayers during the ministry time, as the Holy Spirit leads him in praying/affirming the new Godly Belief. We let him complete the writing of his Godly Beliefs after the counselling session.

4. **Minister** to the Ungodly Belief.

Use the ministry steps in the next section to break the power of the Ungodly Beliefs and to set the stage for the Godly Beliefs to come forth. Go through the process of forgiveness, repentance, and renouncing the Ungodly Beliefs. Declare and receive the Godly Beliefs.

5. **Use Scripture** to support and verify that the new belief is Godly.

Pray and ask the Holy Spirit to lead the counselee to scriptures that support the Godly Beliefs during his prayer time (at home).

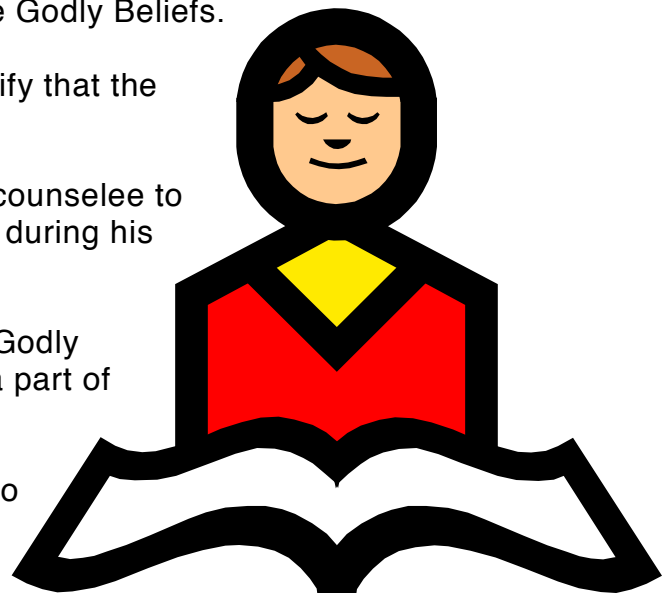
Instruct him to add the scriptures to the Godly Beliefs and to include the scriptures as a part of his prayer time.

We want his faith to be solidly attached to the Word, and not onto our opinion.

6. **Fine Tune** what has been written.

Instruct the counselee to rewrite the Godly Beliefs, to use words that really express what he knows that God wants him to believe.

Have him fine tune and adjust the statement until it "fits" him.



7. **Most Essential** for Freedom.

Stress to the counselee that it is important to take seriously the **forty day period** needed to change any habit, if he desires to gain real freedom.

Since his patterns of thinking are habits, it takes about this amount of time for the newly "planted" beliefs to be well rooted and to begin to manifest in his life.

Have him continue to pray that the Holy Spirit will plant the new beliefs deep into his heart.

Have him continue to meditate on their truth and meaning. The point is not just positive confession, but rather to have his heart changed, so that he can begin to think, make decisions, and have expectations corresponding to a Godly Beliefs system.

Example: This is an Ungodly Belief in the area of **not belonging**. The person for whom it has been written had been left and ignored by his father. He had never bonded with either parent.

Ungodly Belief:

I am alone in the world, I have no one who cares. I have to make my own way.

Possible Godly Beliefs

I am not alone in the world, because God has given me Himself, my wife, and my family of God, i.e., the Church.

God cares, my wife cares, and my brothers and sisters in Christ care for me and about me.

I can let go of having to make my own way, because I am God's child. He leads me; He establishes my path.

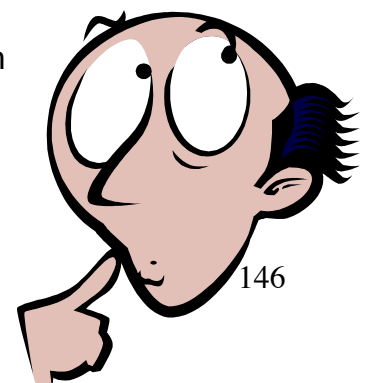
I belong completely to God, my Father, Jesus, my Brother, and the Holy Spirit, my comforter. I belong to my wife, as God has and is causing us to become one. I belong to the Body of Christ, and they belong to me.

Helpful Hints for Writing Godly Beliefs

The following are some helpful hints for writing Godly Beliefs in the categories of self, others, and God.

a. Godly Beliefs Concerning Self

In this category, we might want to include statements such as *"with God's help"* or *"by His grace He will enable me to ..."*, so that we don't have to face the entire transition from old to new in one step.



Otherwise, our new Godly Beliefs could sound like a lie to us. For example, trying to help someone change from *"I can never remember names"* to *"I always remember names."*

Before the new Godly Beliefs begins to produce a harvest, while they are still not remembering names, the Godly Beliefs toward which they are headed would be a lie.

Example: Ungodly Belief

I will always be lonely.

Godly Belief:

With God's help, I will begin to reach out to others, and also to receive from them. He has designed me to fit into His Body, the Church

Sometimes, in beliefs concerning self, a Godly Belief amounts to a declaration (what I will decide to do), regardless of other people or situations.

Example: Ungodly Belief

I will always drift from job to job, and never find my real direction.

Godly Belief:

As I submit myself to God, He will direct me in the plan and purpose He has for me.

b. Godly Beliefs Concerning Others

In a situation in which the Ungodly Belief involves another person, we need to look at what God says is **possible for that person**, not how he is behaving now.

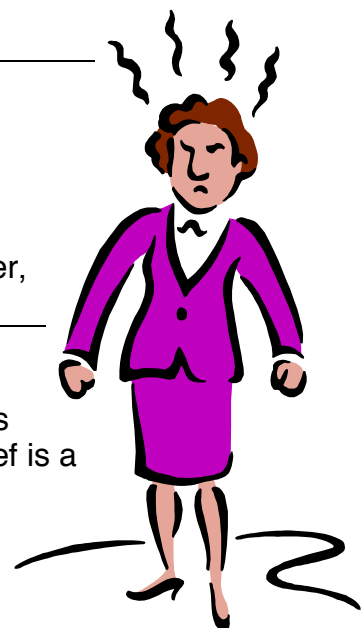
Example: Ungodly Belief:

My husband always gets angry at me.

Godly Belief:

God can enable my husband to not only control the anger, but to become completely free of this bondage.

Note, that we no longer identify the problem with the person, but we separate him from the problem. We focus on what God says, on what God can do. The Godly Belief is a statement of faith.



c. Godly Beliefs concerning God Himself or His Word

Ungodly Beliefs about God and/or His Word are very common. We must choose to believe what He says about Himself, rather than our fears or resentments toward Him.

It doesn't hurt to remember that our beliefs about God are strongly influenced by our experiences and relationship with our father.

Example: Ungodly Belief:

God heals others, but He won't (or can't) heal me.

Godly Belief:

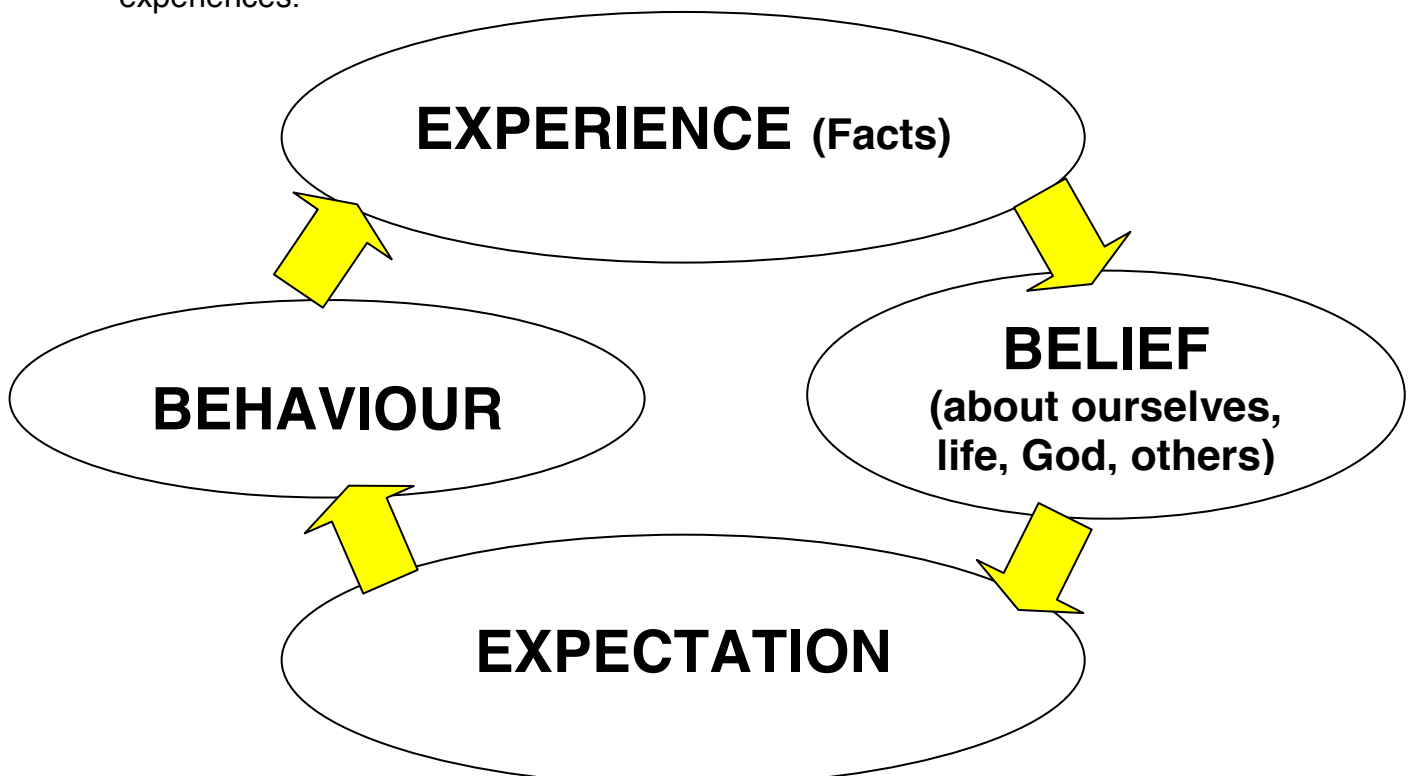
God is no respecter of persons. He loves all of His children equally. His healing is for me.

In approaching Ungodly Beliefs, we use the "Jeremiah" process of uprooting and tearing down before we can build and plant. The ministry process that follows is a method for uprooting the old, so that the ground is prepared for the new Godly Beliefs.

5. Practice

Prayer: May the Holy Spirit illuminate your mind with revelation in hearing, discerning, writing, and ministering to Ungodly Beliefs. May this practice bring understanding and clarity in all aspects of helping the Holy Spirit renew our minds. Amen!

Ungodly Beliefs are emotional thoughts which have been formed through our experiences.



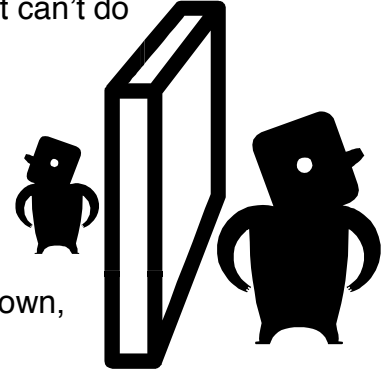
Example:

Ungodly Belief: “You can’t trust anyone.”

Reaction: But that’s really true, I haven’t been able to trust anyone! Are you going to tell me that I have to trust everyone? Because I just can’t do that!

Response: We know that this feels true based on your life experiences. We’re not denying the reality of what has happened to you.

With this belief in place, you’ll have to live a guarded life with no real, true relationships. It leaves you totally on your own, and it even prevents you from trusting God.



The Lord won’t leave you defenceless and without protection.

Step 1: Forgive the People

Lord, I forgive the people who helped me form the ungodly belief that I can’t trust anyone.” Name each individual one by one and talk about what they had done to help form and establish the belief that the counselee cannot trust anymore.

Step 2: Ask Forgiveness

“Lord, forgive me for how I have participated in this ungodly belief by isolating myself, by not ever sharing my real thoughts or feelings with anyone else and by not even trusting that You will answer my prayers.”

Step 3: Forgive Yourself

“I forgive myself for believing this ungodly belief.”

Thought: “But what if I don’t really feel like it inside?”

Answer: This is not about feelings, its about faith and confession. As the new Godly Beliefs are fully established, your feelings will follow.

Forgive yourself by faith and soon you will feel it in your heart.

Step 4: Renounce and Break Agreement with the Ungodly Belief

“I renounce and break agreement with the ungodly belief, ‘I can’t trust anybody.’

Now I choose to believe and receive my new Godly Belief...”

Wait and ask the Lord what He wants you to believe.

“I can trust the Lord to give me discernment and wisdom on who I can trust and to what degree. He will never fail me!”

Go through each ungodly belief step by step as laid out in our example above.

Next step: True Identity vs False Identity

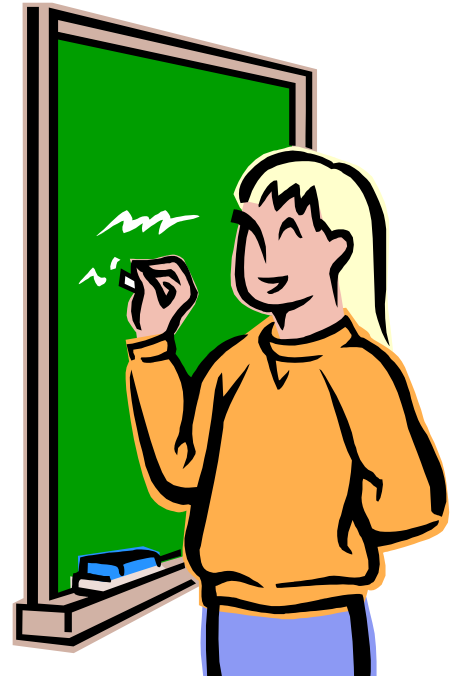
A good idea is to have a black board / white board and to divide the board in half.

On the left write the heading False Identity and on the right, True Identity.

Then write down every word that helped create the False Identity. You can now move to the other side of the board – True Identity.

Under this heading write down the words that align with God’s Word and what He said about the counselee.

For example:



False Identity	True Identity
Broken	Mended
Bad	Godly
Unloved	You’re loved
Afraid	Courageous
Ashamed	Double Honour
Used	Worthy
Abandoned	Accepted and welcomed
Insecure	Secure
Cold	Warm and Loving
Proud	Humble
Angry	Kind
Ugly	Beautiful
Dumb	Bright and clever
Rebellious	Submitted to God and Leaders

When the board is filled on both sides it is time for **prayer**.

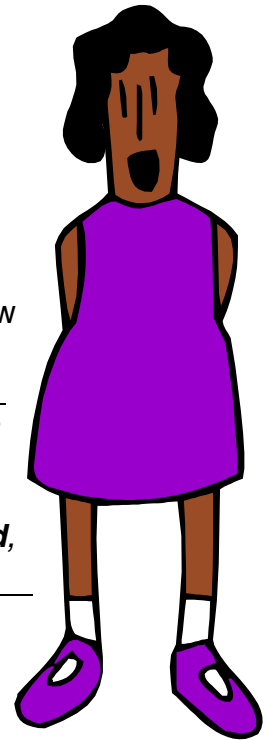
Stand on the left-hand side and renounce and break agreement with those words. As you do, erase each word.

“I renounce and break agreement with the false identity of:

- broken,
- bad,
- afraid,
- ashamed...”

It’s like stripping off old dirty rags from your past and having a new robe placed on you.

Is. 61:10 *“10 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.**”*



“Now I receive, accept and choose to believe the True Identity. I receive, accept and choose to believe my true identity, that:

- I am mended.
- I am Godly
- I am loved
- I am courageous
- I am Worthy
- I have double honour.
- I am cherished
- I am part of the family of God.
- I am special, healed, trusting, secure, etc.

Counsellors Prayer:

“We curse all the fruit in _____ (Counselee’s) life from the ungodly beliefs and the false identity. We pray that every habit and pattern of living and thinking will be changed to align with his / her new Godly beliefs. We take authority over the strongholds and every demon assigned to them. You have no right to _____ (Counselee’s) mind anymore. We bind all demonic activity and communication in Jesus Name.

Lord, let _____ (Counselee) new Godly beliefs and true identity take root, grow and prosper in her life. We command your heart, mind, will and body to line up with the truth of your Godly beliefs and true identity, in the Name of Jesus.

Father, we ask You to give _____ (Counselee) the faith and discipline to establish the mind of Christ within her. We bless you (Counselee) in Jesus Name!

VERY IMPORTANT!

Make a list of the Godly Beliefs and True Identity for the Counselee to take home so that they can read over them several times per day – for FORTY DAYS!

And / or you can make a spoken recording of them and play it over and over several times per day for FORTY DAYS.



ADDENDUM A: PETITIONS

PETITIONS FOR MEMORIES TO SURFACE

Father, we petition that You will, according to Your grace and mercy, start to reveal everything that has been done in the dark and behind closed doors to _____, according to Your Word in Luke 12: 2-3: There is nothing concealed that will not be disclosed or hidden that will not be made known. What you have said in the dark will be heard in the daylight, and what you have whispered in the ear in the inner rooms will be proclaimed from the roofs.

Father, we also petition that this information will be revealed under Your protection and only according to Your Word in Exodus 23: 29-30: But I will not drive them out in a single year, because the land would become desolate and the wild animals too numerous for you. Little by little I will drive them out before you, until you have increased enough to take possession of the land. We petition that this will be revealed as _____ is ready and strong enough to handle the information in the way You want _____ to handle it.

Father, we petition for a time of cease-fire in the spirit over _____'s life, until _____ is ready and has the knowledge and spiritual strength to fight back. Therefore, Father, we petition that You will protect _____ according to Your Word in Ps 91 and we forbid any backlash because of the release of information, in the Name of Jesus Christ of Nazareth. I petition that Your good hand will be upon _____ in this time, according to Ezra 7:9.

Thank You Father for Your faithfulness and commitment to _____. We give You all the glory!!

In the Name of Jesus Christ of Nazareth.

AMEN.

PETITION FOR MEETING OF BASIC NEEDS

Father, God of Israel, You are the Creator of the Heavens and the Earth! You have Created _____, You formed his/her inward parts; You did knit _____ in his/her Mother's womb. (Ps 139: 13)

Because You choose to give _____ the Breath of Life – he/she lives today! Regardless whether _____'s parents planned or wanted him/her, You chose to have given _____ life, welcoming him/her into this world!

Father, _____'s basic needs, he/she has had since conception, have not been met to the extent of being able to grow to full maturity. The lacking of acceptance, security, sense of purpose, nurturing, acknowledgement, etc have caused _____ to experience trauma and blocking his/her way to mental, emotional and spiritual maturity.

We bring _____ to Your Throne of Grace, placing him/her at Your feet and petitioning You to start a recreation work in his/her life, in the Name of Jesus.

Thank You, Father that You are not bound by time and can start this work in _____ even from the time of conception. We petition against Father Time and his time clocks over _____ life, in Jesus Name. We pray that he/ she be unbound from any of the stages of development, preventing _____ to grow to full maturity.

We ask You to redeem back every second of his/her life from Father Time that has held him back, in Jesus Name. We petition You to start to stimulate his/her neuron connections, as You spiritually meet each of the basic needs _____ experienced at those specific stages in his/her life.

Even where curses and sin have caused certain traits to be almost embedded in the brain and blocking certain connections and growth, we petition You, as You cleanse him/her from these sins, to start to reconnect the dendrites for new Godly pathways in his/her brain. Father, we know that it is You who open new ways for us, where there seem to be no way. You fill up the valleys and flatten the hills. Therefore do this to _____ mind, according to Your Word in **Isaiah 40: 3 – 4**.

Where damage has been done to _____ during pregnancy due to lack of nutrition, alcohol, drugs or smoking, we petition full restoration of his/her body, soul and spirit from that time.

We petition You Father, to start to cleanse _____ from all negative and damaging thought patterns, perceptions of life in general, of himself, others as well as of who You are. Will You fill those empty 'buckets' of need with Your unconditional love and teach _____ to discover joy camp and start living from Your overflowing supply of acceptance, security and comfort.

Father, we pray that You will cancel every ungodly, unhealthy balance or type of neurotransmitters and other chemicals/ hormones in his/her life, blocking change of thought patterns and causing anger, aggression or depression.

We pray that even the unhealthy demand by the receptors will be removed, that the shape and sensitivity of all receptors will change according to Your supply of love, in Jesus Name.

Father, we ask You to remove all ungodly barriers between the needed neurons and to break any ungodly seals over certain areas of _____ brain in Jesus Name.

We petition that _____ will therefore be enabled to **receive** Your love, acceptance, nurture, etc.

Father God, we petition You, according to Your Word in Isaiah 61, that _____ **mind's eyes and mind's ears** will open up and start to **recognize, see and hear** Your truth and be set free from the damage and hold of the past. We pray that _____ will become well known with joy camp and create new, Godly perceptions.

We pray that an unlocking of _____'s potential, gifts, insight and identification with Your opinion of him/her will take place, increasingly in _____'s life, in the Name of Jesus.

Father, we pray that as _____ spend more and more time in Your healing presence, Your overflowing love will fill the needs of _____ as an embryo, a new born, a baby, toddler, child, teenager, young adult, etc.

(During each and every stage of development _____ has already gone through.)

We petition that _____ will eventually even overflow in his/her own need 'buckets' and be able to, not only grow to maturity, but also minister to those around him/her with overflowing love and joy.

We pray and petition all of the above in the Name of Jesus Christ
Amen

Sign: _____ Date: _____

ADDENDUM B: PRACTICAL APPLICATION OF WALKING IN VICTORY

SWATTING THE FLY

Ed Silviso, founder of Harvest Evangelism, tells the story of a pastor who was walking along the seashore. As he was trying to enjoy the scenery a swarm of flies began bothering him. There is a spiritual truth here, the Lord said. Understand the life cycle of the fly and you will begin to understand how to get rid of the negative spiritual issues in your life.

Upon investigation the pastor found that the life cycle of the adult fly is 21 days in the summer. The larva stage of the fly is a few days and the pupa stage is three to seven days. The truth then became clear. If you can get rid of a fly and its offspring, then the cycle of the fly's generation is broken and you will be rid of all flies.

The Lord the told him to proclaim truth for forty days. Specifically he told the pastor to take an area of your life in which you want freedom. Find forty key biblical verses in that area and proclaim them as truth for forty days.



Proclaim the Truth for Forty Days:

Praying the Word Against:

1. Anger

Ps 4:4 *"In your anger do not sin; when you are on your beds, search your hearts and be silent."*

Ps 37:8 *"Refrain from anger and turn from wrath; do not fret-- it leads only to evil."*

Prov 15:1 *"A gentle answer turns away wrath, but a harsh word stirs up anger."*

Prov 27:4 *"Anger is cruel and fury overwhelming, but who can stand before jealousy?"*

Prov 29:8 *"Mockers stir up a city, but wise men turn away anger."*

Prov 29:11 *"A fool gives full vent to his anger, but a wise man keeps himself under control."*

Prov 30:33 *"For as churning the milk produces butter, and as twisting the nose produces blood, so stirring up anger produces strife."*

Eccl 7:9 *"Do not be quickly provoked in your spirit, for anger resides in the lap of fools."*

Eccl 10:4 *"If a ruler's anger rises against you, do not leave your post; calmness can lay great errors to rest."*

2 Cor 12:20 *"For I am afraid that when I come I may not find you as I want you to be, and you may not find me as you want me to be. I fear that there may be quarreling, jealousy, outbursts of anger, factions, slander, gossip, arrogance and disorder."*

Eph 4:26 *"In your anger do not sin: Do not let the sun go down while you are still angry,"*

Eph 4:31 *“Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.”*

Col 3:8 *“But now you must rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips.”*

1 Tim 2:8 *“I want men everywhere to lift up holy hands in prayer, without anger or disputing.”*

Prov 19:11 *“A man's wisdom gives him patience; it is to his glory to overlook an offense.”*

Prov 25:15 *“Through patience a ruler can be persuaded, and a gentle tongue can break a bone.”*

Eccl 7:8 *“The end of a matter is better than its beginning and patience is better than pride.”*

2 Cor 6:4-6 *“Rather, as servants of God we commend ourselves in every way: in great endurance; in troubles, hardships and distresses; in beatings, imprisonment and riots; in hard work, sleepless nights and hunger; in purity, understanding, patience and kindness; in the Holy Spirit and in sincere love;”*

Col 1:11 -12 *“being strengthened with all power according to his glorious might so that you may have great endurance and patience, and joyfully. Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.”*

Mark 7:21-22 *“For from within, out of men's hearts, come evil thoughts, sexual immorality, theft, murder, adultery, greed, malice, deceit, lewdness, envy, slander, arrogance and folly.”*

1 Pet 2:1 *“Therefore, rid yourselves of all malice and all deceit, hypocrisy, envy, and slander of every kind.”*

2 Pet 1:4-7 *“Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature and escape the corruption in the world caused by evil desires. For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, brotherly kindness; and to brotherly kindness, love.”*

Gal 5:22-23 *“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. “*

Phil 4:5 *“Let your gentleness be evident to all. The Lord is near.”*

Col 3:12 *“Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.”*

1 Tim 6:11 *“But you, man of God, flee from all this, and pursue righteousness, godliness, faith, love, endurance and gentleness.”*

1 Pet 3:15 *“But in your hearts set apart Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect,”*

Prov 15:18 *“A hot-tempered man stirs up dissension, but a patient man calms a quarrel.”*

Prov 14:17 *“A quick-tempered man does foolish things, and a crafty man is hated.”*

Prov 22:24-25 *“Do not make friends with a hot-tempered man, do not associate with one easily angered, or you may learn his ways and get yourself ensnared.”*

1 Cor 5:8 *“Therefore let us keep the Festival, not with the old yeast, the yeast of malice and wickedness, but with bread without yeast, the bread of sincerity and truth.”*

James 1:19-20 *“My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, for man's anger does not bring about the righteous life that God desires.”*

2. Curses Against Your Children

Isaiah 65:23 *"They shall not labor in vain, Nor bring forth children for trouble; For they shall be the descendants of the blessed of the Lord, And their offspring with them."*

Isaiah 61:9 *"Their descendants shall be known among the Gentiles, And their offspring among the people. All who see them shall acknowledge them, That they are the posterity whom the Lord has blessed."*

Jeremiah 32:38,39 *"They shall be My people, and I will be their God; then I will give them one heart and one way, that they may fear Me forever, for the good of them and their children after them."*

Jeremiah 31:17 *"There is hope in your future, says the Lord, That your children shall come back to their own border."*

Jeremiah 30:10 *"Therefore do not fear, O My servant Jacob, says the Lord, Nor be dismayed, O Israel; For behold, I will save you from afar, And your seed from the land of their captivity, Jacob shall return, have rest and be quiet, And no one shall make him afraid."*

Isaiah 61:4 *"And they shall rebuild the old ruins, They shall raise up the former desolations, And they shall repair the ruined cities, The desolations of many generations."*

Isaiah 60:18 *"Violence shall no longer be heard in your land, Neither wasting nor destruction within your borders; But you shall call your walls Salvation, And your gates Praise."*

Isaiah 54:13 *"All your children shall be taught by the Lord, And great shall be the peace of your children."*

Isaiah 49:25 *"But thus says the Lord: Even the captives of the mighty shall be taken away, And the prey of the terrible be delivered; For I will contend with him who contends with you, And I will save your children."*

Acts 16:31 *"So they said, 'Believe on the Lord Jesus Christ, and you will be saved, you and your household.'"*

Genesis 9:9 *"And as for Me, behold, I establish My covenant with you and with your descendants after you."*

Genesis 13:15,16 *"for all the land which you see I give to you and your descendants forever. And I will make your descendants as the dust of the earth; so that if a man could number the dust of the earth, then your descendants also could be numbered."*

Genesis 17:7,8 *"And I will establish My covenant between Me and you and your descendants after you in their generations, for an everlasting covenant, to be God to you and your descendants after you. Also I give to you and your descendants after you the land in which you are a stranger, all the land of Canaan, as an everlasting possession; and I will be their God."*

Deuteronomy 30:6 *"And the Lord your God will circumcise your heart and the heart of your descendants, to love the Lord your God with all your heart and with all your soul, that you may live."*

Deuteronomy 30:19 *"I call heaven and earth as witnesses today against you, that I have set before you life and death blessing and cursing; therefore choose life, that both you and your descendants may live;"*

Psalms 25:13 *"He himself shall dwell in prosperity, And his descendants shall inherit the earth."*

Psalms 37:25 *"I have been young, and now am old; Yet I have not seen the righteous forsaken, Nor his descendants begging bread."*

Psalms 37:26 *"He is ever merciful, and lends; And his descendants are blessed."*

Psalms 69:35,36 *"For God will save Zion And build the cities of Judah, That they may dwell there and possess it. Also, the descendants of His servants shall inherit it, And those who love His name shall dwell in it."*

Psalms 89:29 *"His seed also I will make to endure forever, And his throne as the days of heaven."*

Psalms 102:28 *"The children of Your servants will continue, And their descendants will be established before You."*

Psalms 112:2 *"His descendants will be mighty on earth; The generation of the upright will be blessed."*

Proverbs 11:21 *"Though they join forces, the wicked will not go unpunished; But the posterity of the righteous will be delivered."*

Isaiah 44:3 *"For I will pour water on him who is thirsty, And floods on the dry ground; I will pour My Spirit on your descendants, And My blessing on your offspring;"*

Isaiah 66:22 *"For as the new heavens and the new earth which I will make shall remain before Me, says the Lord, So shall your descendants and your name remain."*

1 Corinthians 7:14 *"For the unbelieving husband is sanctified by the wife, and the unbelieving wife is sanctified by the husband; otherwise your children would be unclean, but now they are holy."*

Acts 2:38 *"Then Peter said to them, 'Repent, and let every one of you be baptized in the name of Jesus Christ for the remission of sins; and you shall receive the gift of the Holy Spirit.'"*

Acts 2:39 *"For the promise is to you and to your children, and to all who are afar off, as many as the Lord our God will call."*

Joel 2:28 *"And it shall come to pass afterward, That I will pour out My Spirit on all flesh, Your sons and your daughters shall prophesy, Your old men shall dream dreams, Your young men shall see visions."*

Psalms 103:17,18 *"But the mercy of the Lord is from everlasting to everlasting On those who fear Him, And His righteousness to children's children."*

Psalms 128:3 *"Your wife shall be like a fruitful vine In the very heart of your house, Your children like olive plants All around your table."*

Ezekiel 37:25 *"Then they shall dwell in the land that I have given to Jacob My servant, where your fathers dwelt; and they shall dwell there, they, their children, and their children's children, forever; and My servant David shall be their prince forever."*

3. Depression

1 Chron. 16:27 *“Splendor and majesty are before him; strength and joy in his dwelling place.”*

Job 8:21 *“He will yet fill your mouth with laughter and your lips with shouts of joy.”*

Ps 4:7 *“You have filled my heart with greater joy than when their grain and new wine abound.”*

Ps 5:11 *“But let all who take refuge in you be glad; let them ever sing for joy. Spread your protection over them, that those who love your name may rejoice in you. “*

Ps 16:11 *“You have made known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.”*

Ps 51:8 *“Let me hear joy and gladness; let the bones you have crushed rejoice.”*

Ps 51:12 *“Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.”*

Ps 66:1 *“Shout with joy to God, all the earth!”*

Ps 67:4 *“May the nations be glad and sing for joy, for you rule the peoples justly and guide the nations of the earth.”*

Ps 71:23 *“My lips will shout for joy when I sing praise to you-- I, whom you have redeemed.”*

Ps 81:1 *“Sing for joy to God our strength; shout aloud to the God of Jacob!”*

Ps 86:4 *“Bring joy to your servant, for to you, O Lord, I lift up my soul.”*

Ps 90:14 *“Satisfy us in the morning with your unfailing love, that we may sing for joy and be glad all our days.”*

Ps 92:4 *“For you make me glad by your deeds, O LORD; I sing for joy at the works of your hands.”*

Ps 94:19 *“When anxiety was great within me, your consolation brought joy to my soul”*

Ps 94:19 *"When anxiety was great within me, your consolation brought joy to my soul."*

Ps 95:1 *"Come, let us sing for joy to the LORD; let us shout aloud to the Rock of our salvation."*

Ps 98:4 *"Shout for joy to the LORD, all the earth, burst into jubilant song with music;"*

Ps 100:1 *"Shout for joy to the LORD, all the earth."*

Ps 118:15 *"Shouts of joy and victory resound in the tents of the righteous: 'The LORD's right hand has done mighty things!'"*

Ps 126:2 *"Our mouths were filled with laughter, our tongues with songs of joy. Then it was said among the nations, 'The LORD has done great things for them.'"*

Ps 126:3 *"The LORD has done great things for us, and we are filled with joy."*

Ps 126:5 *"Those who sow in tears will reap with songs of joy."*

Ps 126:6 *"He who goes out weeping, carrying seed to sow, will return with songs of joy, carrying sheaves with him."*

Prov 12:20 *"There is deceit in the hearts of those who plot evil, but joy for those who promote peace."*

Prov 14:10 *"Each heart knows its own bitterness, and no one else can share its joy."*

Prov 15:30 *"A cheerful look brings joy to the heart, and good news gives health to the bones."*

Isa 55:12 *"You will go out in joy and be led forth in peace; the mountains and hills will burst into song before you, and all the trees of the field will clap their hands."*

John 15:11 *"I have told you this so that my joy may be in you and that your joy may be complete."*

John 16:20 *"I tell you the truth, you will weep and mourn while the world rejoices. You will grieve, but your grief will turn to joy."*

John 16:24 *"Until now you have not asked for anything in my name. Ask and you will receive, and your joy will be complete."*

John 17:13 *"I am coming to you now, but I say these things while I am still in the world, so that they may have the full measure of my joy within them."*

Acts 14:17 *"Yet he has not left himself without testimony: He has shown kindness by giving you rain from heaven and crops in their seasons; he provides you with plenty of food and fills your hearts with joy."*

Rom 14:17 *"For the kingdom of God is not a matter of eating and drinking, but of righteousness, peace and joy in the Holy Spirit,"*

Rom 15:13 *"May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."*

Gal 5:22 *"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness,"*

1Thes 1:6 *"You became imitators of us and of the Lord; in spite of severe suffering, you welcomed the message with the joy given by the Holy Spirit."*

Heb 12:2 *"Let us fix our eyes on Jesus, the Author and Perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God."*

James 1:2 *"Consider it pure joy, my brothers, whenever you face trials of many kinds,"*

1 Pet 1:8 *"Though you have not seen him, you love him; and even though you do not see him now, you believe in him and are filled with an inexpressible and glorious joy,"*

Jude 1:24 *"To him who is able to keep you from falling and to present you before his glorious presence without fault and with great joy—"*

4. Doubt

Matt 21:21 *"Jesus replied, 'I tell you the truth, if you have faith and do not doubt, not only can you do what was done to the fig tree, but also you can say to this mountain, 'Go, throw yourself into the sea,' and it will be done.'"*

James 1:6 *"But when he asks, he must believe and not doubt, because he who doubts is like a wave of the sea, blown and tossed by the wind."*

Mark 11:22 *"'Have faith in God,' Jesus answered."*

John 14:12 *"I tell you the truth, anyone who has faith in me will do what I have been doing. He will do even greater things than these, because I am going to the Father. "*

1 Cor 16:13 *"Be on your guard; stand firm in the faith; be men of courage; be strong."*

2 Cor 1:24 *"Not that we lord it over your faith, but we work with you for your joy, because it is by faith you stand firm."*

Gal 2:20 *"I have been crucified with Christ and I no longer live, but Christ lives in me. The life I live in the body, I live by faith in the Son of God, who loved me and gave himself for me."*

Heb 10:38 *"But my righteous one will live by faith. And if he shrinks back, I will not be pleased with him."*

Heb 11:1 *"Now faith is being sure of what we hope for and certain of what we do not see."*

Heb 12:2 *"Let us fix our eyes on Jesus, the Author and Perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God."*

1 Pet 1:7 *"These have come so that your faith-- of greater worth than gold, which perishes even though refined by fire-- may be proved genuine and may result in praise, glory and honor when Jesus Christ is revealed."*

Ps 91:2 *"I will say of the LORD, 'He is my refuge and my fortress, my God, in whom I trust.'"*

Ps 115:11 *"You who fear him, trust in the LORD-- he is their help and shield."*

1 Pet 1:21 *"Through him you believe in God, who raised him from the dead and glorified him, and so your faith and hope are in God."*

Mark 11:24 *“Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.”*

Luke 20:5 *“They discussed it among themselves and said, ‘If we say, ‘From heaven,’ he will ask, ‘Why didn’t you believe him?’”*

Ps 20:7 *“Some trust in chariots and some in horses, but we trust in the name of the LORD our God.”*

Ps 25:2 *“In you I trust, O my God. Do not let me be put to shame, nor let my enemies triumph over me”*

Ps 31:14 *“But I trust in you, O LORD; I say, ‘You are my God.’”*

Ps 33:21 *“In him our hearts rejoice, for we trust in his holy name.”*

Ps 37:3 *“Trust in the LORD and do good; dwell in the land and enjoy safe pasture.”*

Ps 37:5 *“Commit your way to the LORD; trust in him and he will do this:”*

Ps 40:3 *“He put a new song in my mouth, a hymn of praise to our God. Many will see and fear and put their trust in the LORD.”*

Ps 40:4 *“Blessed is the man who makes the LORD his trust, who does not look to the proud, to those who turn aside to false gods.”*

Ps 52:8 *“But I am like an olive tree flourishing in the house of God; I trust in God’s unfailing love for ever and ever.”*

Ps 55:23 *“But you, O God, will bring down the wicked into the pit of corruption; bloodthirsty and deceitful men will not live out half their days. But as for me, I trust in you.”*

Ps 56:3 *“When I am afraid, I will trust in you.”*

Ps 56:4 *“In God, whose word I praise, in God I trust; I will not be afraid. What can mortal man do to me?”*

Prov 3:5 *“Trust in the LORD with all your heart and lean not on your own understanding;”*

Ps 62:8 *“Trust in him at all times, O people; pour out your hearts to him, for God is our refuge. Selah”*

Ps 78:7 *"Then they would put their trust in God and would not forget his deeds but would keep his commands."*

Ps 118:8 *"It is better to take refuge in the LORD than to trust in man."*

Ps 119:42 *"then I will answer the one who taunts me, for I trust in your word."*

Ps 125:1 *"Those who trust in the LORD are like Mount Zion, which cannot be shaken but endures forever."*

Isa 12:2 *"Surely God is my salvation; I will trust and not be afraid. The LORD, the LORD, is my strength and my song; he has become my salvation."*

Isa 26:4 *"Trust in the LORD forever, for the LORD, the LORD, is the Rock eternal."*

Isa 30:15 *"This is what the Sovereign LORD, the Holy One of Israel, says: "In repentance and rest is your salvation, in quietness and trust is your strength, but you would have none of it."*

Isa 31:1 *"Woe to those who go down to Egypt for help, who rely on horses, who trust in the multitude of their chariots and in the great strength of their horsemen, but do not look to the Holy One of Israel, or seek help from the LORD."*

Nahum 1:7 *"The LORD is good, a refuge in times of trouble. He cares for those who trust in him,"*

John 14:1 *"Do not let your hearts be troubled. Trust in God; trust also in me."*

5. Fear

Ps 3:6 *"I will not fear the tens of thousands drawn up against me on every side."*

Ps 23:4 *"Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me."*

Ps 27:1 *"The LORD is my light and my salvation-- whom shall I fear? The LORD is the stronghold of my life-- of whom shall I be afraid?"*

Ps 27:3 *"Though an army besiege me, my heart will not fear; though war break out against me, even then will I be confident."*

Ps 46:2 *"Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea,"*

Ps 91:5 *"you will not fear the terror of night, nor the arrow that flies by day,"*

Ps 112:7 *"we will have no fear of bad news; his heart is steadfast, trusting in the LORD."*

Ps 112:8 *"his heart is secure, he will have no fear; in the end he will look in triumph on his foes."*

Prov 3:25 *"have no fear of sudden disaster or of the ruin that overtakes the wicked,"*

Prov 29:25 *"Fear of man will prove to be a snare, but whoever trusts in the LORD is kept safe."*

Isa 51:7 *"Hear me, you who know what is right, you people who have my law in your hearts: Do not fear the reproach of men or be terrified by their insults."*

Isa 51:12 *"I, even I, am he who comforts you. Who are you that you fear mortal men, the sons of men, who are but grass,"*

Ps 125:1 *"Those who trust in the LORD are like Mount Zion, which cannot be shaken but endures forever."*

Isa 54:4 *"Do not be afraid; you will not suffer shame. Do not fear disgrace; you will not be humiliated. You will forget the shame of your youth and remember no more the reproach of your widowhood."*

Isa 54:14 *"In righteousness you will be established: Tyranny will be far from you; you will have nothing to fear. Terror will be far removed; it will not come near you."*

Jer 39:17 *"But I will rescue you on that day, declares the LORD; you will not be handed over to those you fear."*

Rom 8:15 *"For you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of sonship. And by him we cry, 'Abba, Father.'"*

1 Pet 3:14 *"But even if you should suffer for what is right, you are blessed. Do not fear what they fear; do not be frightened."*

1 Jn 4:18 *"There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love."*

Ps 9:10 *"Those who know your name will trust in you, for you, LORD, have never forsaken those who seek you."*

Ps 13:5 *"But I trust in your unfailing love; my heart rejoices in your salvation."*

Ps 20:7 *"Some trust in chariots and some in horses, but we trust in the name of the LORD our God."*

Ps 31:14 *"But I trust in you, O LORD; I say, 'You are my God.'"*

Ps 40:3 *"He put a new song in my mouth, a hymn of praise to our God. Many will see and fear and put their trust in the LORD."*

Ps 40:4 *"Blessed is the man who makes the LORD his trust, who does not look to the proud, to those who turn aside to false gods."*

Ps 56:3 *"When I am afraid, I will trust in you."*

Ps 91:2 *"I will say of the LORD, 'He is my refuge and my fortress, my God, in whom I trust.'"*

Ps 115:11 *"You who fear him, trust in the LORD-- he is their help and shield."*

Prov 3:5,6 *“Trust in the LORD with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight”*

Isa 12:2 *“Surely God is my salvation; I will trust and not be afraid. The LORD, the LORD, is my strength and my song; he has become my salvation.”*

Isa 26:4 *“Trust in the LORD forever, for the LORD, the LORD, is the Rock eternal.”*

Nahum 1:7 *“The LORD is good, a refuge in times of trouble. He cares for those who trust in him,”*

Deut 31:8 *“The LORD himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.”*

Ps 56:3 *“When I am afraid, I will trust in you.”*

Ps 118:6 *“The LORD is with me; I will not be afraid. What can man do to me?”*

Rev 1:17 *“When I saw him, I fell at his feet as though dead. Then he placed his right hand on me and said: “Do not be afraid. I am the First and the Last.”*

Ps 55:22 *“Cast your cares on the LORD and he will sustain you; he will never”*

Ps 112:6,7 *“Surely he will never be shaken righteous man will be remembered forever. He will have no fear of bad news: his heart is steadfast, trusting in the Lord.”*

6. Lust

Phil 4:8 *“Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things.”*

Prov 5:20-23 *“Why be captivated, my son, by an adulteress? Why embrace the bosom of another man's wife? For a man's ways are in full view of the LORD, and he examines all his paths. The evil deeds of a wicked man ensnare him; the cords of his sin hold him fast. He will die for lack of discipline, led astray by his own great folly. “*

Matt 5:29-30 *“If your right eye causes you to sin, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell. And if your right hand causes you to sin, cut it off and throw it away. It is better for you to lose one part of your body than for your whole body to go into hell. “*

Job 31:1 *“I made a covenant with my eyes not to look lustfully at a girl.”*

Prov 4:25 *“Let your eyes look straight ahead, fix your gaze directly before you.”*

Prov 17:24 *“A discerning man keeps wisdom in view, but a fool's eyes wander to the ends of the earth.”*

James 1:13-16 *“When tempted, no one should say, “God is tempting me.” For God cannot be tempted by evil, nor does he tempt anyone; but each one is tempted when, by his own evil desire, he is dragged away and enticed. Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death. Don't be deceived, my dear brothers.”*

1 Pet 2:11 *“Dear friends, I urge you, as aliens and strangers in the world, to abstain from sinful desires, which war against your soul. “*

Rom 13:14 *“Rather, clothe yourselves with the Lord Jesus Christ, and do not think about how to gratify the desires of the sinful nature.”*

Gal 5:16 *“So I say, live by the Spirit, and you will not gratify the desires of the sinful nature.”*

Col 3:10 *“and have put on the new self, which is being renewed in knowledge in the image of its Creator.”*

2 Pet 1:3-4 *“His divine power has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness. Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature and escape the corruption in the world caused by evil desires.”*

2 Cor 7:1 *“Since we have these promises, dear friends, let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God.”*

Heb 12:10 *“Our fathers disciplined us for a little while as they thought best; but God disciplines us for our good, that we may share in his holiness.”*

1 Thes 4:7-8 *“For God did not call us to be impure, but to live a holy life. Therefore, he who rejects this instruction does not reject man but God, who gives you his Holy Spirit.”*

Lev 11:44 *“I am the LORD your God; consecrate yourselves and be holy, because I am holy.”*

1 Jn 2:16-17 *“For everything in the world – the cravings of sinful man, the lust of his eyes and the boasting of what he has and does – comes not from the Father but from the world. The world and its desires pass away, but the man who does the will of God lives forever.”*

Prov 4:23 *“Above all else, guard your heart, for it is the wellspring of life.”*

Prov 22:11 *“He who loves a pure heart and whose speech is gracious will have the king for his friend.”*

Ps 24:3-4 *“Who may ascend the hill of the LORD? Who may stand in his holy place? He who has clean hands and a pure heart, who does not lift up his soul to an idol or swear by what is false.”*

Ps 51:6-7 *“Surely you desire truth in the inner parts; you teach me wisdom in the inmost place. Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow.”*

Ps 51:8-10 *“Let me hear joy and gladness; let the bones you have crushed rejoice. Hide your face from my sins and blot out all my iniquity. Create in me a pure heart, O God, and renew a steadfast spirit within me.”*

Matt 5:8 *“Blessed are the pure in heart, for they will see God.”*

Mark 7:18-19 *“‘Are you so dull?’ he asked. ‘Don’t you see that nothing that enters a man from the outside can make him ‘unclean’? For it doesn’t go into his heart but into his stomach, and then out of his body.’”*

2 Tim 2:22 *"Flee the evil desires of youth, and pursue righteousness, faith, love and peace, along with those who call on the Lord out of a pure heart."*



7. Pride and Control

II Chronicles 7:14 *"If My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land."*

1 Peter 5:5,6 *"Likewise you younger people, submit yourselves to your elders, Yes, all of you be submissive to one another, and be clothed with humility, for God resists the proud, But gives grace to the humble. Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time,"*

Zephaniah 3:12 *"I will leave in your midst A meek and humble people, And they shall trust in the name of the Lord."*

Philippians 2:3 *"Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself."*

Philippians 2:5 *"Let this mind be in you which was also in Christ Jesus."*

Philippians 2:7 *"but made Himself of no reputation, taking the form of a bond-servant, and coming in the likeness of men."*

Philippians 2:8 *"and being found in appearance as a man, He humbled Himself and became obedient to the point of death, even the death of the cross."*

Philippians 2:9 *"Therefore God also has highly exalted Him and given Him the name which is above every name,"*

Galatians 5:24 *"And those who are Christ's have crucified the flesh with its passions and desires."*

Luke 16:15 *"And He said to them, "You are those who justify yourselves before men, but God knows your hearts For what is highly esteemed among men is an abomination in the sight of God."*

Galatians 6:2 *"Bear one another's burdens, and so fulfill the law of Christ."*

Deuteronomy 8:2 *"And you shall remember that the Lord your God led you all the way these forty years in the wilderness, to humble you and test you, to know what was in your heart, whether you would keep His commandments or not."*

1 Corinthians 1:26 *"For you see your calling, brethren, that not many wise according to the flesh, not many mighty, not many noble, are called."*

1 Corinthians 1:27 *"But God has chosen the foolish things of the world to put to shame the wise, and God has chosen the weak things of the world to put to shame the things which are mighty;"*

1 Corinthians 1:28 *"and the base things of the world and the things which are despised God has chosen, and the things which are not, to bring to nothing the things that are."*

1 Corinthians 1:29 *"that no flesh should glory in His presence."*

1 Corinthians 1:30 *"But of Him you are in Christ Jesus, who became for us wisdom from God and righteousness and sanctification and redemption."*

1 Corinthians 1:31 *"that, as it is written, 'He who glories, let him glory in the Lord. '"*

1 Corinthians 2:1 *"And I, brethren, when I came to you, did not come with excellence of speech or of wisdom declaring to you the testimony of God."*

1 Corinthians 2:2 *"For I determined not to know anything among you except Jesus Christ and Him crucified."*

1 Corinthians 2:3 *"I was with you in weakness, in fear, and in much trembling."*

1 Corinthians 2:4 *"And my speech and my preaching were not with persuasive words of human wisdom, but in demonstration of the Spirit and of power,"*

1 Corinthians 2:5 *"that your faith should not be in the wisdom of men but in the power of God."*

II Corinthians 12:4 *"For though He was crucified in weakness, yet He lives by the power of God, For we also are weak in Him, but we shall live with Him by the power of God toward you."*

Proverbs 16:18 *"Pride goes before destruction, And a haughty spirit before a fall."*

Jeremiah 9: 23,24 *"Thus says the Lord: Let not the wise man glory in his wisdom, Let not the mighty man glory in his might, Nor let the rich man glory in his riches; But let him who glories glory in this, That I am the Lord, exercising loving kindness, judgment, and righteousness in the earth. For in these I delight,' says the Lord."*

Proverbs 18:12 *"Before destruction the heart of a man is haughty. And before honor is humility."*

Proverbs 13:10 *"By pride comes nothing but strife, But with the well-advised is wisdom."*

1 John 2:16 *"For all that is in the world-the lust of the flesh, the lust of the eyes, and the pride of life-is not of the Father but is of the world."*

Isaiah 29:19 *"The humble also shall increase their joy in the Lord, And the poor among men shall rejoice In the Holy One of Israel."*

Isaiah 29:13 *"Therefore the Lord said: Inasmuch as these people draw near with their mouths And honor Me with their lips, but have removed their hearts far from Me, And their fear toward Me is taught by the commandment of men, "*

Isaiah 31:1 *"Woe to those who go down to Egypt for help, And rely on horses, Who trust in chariots because they are many, And in horsemen because they are very strong, But who do not look to the Holy One of Israel, Nor seek the Lord!"*

Jeremiah 17:5 *"Thus says the Lord: "Cursed is the man who trusts in man And makes flesh his strength. Whose heart departs from the Lord."*

Jeremiah 17:7 *"Blessed is the man who trusts in the Lord And whose hope is the Lord."*

Daniel 4:37 *"Now I, Nebuchadnezzar, praise and extol and honor the King of heaven, all of whose works are truth, and His ways justice. And those who walk in pride He is able to put down."*

James 1:9 *"Let the lowly brother glory in his exaltation,"*

James 1:10 *"but the rich in his humiliation, because as a flower of the field he will pass away."*

Psalms 18:2 *"The Lord is my rock and my fortress and my deliverer; My God, my strength, In whom I will trust; My shield and the horn of my salvation, my stronghold."*

8. Rejection

My Father loves me with an everlasting love. I have never not been loved by Him.

Jeremiah 31:3 *"I have loved you with an everlasting love; therefore I have drawn you with loving kindness."*

My Father loves me so much that He gave His only Son to die for me so I might know His love.

John 3:16 *"For God so loved the world, that He gave His only begotten Son, that whoever believes in Him should not perish, but have eternal life."*

My Father loves me so much that He wants to express His love and affection to me.

John 16:27 *"For the Father Himself loves you, because you have loved Me, and have believed that I came forth from the Father."*

Nothing can separate me (not even my faults) from God's love for me.

Romans 8:38-39 *"For I am convinced that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor height, nor depth, nor any other created thing, shall be able to separate us from the love of God, which is in Christ Jesus our Lord."*

My Father loves me just as much as He loves His Son, Jesus.

John 17:23 *"[I pray] that they may be perfected in unity, that the world may know that Thou didst send Me, and didst love them, even as Thou didst love Me."*

Even when I have sinned, Father loves me and asks me to sit beside Him with Christ.

Ephesians 2:4-6 *"But God, being rich in mercy, because of His great love with which He loved us, even when we were dead in our transgressions, made us alive together with Christ (by grace you have been saved), and raised us up with Him, and seated us with Him in the heavenly places, in Christ Jesus."*

My Father wants me to overflow with His love.

Ephesians 3:19 *"[I pray that you may] know the love of Christ which surpasses knowledge, that you may be filled up to all the fullness of God."*

Even when I am wounded, my Father sees me as beautiful and takes pleasure in me.

Psalm 149:4 *"For the Lord takes pleasure in His people; He will beautify the afflicted ones with salvation."*

My Father's thoughts toward me are always good and filled with hope for me.

Jeremiah 29:11 *"For I know the plans that I have for you," declares the Lord, "plans for welfare and not for calamity to give you a future and a hope."*

I am beautiful, handsome and pleasant in His eyes.

Song of Solomon 1:15-16 *"How beautiful you are, my darling, how beautiful you are! Your eyes are like doves.
How handsome you are, my beloved, and so pleasant."*

My love for Him fills Him with ecstasy and joy.

Song of Solomon 4:10 *"How beautiful is your love, my sister, my bride! How much better is your love than wine."*

My Father is so pleased with my being His child that He will never leave me. He wants to meet all my needs.

Luke 15:31 *"And he said to him, 'My child, you have always been with me, and all that is mine is yours.'"*

My Father likes being with me so much that He made His home with me.

John 14:23 *"Jesus answered and said to him, 'If anyone loves Me, he will keep My word; and My Father will love him, and We will come to him, and make Our abode with him.'"*

I am to shine the light of my Father throughout the earth.

Matthew 5:13-14 *"You are the salt of the earth ... You are the light of the world."*

I am a witness of God to the world.

Acts 1:8 *"But you shall receive power when the Holy Spirit has come upon you; and you shall be My witnesses both in Jerusalem, and in all Judea and Samaria, and even to the remotest part of the earth."*

I am a minister of reconciliation for God.

2 Corinthians 5:18 *"Now all these things are from God, who reconciled us to Himself through Christ, and gave us the ministry of reconciliation."*

I am God's ambassador to the world.

2 Corinthians 5:20 *"Therefore, we are ambassadors for Christ, as though God were entreating through us; we beg you on behalf of Christ, be reconciled to God."*

I can do all things in Christ.

Philippians 4:13 *"I can do all things through Him who strengthens me."*

Jesus is not ashamed of me.

Hebrews 2:11 *"For both He who sanctifies and those who are sanctified are all from one Father; for which reason He is not ashamed to call them brethren."*

God is not ashamed to be my Father.

Hebrews 11:16 *"Therefore God is not ashamed to be called their God; for He has prepared a city for them."*

He has forgiven my iniquity and remembers my sin no more.

Jeremiah 31:34 *"And they shall not teach again, each man his neighbor and each man his brother, saying, 'Know the Lord,' for they shall all know Me, from the least of them to the greatest of them," declares the Lord, "for I will forgive their iniquity, and their sin I will remember no more."*

He has put all of my sins under His feet and cast them into the depths of the sea.

Micah 7:19 *“He will again have compassion on us; He will tread our enemies underfoot. Yes, Thou wilt cast all their sins into the depths of the sea.”*

God has redeemed me and forgiven all my sin.

Colossians 1:13-14 *“For He delivered us from the domain of darkness, and transferred us to the kingdom of His beloved Son, in whom we have redemption, the forgiveness of sins.”*

God forgives and cleanses me from all my sin.

1 John 1:9 *“If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.”*

I am called a child of God.

John 1:12 *“But as many as received Him, to them He gave the right to become children of God, even to those who believe in His Name.”*

I am called Christ's friend.

John 15:15 *“No longer do I call you slaves, for the slave does not know what his master is doing; but I have called you friends, for all things that I have heard from My Father I have made known to you.”*

In Christ, God sees me just as if I had never sinned.

Romans 5:1 *“Therefore having been justified by faith, we have peace with God through our Lord Jesus Christ.”*

I belong to my Father.

1 Corinthians 6:19-20 *“Do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? For you have been bought with a price.”*

I have been adopted and placed in my Father's Presence.

Ephesians 1:5 *“He predestined us to adoption as sons through Jesus Christ to Himself, according to the kind intention of His will.”*

I am complete in Christ.

Colossians 2:10 *"In Him you have been made complete, and He is the head over all rule and authority."*

I am free forever from condemnation.

Romans 8:1-2 *"There is therefore now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and death."*

My Father is always for me, never against me.

Romans 8:31 *"What then shall we say to these things? If God is for us, who is against us?"*

Troubles do not separate me from God's love.

Romans 8:35 *"Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword?"*

I am hidden with Christ in the Father.

Colossians 3:3 *"For you have died and your life is hidden with Christ in God."*

I am filled with God's power, love and a sound mind.

2 Timothy 1:7, NKJV *"For God has not given us a spirit of fear, but of power and of love and of a sound mind."*

I can find grace and mercy when I am hurting.

Hebrews 4:16 *"Let us therefore draw near with confidence to the throne of grace, that we may receive mercy and may find grace to help in time of need."*

Father's perfect love for me displaces my fears.

1 John 4:18 *"There is no fear in love; but perfect love casts out fear, because fear involves punishment, and the one who fears is not perfected in love."*

The evil one has no right to touch me while I am in my Father's arms.

1 John 5:18 *"We know that no one who is born of God sins; but He who was born of God keeps him and the evil one does not touch him."*

My Father wants to hold and comfort me when I'm afraid.

Isaiah 66:12-13 *"For thus says the Lord, 'Behold, I extend peace to her like a river, and the glory of the nations like an overflowing stream; and you shall be nursed, you shall be carried on the hip and fondled on the knees. As one whom his mother comforts, so I will comfort you; and you shall be comforted in Jerusalem.'"*

Father did not send His Son to die for me so that I might be judged by Him. When I believe in Him, I am not judged.

John 3:17-18 *"For God did not send the Son into the world to judge the world; but that the world should be saved through Him. He who believes in Him is not judged; he who does not believe has been judged already, because he has not believed in the name of the only begotten Son of God."*

My Father does not judge me.

John 5:22 *"For not even the Father judges anyone, but He has given all judgment to the Son."*

Jesus came to save me from my sin, not to judge and condemn me for it.

John 12:47 *"And if anyone hears My sayings, and does not keep them, I do not judge him; for I did not come to judge the world, but to save the world."*

9. Shame

Ps 25:2 *"in you I trust, O my God. Do not let me be put to shame, nor let my enemies triumph over me."*

Ps 25:3 *"No one whose hope is in you will ever be put to shame, but they will be put to shame who are treacherous without excuse."*

Ps 119:6 *"Then I would not be put to shame when I consider all your commands."*

Ps 119:31 *"I hold fast to your statutes, O LORD; do not let me be put to shame."*

Ps 119:46 *"I will speak of your statutes before kings and will not be put to shame,"*

Ps 119:80 *"May my heart be blameless toward your decrees, that I may not be put to shame."*

1 Pet 2:6 *"For in Scripture it says: 'See, I lay a stone in Zion, a chosen and precious cornerstone, and the one who trusts in him will never be put to shame.'"*

Joel 2:26 *"You will have plenty to eat, until you are full, and you will praise the name of the LORD your God, who has worked wonders for you; never again will my people be shamed."*

Ps 62:7 *"My salvation and my honor depend on God; he is my mighty rock, my refuge."*

Ps 71:21 *"You will increase my honor and comfort me once again."*

Ps 84:11 *"For the LORD God is a sun and shield; the LORD bestows favor and honor; no good thing does he withhold from those whose walk is blameless."*

Ps 91:15 *"He will call upon me, and I will answer him; I will be with him in trouble, I will deliver him and honor him."*

Prov 3:35 *"The wise inherit honor, but fools he holds up to shame."*

Prov 21:21 *“He who pursues righteousness and love finds life, prosperity and honor.”*

Prov 22:4 *“Humility and the fear of the LORD bring wealth and honor and life.”*

Isa 22:23 *“I will drive him like a peg into a firm place; he will be a seat of honor for the house of his father.”*

Heb 2:7 *“You made him a little lower than the angels; You crowned him with glory and honor”*

Job 33:26 *“He prays to God and finds favor with him, he sees God's face and shouts for joy; he is restored by God to his righteous state.”*

Ps 5:12 *“For surely, O LORD, You bless the righteous; You surround them with Your favor as with a shield.”*

Ps 30:5 *“For his anger lasts only a moment, but His favor lasts a lifetime; weeping may remain for a night, but rejoicing comes in the morning.”*

Ps 69:13 *“But I pray to You, O LORD, in the time of your favor; in Your great love, O God, answer me with Your sure salvation.”*

Ps 84:9 *“Look upon our shield, O God; look with favor on Your anointed one.”*

Ps 89:17 *“For you are their glory and strength, and by Your favor you exalt our horn.”*

Ps 90:17 *“May the favor of the Lord our God rest upon us; establish the work of our hands for us-- yes, establish the work of our hands.”*

Prov 8:35 *“For whoever finds me finds life and receives favor from the LORD.”*

Prov 12:2 *“A good man obtains favor from the LORD, but the LORD condemns a crafty man.”*

Prov 13:15 *“Good understanding wins favor, but the way of the unfaithful is hard.”*

Isa 49:8 *“This is what the LORD says: “In the time of My favor I will answer you, and in the day of salvation I will help you; I will keep you and will make you to be a covenant for the people, to restore the land and to reassign its desolate inheritances, “*

Isa 66:2 *"Has not My hand made all these things, and so they came into being?" declares the LORD. "This is the one I esteem: he who is humble and contrite in spirit, and trembles at my word."*

1 Sam 2:8 *"He raises the poor from the dust and lifts the needy from the ash heap; he seats them with princes and has them inherit a throne of honor. For the foundations of the earth are the LORD's; upon them he has set the world."*

1 Chr 29:12 *"Wealth and honor come from You; You are the ruler of all things. In Your hands are strength and power to exalt and give strength to all."*

Rom 10:11 *"As the Scripture says, 'Anyone who trusts in Him will never be put to shame.'"*

Isa 54:4 *"Do not be afraid; you will not suffer shame. Do not fear disgrace; you will not be humiliated. You will forget the shame of your youth and remember no more the reproach of your widowhood."*

Isa 61:7 *"Instead of their shame My people will receive a double portion, and instead of disgrace they will rejoice in their inheritance; and so they will inherit a double portion in their land, and everlasting joy will be theirs."*

Ps 71:1 *"In You, O LORD, I have taken refuge; let me never be put to shame."*

Ps 25:3 *"No one whose hope is in You will ever be put to shame, but they will be put to shame who are treacherous without excuse."*

Ps 25:20 *"Guard my life and rescue me; let me not be put to shame, for I take refuge in You."*

Ps 31:1 *"In You, O LORD, I have taken refuge; let me never be put to shame; deliver me in your righteousness."*

Ps 31:17 *"Let me not be put to shame, O LORD, for I have cried out to You; but let the wicked be put to shame and lie silent in the grave."*

Ps 18:35 *"You give me Your shield of victory, and Your right hand sustains me: You stoop down and make me great."*

10. Waste and Desolation

Daniel 4:34 *"And at the end of time I, Nebuchadnezzar lifted my eyes, to heaven, and my understanding returned to me; and I blessed the Most High and praised and honored Him who lives forever: For His dominion is an everlasting dominion, And His kingdom is from generation to generation."*

Isaiah 52:9 *"Break forth into joy, sing together, You waste places of Jerusalem! For the Lord has comforted His people, He has redeemed Jerusalem."*

Isaiah 49:8 *"Thus says the Lord: In an acceptable time I have heard You, and in the day of salvation I have helped You; I will preserve You and give You as a covenant to the people, To restore the earth, To cause them to inherit the desolate heritages:"*

Isaiah 43:19 *"Behold, I will do a new thing, Now it shall spring forth; Shall you not know it? I will even make a road in the wilderness and rivers in the desert."*

Isaiah 49:17 *"Your sons shall make haste; Your destroyers and those who laid you waste Shall go away from you."*

Isaiah 51: 14 *"The captive exile hastens, that he may be loosed, That he should not die in the pit, And that his bread should not fail."*

Isaiah 51: 3 *"For the Lord will comfort Zion, He will comfort all her waste places; He will make her wilderness like Eden, And her desert like the garden of the Lord; Joy and gladness will be found in it, Thanksgiving and the voice of melody."*

Isaiah 44:26 *"Who confirms the word of His servant, And performs the counsel of His messengers; Who says to Jerusalem, You shall be inhabited, To the cities of Judah, You shall be built, And I will raise up her waste places;"*

Isaiah 54:3 *"For you shall expand to the right and to the left, And your descendants will inherit the nations, And make the desolate cities inhabited."*

Amos 9:11 *"On that day I will raise up The tabernacle of David, which has fallen down, And repair its damages; I will raise up its ruins, And rebuild it as in the days of old;"*

Amos 9:14 *"I will bring back the captives of My people Israel; They shall build the waste cities and inhabit them; They shall plant vineyards and drink wine from them; They shall also make gardens and eat fruit from them."*

Isaiah 61:4 *"And they shall rebuild the old ruins, They shall raise up the former desolations, And they shall repair the ruined cities, The desolations of many generations."*

Isaiah 62:4 *"You shall no longer be termed Forsaken, Nor shall your land any more be termed Desolate: But you shall be called Hephzibah, and your land Beulah; for the Lord delights in you And your land shall be married."*

Isaiah 61:7 *"Instead of your shame you shall have double honor, And instead of confusion they shall rejoice in their portion. Therefore in their land they shall possess double; Everlasting joy shall be theirs."*

Isaiah 62:12 *"And they shall call them The Holy People, The Redeemed of the Lord; And you shall be called Sought Out, A City Not Forsaken."*

Ezekiel 36:33 *"Thus says the Lord God: "On that day that I cleanse you from all your iniquities, I will also enable you to dwell in the cities, and the ruins shall be rebuilt."*

Ezekiel 36:34 *"The desolate land shall be tilled instead of lying desolate in the sight of all who pass by."*

Ezekiel 36:35 *"So they will say, 'This land that was desolate has become like the garden of Eden; and the wasted, desolate, and ruined cities are now fortified and inhabited.'"*

Ezekiel 36:36 *"Then the nations which are left all around you shall know that I the Lord, have rebuilt the ruined places and planted what was desolate. I, the Lord, have spoken it, and I will do it."*

Ezekiel 37:12 *"Therefore prophesy and say to them, Thus says the Lord God: "Behold, My people, I will open your graves and cause you to come up from your graves, and bring you into the land of Israel."*

Ezekiel 37:13 *"Then you shall know that I am the Lord, when I have opened your graves, O My people, and brought you up from your graves."*

Ezekiel 37:14 *"I will put My Spirit in you, and you shall live, and I will place you in your own land. Then you shall know that I, the Lord, have spoken it and performed it, says the Lord."*

Ezekiel 36:25 *"Then I will sprinkle clean water on you, and you shall be clean; I will cleanse you from all your filthiness and from all your idols."*

Ezekiel 36:26 *"I will make them and the places all around My hill a blessing; and I will cause showers to come down in their season; there shall be showers of blessing."*

Ezekiel 39:27 *"When I have brought them back from the peoples and gathered them out of their enemies lands, and I am hallowed in them in the sight of many nations,"*

Isaiah 58:12 *"Those from among you shall build the old waste places; You shall raise up the foundations of many generations; And you shall be called the Repairer of the Breach, The Restorer of Streets to Dwell in."*

Zephaniah 3:20 *"At that time I will bring you back. Even at the time I gather you; For I will give you fame and praise Among all the peoples of the earth, When I return your captives before your eyes.' Says the Lord."*

Jeremiah 29:14 *"I will be found by you, says the Lord, and I will bring you back from your captivity; I will gather you from all the nations and from all the places where I have driven you, says the Lord, and I will bring you to the place from which I cause you to be carried away captive."*

Deuteronomy 30:2 *"and you return to the Lord your God and obey His voice, according to all that I command you today, you and your children, with all your heart and with all your soul"*

Deuteronomy 30:3 *"that the Lord your God will bring you back from captivity, and have compassion on you, and gather you again from all the nations where the Lord your God has scattered you."*

Deuteronomy 30:4 *"If any of you are driven out to the farthest parts under the heaven, from there the Lord your God will gather you, and from there He will bring you."*

Deuteronomy 30:5 *"Then the Lord your God will bring you to the land which your fathers possessed and you shall possess it. He will prosper you and multiply you more than your fathers."*

Deuteronomy 30:6 *"And the Lord your God will circumcise your heart and the heart of your descendants, to love the Lord your God with all your heart and with all your soul, that you may live."*

Psalms 127:1 *"Unless the Lord builds the house, They labor in vain who build it; Unless the Lord guards the city, The watchman stays awake in vain."*

Jeremiah 32:37 *"Behold, I will gather them out of all countries where I have driven them in My anger, in My fury, and in great wrath; I will bring them back to this place, and I will cause them to dwell safely."*

Jeremiah 32:38 *"They shall be My people, and I will be their God;"*

Jeremiah 32:39 *"then I will give them one heart and one way, that they may fear Me forever, for the good of them and their children after them."*

Jeremiah 32:40 *"And I will make an everlasting covenant with them, that I will not turn away from doing them good; but I will put My fear in their hearts so that they will not depart from Me."*

Jeremiah 32:41 *"For thus says the Lord; Just as I have brought all this great calamity on this people, so I will bring on them all the good that I have promised them."*

Jeremiah 33:6 *"Behold, I will bring it health and healing; I will heal them and reveal to them the abundance of peace and truth."*