

THE POWER OF THOUGHT II

PHILIPPIANS 4:4

4 Rejoice in the Lord alway: and again I say, Rejoice.

5 Let your moderation be known unto all men. The Lord is at hand.

6 Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God.

7 And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

8 Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, **think on these things.**

[STOP]

ECCLESIASTES 10:12

12 ¶ The words of a wise man's mouth are gracious; but the lips of a fool will swallow up himself.

PROVERBS 12:18

18 ¶ There is that speaketh like the piercings of a sword: **but the tongue of the wise is health.**

PROVERBS 15:2

2 ¶ The tongue of the wise useth knowledge aright: but the mouth of fools poureth out foolishness.

PROVERBS 18:7

7 A fool's mouth is his destruction, and his lips are the snare of his soul.

PROVERBS 18:20

20 ¶ A man's belly shall be satisfied with the fruit of his mouth; and with the increase of his lips shall he be filled.

PROVERBS 18:21

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

MATTHEW 12:33

33 Either make the tree good, and his fruit good; or else make the tree corrupt, and his fruit corrupt: for the tree is known by his fruit.

34 O generation of vipers, how can ye, being evil, speak good things? for out of the abundance of the heart the mouth speaketh.

35 A good man out of the good treasure of the heart bringeth forth good things: and an evil man out of the evil treasure bringeth forth evil things.

36 But I say unto you, That every ***IDLE** word that men shall speak, they shall give account thereof in the day of judgment.

IDLE: argos {ar-gos'}
Slow, barren, free from labour, at leisure, lazy, shunning the labour which one ought to perform. This literally means a vain, thoughtless, useless word, that accomplishes no good.

37 For **by thy words** thou shalt be justified, and by thy words thou shalt be condemned.

PROVERBS 23:7

7 For as he thinketh in his heart, so is he:.....

According to experts, **negativity actually impedes impulses from being transmitted between the central nervous system and the brain.** Because the brain cannot interpret impulses correctly, this affects the functioning of the brain and body. Memory is affected; sleep disturbances are experienced; emotional upsets become the order of the day; and immune function can also be affected, resulting in susceptibility to colds and flu.

Negativity can also be the result of constantly trying to fit more into an overcrowded schedule. Studies show that those who lead a competitive, stressful lifestyle or who strive for perfection often have higher levels of a harmful amino acid and a damaging protein in their blood, which can cause inflammation in the arteries and heart problems.

The Mayo Clinic reports that people who focus on positives instead of the negatives experience many health benefits. They live longer lives, have lower rates of mental illnesses such as depression, are less likely to suffer from the common cold and **cardiovascular disease**, and have better coping skills to deal with stress. Researchers aren't sure why positive thinking can improve a person's overall health.

HOW NEGATIVE AFFECTS YOUR HEALTH

Negative thinking causes headaches, body aches, and a host of health-related conditions which might not normally incur. While **Depression** is the main culprit caused by feelings of inadequacy, low self-esteem, fear, and anxiety; these feelings will generally result in heart attacks, strokes, and an overall feeling of hopelessness.

In addition, negative thinking creates stress and stress is the number one cause of major health problems today.

While it's not easy to stay positive in a world filled with hate and violence, the idea is to focus on you and your family and what you can control, not what is totally out of your control.

There are people whose lives are surrounded by negativity, and they have been plagued with diseases such as cancer and other debilitating illnesses.

CHEMICAL SIGNATURES

There's a certain part of your brain that puts out different chemicals associated with different emotions... So, anger, for example, looks different on a cellular level from "happy." And **your thoughts can also initiate chemical reactions within your body...**

For example, your palms sweat when you're nervous because **your "thoughts" are initiating your adrenaline reserves...** That's a chemical response from your body to your thoughts. So, what if you continued to think "adrenaline" producing thoughts over and over again?

Would your body become "addicted" to that adrenaline rush? Yes! So one of the main effects of positive thinking is that you are affecting your chemical systems within your body...

AS.I.WAS.WITH.MOSES_ LA.CA THURSDAY_ 51-0503

E-14 Let him that's weak say, "I am strong." See? Just say in you heart that "I am now strong. I have now accepted Jesus as my Healer," **and never have any negative testimony any more**, just believe it.....

MY.COMMISSION_ LA.CA SATURDAY_ 51-0505

E-55.....Now, how many is back there in the prayer line now is going to believe with all your heart that--that you're--that you're going to be made well. Believe it with all your heart, that you're going to get well. Do you now commit yourself to the Lord Jesus and say, "I now accept You, my heavenly Father, as my Healer. And by Your grace tonight, **no matter what happens, when I am coming through that prayer line, I accept Your blessings.** And I believe that when hands are laid upon me that I'll get well. **I'll never have a negative testimony no more.**

I'm going to believe the Lord"? Will you raise your hands, say, "I believe that, and I now confess that"? God bless you.

ACCEPT.GOD'S.GIFT_ TALLAHASSEE.FL THURSDAY_ 53-0219

E-9 Now, healing is not something that you just say, "Well, I... yeah, I believe it. I believe it." Now, that's all right. If that's the best you can do, just mentally, or just say, "Well, I... Yes, I--I see it. I believe that; I accept it." **Then if you accept it on those basis, keep saying it over and over. Say it out loud. Say it over and over; just keep saying, "I'm healed. I'm healed." Say it until actually you believe it. And when you believe it, then it's going to take place. Don't have a negative testimony. Every time when you confess, "Well, I still feel bad today. I guess I..." you go right straight back in the same rut that you was in the beginning.** There's not a man or woman in here that is baptized with Holy Spirit but what would start your confession, "I believe I've lost the Holy Spirit. I believe It's gone from me. I believe I..." you'll go right down;.....

FAITH.WITHOUT.WORKS.IS.DEAD_ CHICAGO.IL SATURDAY_ 53-0905

E-72 All right. Bring the lady. You believe with all your heart? Believe Jesus Christ makes you well right now? Go, thanking God, saying "Praise You, Lord. Praise You." **Don't never have no negative testimony; testify positive. "Jesus has healed me, and I'm well." Go and you will receive your healing.....**

JAIRUS.A.SECRET.BELIEVER_ MACON.GA SATURDAY_ 55-0604

E-38.....You don't look at your affliction. You keep your eyes on the promise Giver, the Lord Jesus Christ. Keep your eyes on His Word. He's the One Who promised. He watches over It to perform it. He keeps it in the hollow of His hand, and in the depths of His heart it's bedded. His Words has to be True.

Get your mind off of your sickness, off of your troubles. Keep your eyes on Jesus.

JEHOVAH.OF.MIRACLES_ SAN.JOSE.CA THURSDAY_ 59-1126

E-25.....**Just keep Him on your mind.** Keep thinking about Him, how lovely He is, how sweet He is, of His promises. If you're sick, get this on your mind, "He was wounded for my transgressions; He was bruised for my iniquity: the chastisement of my peace was upon Him; and with His stripes I was healed."
Keep your mind centered like that; something will happen to you. All of a sudden there'll be a--something draw nigh to you, an anointing will come on you and out of that chair you'll go. "Draw nigh unto the Lord, and He will draw nigh unto you."

WHAT ARE THE EFFECTS OF NEGATIVE THINKING?

The following are some of the most common effects of negative thinking:

Feeling down. The extent of negative feelings can go from anger, frustration, irritability, to even anxiety and depression, passing through many other feelings, none of them pleasant.

Physical effects: the body lowers its defenses, as negativity subtracts from our energy.

Besides, an extreme negative emotional state can cause eating disorders: from over eating to a complete lack of appetite and not eating enough (and not caring about it).

Closing oneself down to possibilities and the flow of abundance. When we are in a negative state we do not attract those elements that would make our lives advance; rather we attract the circumstances that support us in thinking something is wrong, and we get stuck.

Simply put, when we stay thinking negative, we attract negative emotions and events. Thus when one is in a negative state everything seems to go wrong.

A negative effect in others. Have you ever wondered how you may be affecting other people because of the way you feel?

Think about when a relative, a friend or someone at work seems to be having a bad day and how you feel when you come in contact with them.

You could be making others feel the same way when you are wrapped in your own negative thoughts.

Effects of negative thinking in the body

One of the serious effects of negative thinking is that it causes physical illnesses and disease. In fact, Dr. Louise Hay states that ingrained negative thoughts and negative feelings that are not released can even cause cancer.

The average person has over 30,000 thoughts a day. Through an **uncontrolled thought life, we create** the conditions for illness; we make ourselves sick! Research shows that **fear**, all on its own, triggers more than 1,400 known physical and chemical responses and activates more than 30 different hormones. There are INTELLECTUAL and MEDICAL reasons to FORGIVE! Toxic waste generated by toxic thoughts causes the following illnesses: diabetes, cancer, asthma, skin problems and allergies to name just a few. Consciously control your thought life and start to detox your brain!

Medical research increasingly points to the fact that thinking and consciously controlling your thought life is one of the best ways, if not the best way of detoxing your brain. It allows you to get rid of those toxic thoughts and emotions that can consume and control your mind.

The average adult has 300 negative thoughts per day, about one every 2 ½ minutes, according to the Midwest Center for Stress Control.

'NOCEBO EFFECT' MAY EXPLAIN SOME DRUG SIDE EFFECTS

A phenomenon called the "nocebo effect" may explain why some people report side effects that are not related to the medications they are taking, according to a new report.

Most people have heard of the placebo effect, in which people on an inactive drug or therapy experience improvement in their symptoms. Researchers compare new drugs to placebo to gauge the true benefit of a therapy.

The placebo effect can make people feel better, but sometimes a dummy pill can have the opposite effect. Believing that they are taking an active medication, some patients develop side effects when taking a placebo.

This phenomenon is dubbed nocebo, which means "I will harm" in Latin. Placebo means "I will please" in Latin.

This nocebo effect may help explain why people taking real medications sometimes experience side effects that do not seem to be caused by the drug, according to Dr. Arthur J. Barsky and colleagues at Brigham and Women's Hospital in Boston, Massachusetts.

These so-called nonspecific side effects can have serious consequences, the researchers note in the February 6th issue of The Journal of the American Medical Association. Such side effects may cause patients to stop taking medications or physicians to discontinue effective drugs.

In a review of medical studies, Barsky's team identified several factors that seem to be related to the nocebo effect and nonspecific side effects of active medications.

The power of positive thinking may account for some of the placebo effect, but negative thinking has a power of its own, according to the researchers.

"Patients who expect distressing side effects before taking a medication are more likely to develop them," they state. The power of suggestion can be influential as well. In one

clinical trial the authors reviewed, patients who had been warned of the possibility of gastrointestinal side effects of a medication were much more likely to experience such symptoms than those had not been told of the possible side effects.

Nonspecific side effects may be more common in people who have experienced side effects while taking medication in the past, the report indicates. Barsky and his colleagues also assert that patients with certain characteristics, such as anxiety and depression, may be more likely to experience nonspecific side effects.

What a person knows about a particular medication and even the color, name or shape of a pill may influence nonspecific side effects, the investigators note. One study found that more than 90% of people who had been classified as allergic to penicillin **were able to take oral penicillin**. It is possible, according to the authors, that some patients who were fearful of having a bad reaction to penicillin misinterpreted symptoms that were not caused by the drug.

In another study, patients taking blue placebo pills were more likely to report drowsiness than patients taking pink ones. The researchers point out that in one study, patients associated red, orange and yellow pills with stimulants and blue and green ones with sedatives.

So what can be done? The report suggests physicians and nurses should get training in how to better communicate with patients **to avoid instilling negative suggestions**. Patients may not need as much information about the bad things that might happen. "We have to consider reducing the amount of negative information on potential side effects given in patient briefings and prescription details.

Did you know that up to 95% of physical health issues are a direct result of your thought life?

NEUROTRANSMITTERS AND HORMONES

Whenever you have a thought or emotion, your brain releases neurotransmitters and hormones, which trigger physical responses in your body. If you are caught in a stressful situation and you react to it with a negative thought (or words), your heart starts racing and your body releases two powerful stress hormones, cortisol and adrenalin. **When these hormones are secreted in response to continual stress, they have very negative impacts on your body. They accelerate brain aging, increase fat storage, suppress your immune system, and cause muscle and bone loss.**

POSITIVE THINKING AND POSITIVE AFFIRMATIONS

You can't stop external stressors in your life, but you can control your response to them. If you get into the habit of thinking positive thoughts and speaking positive words in these circumstances (even if the negative thoughts arise), your production of stress hormones will decrease and you will begin to lose body fat more quickly.

Our thoughts and emotions are represented in the body as electrochemical reactions. These chemicals are constantly floating around in our bodies and are stored in different places. The research is clear that negative thoughts, and the associated harmful chemicals, have detrimental effects on our health.

You can control the degree to which harmful chemicals float around in your body by adjusting your thinking patterns. Start by making a deliberate decision to change how you're thinking.

BLIND.BARTIMAEUS_ SAN.FERNANDO.CA TUESDAY_ 55-1115

E-29.....when you get to thinking about Divine healing, get to thinking about Christ... Keep Him on your mind. "If there be any praise, if there be any virtue," the Bible says, "**think on these things.**"

If any thought comes by, "Well, maybe it couldn't be so. Maybe..." Get it off your mind right quick. **Think on things that's positive. Never let a negative thought pass through.** The... Don't let it stop, anyhow, if it starts to. **Keep your thoughts positive:** Jesus.

BLIND.BARTIMAEUS_ SAN.FERNANDO.CA TUESDAY_ 55-1115

E-30 Don't think, setting there in a wheelchair, you, that you're hopeless, helpless. You're not. **Don't let that negative thought ever pass through. Don't let it anchor.** You can't help it from going through your mind (That's right.), but don't let it stop. Like the old farmer said, "I can't keep the birds from flying over my place." But he had a double-barreled shotgun, said, "I can sure keep them from roosting." So you do the same thing, and you too. See? Don't let them roost. Let them pass right on through.

Now, here's the shotgun to use. Both New and Old Testament's a double barrel, very good too. I'll tell you, **It keeps them all away.....**

A.GREATER.THAN.SOLOMON.IS.HERE_ S.PINES.NC WEDNESDAY_ 58-0625

E-17.....I want every person in here to have this in your mind, that as soon as prayer begins to go for the sick, every one of you is going to get up and walk out of the building well. Don't have nothing else in your mind. Keep thinking that. "If there be any praise, if there be any virtue, think on these things." **You cannot get anything from God with a negative thought.....**

GOD.USING.HIS.GIFT_ SHREVEPORT.LA SUNDAY_ 56-0311E

E-30.....Don't think that kind of a negative thought; don't let it go through your mind. **Make every word positive, and every thought positive.** See it?

You know, the disciples, after resurrection of Jesus, Cleopas and his friend was on his road down to Emmaus, and as he went around talking about Jesus, thinking about Jesus, He stepped right out of the bushes and walked with them, **while they were thinking on, while they were meditating. That's the same way Jesus does today.** In my heart, on my mind, all day long,

let me walk with the Lord in the light of His Word, with the heavenly Dove, let me have fellowship all day long.

HEAR.YE.HIM_ PARKERSBURG.WV SATURDAY_ 56-1215

E-102.....you have a very strange nature; that is a deep thinker, always crossing bridges before you get to it. It's always a bad thing, never happens the way you plan it to happen. And **by that it's developed a peptic condition of the stomach, giving you stomach trouble.** That's right, isn't that, sir? If that is right raise your hand. Which it is right, couldn't be nothing else. God Almighty knows it. **You now throw aside every negative thoughts and will go home and eat your supper and praise God and give Him praise for it?**

MARY'S.BELIEF_ LA.CA THURSDAY_ 59-0409

E-9 **And you know, it's usually when we're thinking about God and keeping our minds on God, that God comes close to us.**

I think that's one of the great troubles of the people of this day. We have **too many other things on our mind.** Even when we come to a healing service, we seem to think, "Well, I did not get a prayer card tonight." Or perhaps, "I'll not be prayed for." **We will never be able to accomplish much as long as we keep those kind of thoughts.....**

....Let's be positive in our thinking.....