

CAPTURING OUR THOUGHTS

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.

ISAIAH 26:3

3 Thou wilt keep him in perfect peace, whose mind is *STAYED on thee: because he trusteth in thee.

STAYED: camak {saw-mak'}
rest, lean against, to support, uphold, sustain, refresh, revive

MATTHEW 15:17

17 Do not ye yet understand, that whatsoever entereth in at the mouth goeth into the belly, and is cast out into the draught?

18 But those things which proceed out of the mouth come forth from the heart; and they defile the man.

19 For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies:

LUKE 12:28

28 If then God so clothe the grass, which is to day in the field, and to morrow is cast into the oven; how much more will he clothe you, O ye of little faith?

29 And seek not ye what ye shall eat, or what ye shall drink, neither be ye of *DOUBTFUL mind.

DOUBTFUL: meteorizo {met-eh-o-rid'-zo}
by a metaphor taken from ships that are tossed about on the deep by winds and waves, to cause one to waver or fluctuate in the mind; to agitate or harass with cares; to make anxious

II CORINTHIANS 10:5

5 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;

CAPTIVITY: aichmalotizo {aheekh-mal-o-tid'-zo} to lead away captive, to capture ones mind, captivate

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.

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.

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.

WHAT. IS. THE. HOLY. GHOST_ JEFF. IN V-4 N-2 WEDNESDAY_ 59-1216

13 The other night at around a little after midnight, the wife and I, after setting up, and praying, and talking to the Lord across the little footstool in the--our front room with two open Bibles,

we consecrated ourselves anew to God for a complete service, that we would surrender our own wills, and everything, and every negative thought, and--to serve the Lord Jesus.

WHAT. WAS. THE. HOLY. GHOST. GIVEN. FOR_ JEFF. IN V-4 N-3 THURSDAY_ 59-1217

132 And I took my wife (back there) by the hand, across this Bible and her little Bible, and I said, "Honey, I've been too negative. The Holy Spirit condemns me within me. " I said, "I think of them squirrels out yonder.

I think of Hattie Wright back there and the little boys. I think of what God did, showing that He was God that could create. " Hallelujah. I thought, "He's told me that years ago, 'I'll not leave you; I'll never forsake you. No man will stand before you all the days of your life. I'll be with you.

And from this hand of discernment, it'll come till you'll know the secret of the heart. After that, it'll raise higher and higher. "" A year after that proved perfect the world around. Here comes this--this other great ministry far beyond it. I said, "Honey, I take your hand.

By God's help and God's grace, never let me be negative again. Let me walk forth to this revival here to preach like never before. Let me go here to first sanctify myself and make a way for the people, that my own sins, my own neglecting be under the Blood, my own shortcomings be under the Blood,

that I might walk out and say, 'Follow me, people. "" That's right. I hate to see a guy say, "You go do it. " I like to see somebody that'll lead the way to do it. Yes, sir.

THE. QUEEN. OF. SHEBA_ KLAMATH. FALLS. OR SUNDAY_ 60-0710

E-8 How many is Christians?" Perhaps ninety-five percent, or maybe a hundred, raise up their hands: They're a Christian. As long as you believe that, all right. But the minute that you begin to think that you're not, that's the time you start sinking right there.

That's the time your testimony is negative. Divine healing lasts just as long as your faith lasts with it, your salvation the same. Because every--everything of God is by faith, and nothing of God's can be proven by natural.

THOU. SON. OF. DAVID. HAVE. MERCY. ON. ME_ LONG. BEACH. CA WEDNESDAY_ 61-0215

E-46 Well, our thoughts are always negative. We come in the prayer line. . . I notice we've come in the prayer line. . . "Oh, if-if he will tell me. . . Is it this?" Oh my, you never get nothing like that. No.

You're so negative to begin with. Come like that. . . "Come to the fountain filled with blood drawn from Immanuel's veins, where sinners plunge beneath the flood lose all their guilty stains. " That's it. Come with faith believing.

"He that cometh to God must believe that He is, and a rewarder of those that diligently seek Him. ". .

The thing to do is just--just say and make up your mind that it's God, and God said so, and I'm going to meet His requirements and that settles it forever. Amen. God said so.

ONLY. BELIEVE_ CHICAGO. IL THURSDAY_ 61-0427

E-71 Repeat after me. [Congregation repeats after Brother Branham--Ed.] Lord, I believe, that You're the Son of God. I renounce my unbelief. I accept You as my Saviour. I accept You as my Healer. I accept You as my King. I believe You, now Lord.

From henceforth, my testimony shall never be negative. I will praise You, in the Name of Jesus Christ.
Now, raise up your hands and praise Him. And it's all over. God bless you. I give you to the. . . ?. . .

INFLUENCE_ NY. NY V-18 N-9 THURSDAY_ 63-1114

34 if you'll set your--your mind and eyes, and motives and objectives, in life, on the right thing, you've got to come out on the right thing. You can't fail. See? That's the only way.

NEUROPLASTICITY

Positive thinking really does change your brain. Not in some magical, new age kind of way, but in a real physical, neurological way.

The science is called neuroplasticity. It means that our thoughts can change the structure and function of our brains. The idea was first introduced by William James in 1890, but it was soundly rejected by scientists who uniformly believed the brain is rigidly mapped out,

with certain parts of the brain controlling certain functions. If that part is dead or damaged, the function is altered or lost. Well, it appears they were wrong.

Neuroplasticity now enjoys wide acceptance as scientists are proving the brain is endlessly adaptable and dynamic.

It has the power to change its own structure, even for those with the severe neurological afflictions. People with problems like strokes, cerebral palsy, and mental illness can train other areas of their brains through repetitive mental and physical activities. It is completely life-altering.

So what does this have to do with positive thinking and with you?

It means that repetitive positive thought and positive activity can rewire your brain and strengthen brain areas that stimulate positive feelings.

Dr. Norman Doidge M. D. states plainly that the brain has the capacity to rewire itself and/or form new neural pathways — if we do the work. Just like exercise, the work requires repetition and activity to reinforce new learning.

Neuroplasticity not only applies to actions, but to thoughts as well. There are two types of plasticity—positive plasticity and negative plasticity. As you can guess, positive plasticity is connected to positive changes in the brain.

Repetitive positive thought and positive activity can rewire your brain and strengthen areas that stimulate positive feelings. Our patterns of thought and how we view our life can contribute to a powerful trait called adaptive competence.

In a recent NPR segment, commentator and gerontologist Dr Mark Lachs described adaptive competence as our ability to bounce back from stress. According to his research, this ability, and a person's outlook on life and aging plays an important role in longevity.

The perception of aging that we create, and the life we build can increase our lifespan, as well as help us maintain our cognitive abilities.

So, if negative thought patterns can be detrimental to our physical, emotional and cognitive health, how can we rewire our brains in a positive way? Changing habitual thought patterns can be difficult. Here are some suggestions:

- Psychologists recommend paying attention to your thought patterns. When you recognize a negative pattern, work to gradually change your thoughts. Try to restructure the negative sentences that you repeat in your mind to something more positive. Meditation or prayer can also help counteract negative thoughts.

- Exercise can help release endorphins which lift our mood. When you feel yourself overwhelmed by a situation take a walk, ride your bike
- Build a support network in your life. A strong social structure can keep you active and lend support. Isolation can keep you locked in your negativity.
- Volunteer. Get your focus off of your own life and help others. Seeing the circumstances of people who are less fortunate than you can help you gain a better perspective on your life. Helping others can also give you a sense of purpose.

No matter what your age is, you can use these tools to make positive changes in your life.

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.

THE. AUTHORITY. OF. THE. WORD_ CONNERSVILLE. IN TUESDAY_ 53-0602
E-29 Now, bow your heads if you will. It's--it's mental nervousness. [The woman asks, "Should--should--should I believe when I feel like I'm dying all the time?"--Ed.] It's. . . See? That's. . . You must believe of regardless of anything. See?

You never go to your feeling; you go to your faith. See? There's where you--the lacking of it is, sister dear. I want you to be well. See? But see? You're--you're. . . It's--it's a--a mental disturbance all the time. You must just keep saying, "Thank You, Lord, for my healing. Thank You, Lord. " "How you feeling?"

"Wonderful. Thank God for my healing," and just keep on like that, you'll get well. See what I mean? There's where you climb up over the riffles there. It's a battle. You've got to fight 'fore you have victory. You see?

Sometimes evil spirits want to hold on, but if you--I. . . It's left to the people's faith. They have to leave in the Presence. That's true. But when they get away, they'll return. You see? If the patient can have enough faith to take it, the thing away itself, much the better. All right.

WHY_ PHOENIX. AZ SATURDAY_ 61-0128

E-82 You're going out there, excited, and trying to reach for something, when it's right here by you. Just simple. Just say, "Thank You, Father. You promised it to me. I now receive it. " That's all. Watch what happens. Now, mean it in your heart.

Just keep saying it, over and over. Say. . . If you don't believe it altogether, keep saying it until you do believe it. Just keep saying it over. "I thank You, Lord, for my healing. " 'Cause what is He? "Christ is the high priest of our confession. " Is that right? Hebrews 3.

All right. He's the high priest of our confession. Then He cannot do one thing for you, can make no intercession, until first you confess that it's done. Now, is that Scriptural? High priest of our confession. Then he can only act when we confess.

Switching to positive thoughts is just a matter of making a conscious effort. To get rid of negative thoughts you need not fight them, but rather replace them for positive ones, just like you can replace the beliefs that don't serve you for those that do serve you.

NEUROPEPTIDES: THE MOLECULES OF EMOTIONS

Your cells *feel* the way you do! Your thoughts *do* create your reality! What you spend your time thinking about, becomes the facts of your life. That's why positive affirmations actually work – repeating simple, positive, powerful statements to yourself, changes the frequency of the vibrations around your own neuropeptides,

allowing cells to function better, your mind to find solutions to reach your goals, and your whole body-mind system to function optimally. Changing your habitual thought patterns to one of positivity and love, to remove energy blockages, will allow the electrons around the nucleus of your neuropeptides to send positive,

feel-good vibrations of waves and particles throughout your body-mind being. These vibrations bind to your cell receptors and allow the message to go right into your physical and spiritual DNA, the genetic source of your being.

Emotions like bitterness, unresolved anger, resentment, fear and worry constantly trigger your stress response. These then become buried in ever deepening layers inside the cell memories. The layers become the physical footprints of your dream body, psyche or soul, manifesting in physical illness or chronic health problems.

Once the cell memories are awakened, they can reach the conscious mind, so that you can make contact with your whole, integrated human *beingness*, leading to the identification of the deep issues that might play a role in the disease process.

Through this, disease becomes a teacher potentially leading to important life lessons, personal and spiritual growth and healing from the inside out. The choice and free will to follow this path, is yours!

YOUR MIND HAS INCREDIBLE POWER OVER YOUR BODY.

One of the strongest effects of positive thoughts, it gives you the power to control your body on a cellular level.

When you are thinking positively about your life, your body is "at rest. . ." No adrenaline. Heart is happy. No stress hormones (like cortisol) running through your system (which make you sick and old!)

Your cells want more of the "happy" chemicals that are produced when you're thinking positive and your cells will help you stay positive so they get their "fix. "

Your brain is a very powerful tool that can be used to either positively or negatively impact your life. Your brain frequencies affect how you think, how you feel and how you react to life on a daily basis.

What if you could control your brain so that it only allowed you to experience the low frequency states associated with relaxation, alertness, focus, happiness, awakened consciousness and manifestation?

Although your brain affects your reality it is also true that your thoughts affect your brain. By changing what you think to positive thought forms you can literally change the way your brain operates and how you feel.

Positive thoughts can actually change your brainwaves levels and influence the frequencies you experience.

The majority of us have some negative thought patterns programmed in our subconscious. Without us being aware of it, these negative thoughts influence your brain frequency levels to the point where you may feel tired, frustrated, stressed out, angry, edgy and simply all around negative.

This is a vicious cycle that can be very difficult to break.

LESS CARDIOVASCULAR DISEASE

Men who believed their risk of suffering from cardiovascular disease was lower than average were three times less likely to die from heart attacks and strokes than men who believed otherwise found a 15-year study conducted by University of Rochester Medical Center researcher Robert Gramling.

In Dr. Karina Davidson's 10-year study of 877 healthy women and 862 healthy men, published in the February 2010 issue of European Heart Journal, participants who reported feeling happier had less heart attacks than those who felt less happy.

LAW_ CHICAGO. IL SATURDAY_ 55-0115

E-18 this is so much thought of people; they say, "Well, I'm weak; my faith is not very much; I'm not a very good Christian. " That's just what the devil wants you to say. You're just talking his language right then. See? You mustn't never say that.

Don't never let your testimony be negative; let it be positive all the time. "I am saved. I have God in my heart. I believe Him

with all my heart. " Do you believe in Divine healing? "With all of my heart. "

Let your--your testimony always and your thoughts, everything.

Never permit a negative thought to come in your mind if you can help it. When it starts that, don't entertain it. Well, you say, "I can't help the thoughts from coming. " Well, that'll be like the farmer that said he couldn't stop--he couldn't stop the birds from flying over his place, but he could sure stop them from roosting.

" So that's a--that's a good thing. You see? You can't help the thoughts when they come, but don't--don't--don't entertain them; just pass it on. "No, sir. Jesus Christ is my Saviour; all things are mine by God. And I--I'm going to keep them. I'm going to testify of them. "

And God can only bless you as you confess that He has done it for you. See, He's the High Priest of our confession. Is that right? Hebrews 3. He said that He's the High Priest of our confession. He can only do for us as we accept it, and believe it, and confess it.

Oh, how. . . Maybe tomorrow afternoon, if God willing, I want to get around to something that's on my mind so strong right now, on how to receive the Lord Jesus. But maybe that'll be better in the Sunday school lesson tomorrow afternoon.

THE. POSITION. OF. A. BELIEVER. IN. CHRIST_ PHOENIX. AZ SUNDAY_ 55-0227A

E-25 See, we have lots of hope, but not much faith. So we want to change from hope today to positive faith. And there's only one way we can get positive faith: that's by positive thinking of positive things.

Positive thinking doesn't mean that you keep your head in the sand and ignore life's less pleasant situations. Positive thinking just means that you approach the unpleasantness in a more positive and productive way. You think the best is going to happen, not the worst.

Positive thinking often starts with self-talk. Self-talk is the endless stream of unspoken thoughts that run through your head every day. These automatic thoughts can be positive or negative. Some of your self-talk comes from logic and reason. Other self-talk may arise from misconceptions that you create because of lack of information.

If the thoughts that run through your head are mostly negative, your outlook on life is more likely pessimistic. If your thoughts are mostly positive, you're likely an optimist — someone who practices positive thinking.

The health benefits of positive thinking. Researchers continue to explore the effects of positive thinking and optimism on health. Health benefits that positive thinking may provide include: Increased life span, Lower rates of depression, Lower levels of distress, and Greater resistance to the common cold.