

A SOUND MIND

II TIMOTHY 1:5

5 When I call to remembrance the unfeigned faith that is in thee, which dwelt first in thy grandmother Lois, and thy mother Eunice; and I am persuaded that in thee also.

6 Wherefore I put thee in remembrance that thou *STIR up the gift of God, which is in thee by the putting on of my hands.

STIR: anazopureo {an-ad-zo-poor-eh'-o}
to kindle up, inflame one's mind, strength, zeal

7 For God hath not given us the spirit of fear; but of power, and of love, and of a *SOUND mind.

SOUND: sophronismos {so-fron-is-mos'}
an admonishing or calling to soundness of mind, to moderation and self control

HEBREWS 8:10

10 For this is the covenant that I will make with the house of Israel after those days, saith the Lord; I will put my laws into their mind, and write them in their hearts: and I will be to them a God, and they shall be to me a people:

SIRS. BE. OF. A. GOOD. CHEER_ CHICAGO. IL WEDNESDAY_ 54-0721
E-27 Now, if you notice, the subconscious is where you live. That's where you, yourself live. That's the reason people, it's hard for them to have faith. Up here, first, they say, "Yes, I got faith,"

but down in here something says, "but it's not for you. "It's like a ship going across the sea. The man up here in the--in the deck, you look at him, you say he's running the ship. No, he isn't running the ship. The man down in the bowels of the ship is running the ship: the engineer.

Now, what if he'd ring a sign down through and say, "So many knots forward. " And the man down there would ring and go backwards? What if he'd say, "Go to the right," and he'd turn to the left? He couldn't steer it. The man down at--he--down in the inside is one that sends the ship.

Well, this fellow up here says, "I believe God heals, and I believe He's the same yesterday, today and forever. " And your subconscious down there says, "But it's not for you. " And you see. . .

SIRS. BE. OF. A. GOOD. CHEER_ CHICAGO. IL WEDNESDAY_ 54-0721 E-28 Now, if you get that man up there to say, "forward," this man down here say, "Forward," you'll go forward. If you can get God to say, "I'm the Lord that healeth thee," this first conscious said,

"I am the Lord that healeth thee," and the subconscious said, "I am the Lord that healeth thee," you're going forward. But when God says, "I'm the Lord that healeth thee," and the subconscious said--or this conscious said, "I believe it's so," and the subconscious said, "Are you quite sure?"

Then you're not going anywhere. You're just run around in circles. See? You've got to get both--all working together, here, here, and there, all in harmony. Then you can move forward; there's nothing can stand in your way then; you're moving forward.

WHY. ARE. WE. NOT. A. DENOMINATION_ JEFF. IN V-11 N-7 SATURDAY_ 58-0927

7 And then when you let your faith run out to its end, till you begin to believe, then let your subconscious go to acting, then the faith of God will back it up; then you'll go right on out. See?

'Cause your faith won't do too much; your subconscious has to move in the direction that your faith is moving, and then God's

faith moves in behind and confirms it all. See? But if it's your faith, "Oh, yes, I got it right now";

and even your subconscious rolling back here, saying, "I wonder if it'll work on me. " It--it won't do it right then. See?

QUESTIONS. AND. ANSWERS_ JEFF. IN COD WEDNESDAY_ 59-1223
491-97 with the mind of Christ you serve God. See, the inward part (See?), the inward part, you serve God. That subconscious, there's where faith lies. I want to ask you. Was there many times that you people in here,

many of you have seen times where you would--you just knowed something was going to happen. It looked like it was impossible for it to, but you did, knowed it was going to happen. Did you ever have that? That's that faith, that subconscious a-working.

GOD'S. PROVIDED. WAY. OF. APPROACH. TO. FELLOWSHIP_ KLAMATH.
FALLS. OR SATURDAY_ 60-0709
E-10 And so, they thought that it was a . . . Perhaps. . . You could catch it coming from the audience, and I do that many times. They think it's telepathy, and yet they'll say, "Praise the Lord!"

But yet, they don't. . . They don't really believe that in their hearts. See? Your inner conscience speaks louder then your mouth does. You see? That time. . . It's your subconscious on the inside, what you really think, that's what the Holy Spirit catches and reveals. And then, when. . .

Do you believe that? "Jesus looked upon the audience and perceived their thoughts. " That's right. All right.

QUESTIONS. AND. ANSWERS. 3_ JEFF. IN COD SUNDAY_ 64-0830M
1089-Q-333 333 "What must I do for my family?" Use the same faith that you're using for yourself, for your family. Commit them to the Lord and believe with all your heart that you're going to be saved. Let it. . .

Don't let it just come on your natural thinking here, let it drop way down on the inside, that subconscious, then they're yours. God's give them to you when you've got it down here. Whatever you have in your heart here and ask for it, when you pray, believe that you receive what you ask for.

Now, you can't doubt it no more. You can't believe it and doubt it the same time. How many knows that? You can't believe and doubt at the same time. You've got to believe that what you ask for, you receive it, then He said it would be given to you. So you just believe for your family, and they'll get it.

The subconscious mind is responsible for the automatically triggered feelings and emotions that you suddenly experience upon facing a new situation. If you were about to give a presentation then all the fear and anxiety feelings you might experience are in fact launched and controlled by your subconscious mind.

The conscious mind is, on the other hand, responsible for logic, calculations and all actions that are performed while you are conscious. The subconscious mind also controls other functions in your body like breathing and heart beats.

How you can you program your subconscious mind? When the information about driving is stored into your subconscious mind it's stored as a program. Think of your mind as a computer and the driving information as software that can be run automatically whenever needed.

The same goes for lots of other activities and emotions. If someone annoyed you, the installed program of anger is going to be launched and the result will be a behavior that you may regret later.

By programming the subconscious mind with new programs you can fix many problems in your personality. The subconscious mind learns by repetition and not by logic. This is why you can

convince someone to believe in something by repeating your argument again and again rather than using logic.

Another way to look at how the mind works between the conscious and subconscious is to think of it from this point of view: when you develop a thought, it is analyzed by the conscious mind which then starts to send electro-chemicals within the brain.

As the electro-chemicals travel through the brain, neural pathways are opened and the data passes through the brain. As the data travels, additional cells throughout the brain are imprinted with the data being processed.

The conscious mind then attaches emotion to the thought based on its perceived interpretation of the data. This increases the vibration of the thought and at that time a belief is established. This belief is then stored in the subconscious mind. This belief could be based on truth, reality, or a lie.

It depends on where the thought came from and how it was interpreted. This data can then be accessed and utilized in the future by the conscious mind to either support or deny any further thoughts that are inputted into the conscious mind.

When the conscious mind receives the same input again, it is the job of the subconscious mind to locate and provide that data which was stored previously, send it back to the conscious mind with an emotion of some type included,

which was also stored previously with the data, which will create a vibration based on the frequency of the data presented.

This really is not a hard process to achieve. It just takes work and determination, and having faith doesn't hurt either. You must always remember that the subconscious mind does not know the difference between what is real or imagined. It only responds to what is fed to it.

AFFIRMATIONS AND THE SUBCONSCIOUS

Affirmations are short phrases that are repeated over and over again. The main objective of affirmations is to "program" your subconscious Mind. The subconscious Mind is also sublime, that is to say it never, ever questions your instructions and never has alternative ideas. To the subconscious Mind whatever you say goes!

The question is then how can we most effectively program the subconscious Mind? The first obstacle to overcome is the conscious Mind, that 10% of your total Mind that you use in everyday life to interact with the physical world.

Although the physical Mind is only 10% of our total Mind, because it is interacting at a fully conscious level it will tend to intercept and analyze everything we direct at the subconscious Mind, and if it does not agree, which can be most of the time, it will reject it there and then.

The conscious Mind is often resistant to change, preferring things just the way they are, for better or for worse. This is why affirmations frequently fail to work for many people; the subconscious Mind is simply not receiving the message.

Our challenge therefore is to bypass the conscious Mind to gain direct access to the subconscious Mind. The first is to repeat the affirmation, or be exposed to the affirmation so many times that the conscious Mind cannot intercept and reject them all.

Another method is to use affirmations at a time when the conscious Mind is less active and the Mind generally is much more receptive. These best times are just before sleep and just after awaking.

Saying affirmations until you drift off to sleep is very powerful. Not only does it reach the subconscious Mind much more readily,

but by taking the affirmation into the sleep state it will continue to influence the subconscious Mind during sleep.

Repeating affirmations as you awake is also very effective, but you only have a small "window of opportunity" during the waking process, so make the most of it.

You can reinforce your affirmations during the day by writing them down on "sticky notes" and placing them around your home, office desk, in your car and anywhere else you will see them frequently. The important thing is to drive the message home to the subconscious Mind.

Affirmations must always be repeated in the present tense and must be short. For example; "I feel completely healthy" or "I am loved", I will make it through this, and so on. Many people make the mistake of creating affirmations that are too long, and also creating too many related affirmations.

The Subconscious Mind, although very powerful, is also very simple in the way it perceives things and is easily confused. Affirmations must therefore be short, unambiguous and few in number. No more than 10 very closely related affirmations should therefore be used, and they should be of as few words as possible.

Three further aspects of making affirmations much more powerful and which can make the difference between them working or not is belief, gratitude and emotion. You must believe that the object of your wishes is here now, which it really is, and is merely waiting to arrive into your life.

Another is gratitude; always feel grateful that you have already received and are enjoying the object of your desires. Emotion is extremely powerful because it raises your vibrational state making the process much faster and more efficient. Feel therefore how happy you are to be in possession of your desires.

THE. HOUR. IS. COME_ PHOENIX. AZ SUNDAY_ 51-0415E

E-17 Your right mental attitude towards God's Divine promise will bring any promise to pass.

Now, maybe you don't believe that. You say, "Well, my faith is weak. " I wouldn't confess it. See? Don't let the devil know that.

Always say, "I've got good faith. I believe God with all my heart. " See? Don't testify nothing of the devil.

And when you accept Him as your Healer, don't never act like you're sick or crippled any more. Believe that you're healed.

Take Him at His Word. Then it's all over on God then and not on you. See? You. . . As long as you take God at His Word, then the Word will produce what It promised to do. . .

THE. MANIFESTATION. OF. THE. SPIRIT_ TOLEDO. OH TUESDAY_ 51-0717
E-21 You believe you're saved. You act like you're saved. You say you're saved. And you associate with those that are saved, and it works salvation. Is that right? And the same thing will take place by Divine healing.

You believe you're healed. You act like He healed you. You say you're healed. And He's a High Priest of your confession to make good anything that you confess that He's done before--fore the Father. There it is.

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.

DO. YOU. NOW. BELIEVE_ BATTLE. CREEK. MI SUNDAY_ 52-0817E
E-64 Now, sir, as you go, go rejoicing. Go, be happy. Sing songs all day long. You're that quiet type of person, which would hurt you a little later in your life.

You go on, and just start singing hymns, and rejoicing, testifying of your healing, it'll leave you. God bless you, sir. All right.

BEING. LED. OF. THE. HOLY. SPIRIT_ MINNEAPOLIS. MN SUNDAY_ 56-0219
E-88 Now, go rejoicing, lady, be happy, just as happy as you can be, singing hymns and praising God. You'll be all right. Amen. Do you believe? [Congregation says, "Amen. "--Ed.]

NEW. MINISTRY. WILLIAM. BRANHAM_ LA. CA MONDAY_ 59-0406
E-53 Now, you go rejoicing. Everybody, when you leave here, if you're--if you're healed, act like you're healed. If you believe it, act like you are. Go, and saying, "Thank You, Lord, it's a finished work, it's done. ". . .

PHILEMON 1:6

6 That the communication of thy faith may become effectual by the acknowledging of every good thing which is in you in Christ Jesus.

EPHESIANS 4:32

32 And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.

COLOSSIANS 2:13

13 And you, being dead in your sins and the uncircumcision of your flesh, hath he quickened together with him, having forgiven you all trespasses;

EPHESIANS 2:5

5 Even when we were dead in sins, hath quickened us together with Christ, (by grace ye are saved;)

EPHESIANS 2:8

8 For by grace are ye saved through faith; and that not of yourselves: it is the gift of God:

II TIMOTHY 1:9

9 Who hath saved us, and called us with an holy calling, not according to our works, but according to his own purpose and grace, which was given us in Christ Jesus before the world began,

GALATIANS 3:13

13 Christ hath redeemed us from the curse of the law, being made a curse for us: for it is written, Cursed is every one that hangeth on a tree:

REVELATION 5:9

9 And they sung a new song, saying, Thou art worthy to take the book, and to open the seals thereof: for thou wast slain, and hast redeemed us to God by thy blood out of every kindred, and tongue, and people, and nation;

ROMANS 3:24

24 Being justified freely by his grace through the redemption that is in Christ Jesus:

ROMANS 5:1

1 Therefore being justified by faith, we have peace with God through our Lord Jesus Christ:

ROMANS 8:30

30 Moreover whom he did predestinate, them he also called: and whom he called, them he also justified: and whom he justified, them he also glorified.

ACTS 20:28

28 Take heed therefore unto yourselves, and to all the flock, over the which the Holy Ghost hath made you overseers, to feed the church of God, which he hath purchased with his own blood.

I CORINTHIANS 6:20

20 For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.

I CORINTHIANS 7:23

23 Ye are bought with a price; be not ye the servants of men.

EPHESIANS 1:13

13 In whom ye also trusted, after that ye heard the word of truth, the gospel of your salvation: in whom also after that ye believed, ye were sealed with that holy Spirit of promise,

EPHESIANS 1:14

14 Which is the earnest of our inheritance until the redemption of the purchased possession, unto the praise of his glory.

I CORINTHIANS 3:9

9 For we are labourers together with God: ye are God's husbandry, ye are God's building.

I CORINTHIANS 3:16

16 Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?

I CORINTHIANS 6:19

19 What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?

JOHN 3:14

14 And as Moses lifted up the serpent in the wilderness, even so must the Son of man be lifted up:

JOHN 3:15

15 That whosoever believeth in him should not perish, but have eternal life.

JOHN 10:27

27 My sheep hear my voice, and I know them, and they follow me:

JOHN 10:28

28 And I give unto them eternal life; and they shall never perish, neither shall any man pluck them out of my hand.

ROMANS 6:23

23 For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord.

ROMANS 5:2

2 By whom also we have access by faith into this grace wherein we stand, and rejoice in hope of the glory of God.

EPHESIANS 2:18

18 For through him we both have access by one Spirit unto the Father.

EPHESIANS 3:12

12 In whom we have boldness and access with confidence by the faith of him.

ROMANS 8:38

38 For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come,

ROMANS 8:39

39 Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.

ROMANS 8:37

37 Nay, in all these things we are more than conquerors through him that loved us.

I JOHN 4:4

4 Ye are of God, little children, and have overcome them: because greater is he that is in you, than he that is in the world.

ISAIAH 40:29

29 He giveth power to the faint; and to them that have no might he increaseth strength.

ISAIAH 40:31

31 But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.