

## **HOLD FAST OUR PROFESSION II**

### **HEBREWS 10:21**

21 And having an high priest over the house of God;

22 Let us draw near with **a true heart in full assurance of faith**, having our hearts sprinkled from an evil conscience, and our bodies washed with pure water.

23 Let us **hold fast the profession of our faith** without wavering; (for he is faithful that promised;)

### **[STOP]**

## **THE LAW OF REPETITION AND HOW YOUR MINDS WORKS**

Repetition is the secret to developing a powerful belief. And the more powerful your belief, the more powerful your results will be... negative or positive. All changes in your beliefs, especially limiting beliefs, take place upon the application of the **law of repetition**.

How often do you tell yourself and try to convince yourself that you can accept change? Only later to find yourself readily get stuck in past memories, frameworks, and schemas?

Until you make the changes **at the subconscious level**, those changes will not stay in place. Your deep subconscious is the very place where change happens. When you have a better understanding of the brain's inner workings, *the subconscious*, you stand a better chance to develop a skill set or change a belief system that can enable you to make lasting changes in your brain.

Like a person finding a well worn path through a meadow, **each thought, feeling, and behavior is associated with a path through your brain**.

Would you choose to take the established path or would plow through the field to create a new one? Most people would choose the path already there... it's much easier and less work.

Your brain does the same thing. It is more likely to engage in familiar patterns rather than try new ones. **The flow of energy through the brain tends to go through established paths and circuits, which is partly makes our minds appear stable and predictable.**

Throughout your life, your brain will always find it easier – but not unavoidable – to go back to these earliest patterns of operating in the world.

Your experiences shape how your brain will grow. Therefore, any plan you want to follow to be happier, successful and more fulfilling, must also address the pathways in your brain in order to have lasting success.

**Recent research by neuroscientists has confirmed that repetition is an important part of “wiring” the brain. The term “wiring” refers to the forming of synapses between the brain cells. Once wired together, the synapses fire together, strengthening and reinforcing their function.**

Without this repetition and use, the brain figures the synapses are dead and “prunes” them away, so consciously and continuously thinking (affirming) that which you wish to see in your future makes sense. The more you affirm something through thought the stronger the wiring will be to support that which is desired.

**Repetition will input habits in the nerve cells in you brain, This consequently governs your thoughts and behavior. That well-worn path in the meadow happened by people repeatedly walking it.**

The reason why repetition on positive thoughts is so powerful, and necessary, is that we live in a world where thoughts and images of lack and limitation are everywhere.

**It requires discipline of repetition to change your deepest thoughts and beliefs.** There is a kind of strength achieved

through the power of repeating oneself. Repetition, repetition, repetition. It works. It works. It works.

## **I CAN FORGIVE OTHERS**

### **MATTHEW 6:12**

12 And forgive us our debts, **as we forgive our debtors.**

### **MATTHEW 6:14**

14 For **if ye forgive** men their trespasses, your heavenly Father will also forgive you:

### **MATTHEW 6:15**

15 But if ye forgive not men their trespasses, neither will your Father forgive your trespasses.

### **MATTHEW 18:21**

21 ¶ Then came Peter to him, and said, Lord, how oft shall my brother sin against me, and I forgive him? till seven times?

### **MATTHEW 18:22**

22 Jesus saith unto him, I say not unto thee, Until seven times: but, Until seventy times seven.

### **MARK 11:25**

25 And when ye stand praying, forgive, if ye have ought against any: that your Father also which is in heaven may forgive you your trespasses.

### **MARK 11:26**

26 But if ye do not forgive, neither will your Father which is in heaven forgive your trespasses.

### **LUKE 6:37**

37 ¶ Judge not, and ye shall not be judged: condemn not, and ye shall not be condemned: forgive, and ye shall be forgiven:

### **LUKE 17:3**

3 Take heed to yourselves: If thy brother trespass against thee, rebuke him; and if he repent, forgive him.

### **LUKE 17:4**

4 And if he trespass against thee seven times in a day, and seven times in a day turn again to thee, saying, I repent; thou shalt forgive him.

### **II CORINTHIANS 2:10**

10 To whom ye forgive anything, I forgive also: for if I forgave any thing, to whom I forgave it, for your sakes forgave I it in the person of Christ;

### **Mayo Clinic - What are the effects of holding a grudge?**

**If you're unforgiving, you might pay the price repeatedly by bringing anger and bitterness into every relationship and new experience. Your life might become so wrapped up in the wrong that you can't enjoy the present. You might become depressed or anxious. You might feel that your life lacks meaning or purpose, or that you're at odds with your spiritual beliefs. You might lose valuable and enriching connectedness with others.**

### **I WILL NOT AVENGE MYSELF**

#### **LEVITICUS 19:18**

18 **Thou shalt not avenge**, nor bear any grudge against the children of thy people, but thou shalt love thy neighbour as thyself: I am the LORD.

#### **ROMANS 12:19**

19 Dearly beloved, **\*AVENGE not yourselves**, but rather give place unto wrath: for it is written, Vengeance is mine; I will repay, saith the Lord.

**AVENGE:** ekdikeo {ek-dik-eh'-o}  
to vindicate one's right, do one justice, to protect, defend,

## **CHRIST DIED FOR ME**

### **ROMANS 5:6**

6 ¶ For when we were yet without strength, in due time **Christ died for the ungodly.**

### **ROMANS 5:8**

8 But God commendeth his love toward us, in that, while we were yet sinners, **Christ died for us.**

## **I'VE BEEN QUICKENED FROM THE DEAD**

### **EPHESIANS 2:1**

1 ¶ And you hath he quickened, who were dead in trespasses and sins;

### **EPHESIANS 2:5**

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

### **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;

## **I HAVE ASSURANCE**

### **COLOSSIANS 2:2**

2 That their hearts might be comforted, being knit together in love, and unto all riches of **the full assurance of understanding**, to the acknowledgement of the mystery of God, and of the Father, and of Christ;

### **I THESSALONIANS 1:5**

5 For our gospel came not unto you in word only, but also in power, and in the Holy Ghost, and **in much assurance**; as ye know what manner of men we were among you for your sake.

### **HEBREWS 6:11**

11 And we desire that every one of you do shew the same diligence to the **full assurance** of hope unto the end:

### **I'M AN HEIR OF GOD**

#### **ROMANS 8:16**

16 The Spirit itself beareth witness with our spirit, that we are the children of God:

17 ¶ And if children, then heirs; **heirs of God, and joint-heirs with Christ**; if so be that we suffer with him, that we may be also glorified together.

#### **GALATIANS 3:29**

29 And if ye be Christ's, then are ye Abraham's seed, and **heirs according to the promise.**

#### **TITUS 3:7**

7 That being justified by his grace, we should be **made heirs** according to the hope of eternal life.

#### **HEBREWS 1:14**

14 Are they not all ministering spirits, sent forth to minister for them who shall be **heirs of salvation**?

#### **JAMES 2:5**

5 Hearken, my beloved brethren, Hath not God chosen the poor of this world rich in faith, and **heirs of the kingdom** which he hath promised to them that love him?

### **I HAVE AN INHERITANCE**

#### **ACTS 20:32**

32 And now, brethren, I commend you to God, and to the word of his grace, which is able to build you up, and to give you **an inheritance** among all them which are sanctified.

### **ACTS 26:18**

18 To open their eyes, and to turn them from darkness to light, and from the power of Satan unto God, that they may receive forgiveness of sins, and **inheritance among them which are sanctified by faith that is in me.**

### **EPHESIANS 1:11**

11 In whom also we have **obtained an inheritance**, being predestinated according to the purpose of him who worketh all things after the counsel of his own will:

### **COLOSSIANS 1:12**

12 ¶ Giving thanks unto the Father, which hath made us meet to be **partakers of the inheritance** of the saints in light:

### **NO WEAPON WILL PROSPER**

### **ISAIAH 54:17**

17 No weapon that is formed against thee shall prosper; and every tongue that shall rise against thee in judgment thou shalt condemn. This is the heritage of the servants of the LORD, and their righteousness is of me, saith the LORD.

### **HE WILL NEVER LEAVE ME**

### **HEBREWS 13:5**

5 Let your conversation be without covetousness; and be content with such things as ye have: for he hath said, **I will never leave thee, nor forsake thee.**

### **GOD SENT TRIALS ARE FOR MY GOOD**

### **JOB 23:10**

10 But he knoweth the way that I take: **when he hath tried me, I shall come forth as gold.**

### **JAMES 1:12**

12 Blessed is the man that endureth temptation: for when **he is tried**, he shall receive the crown of life, which the Lord hath promised to them that love him.

### **I PETER 1:7**

7 That the **trial of your faith**, being much more precious than of gold that perisheth, though it be tried with fire, might be found unto praise and honour and glory at the appearing of Jesus Christ:

### **I PETER 4:12**

12 ¶ Beloved, think it not strange concerning **the fiery trial** which is to try you, as though some strange thing happened unto you:

### **I PETER 4:13**

13 But rejoice, inasmuch as ye are partakers of Christ's sufferings; that, when his glory shall be revealed, ye may be glad also with exceeding joy.

## **HE WANTS ME TO PROSPER**

### **III JOHN 1:2**

2 Beloved, I wish above all things that thou mayest **prosper** and **be in health**, even as thy soul prospereth.

## **I'M BLESSED**

### **GALATIANS 3:9**

9 So then they which be of faith **are blessed with faithful Abraham**.

### **EPHESIANS 1:3**

3 ¶ Blessed be the God and Father of our Lord Jesus Christ, who hath **blessed us** with all spiritual blessings in heavenly places in Christ:

## **I'M BLAMELESS IN HIM**



### **I THESSALONIANS 5:23**

23 ¶ And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved **blameless** unto the coming of our Lord Jesus Christ.

### **I'M HAPPY**

#### **PSALM 146:5**

5 ¶ Happy is he that hath the God of Jacob for his help, whose hope is in the LORD his God:

#### **I PETER 3:14**

14 But and if ye suffer for righteousness' sake, happy are ye: and be not afraid of their terror, neither be troubled;

#### **I PETER 4:14**

14 If ye be reproached for the name of Christ, happy are ye; for the spirit of glory and of God resteth upon you: on their part he is evil spoken of, but on your part he is glorified.

### **I CAN DO WHAT I NEED TO DO**

#### **PHILIPPIANS 4:13**

13 I can do all things through Christ which strengtheneth me.

**HE IS MY SUFFICIENCY**    **ability or competency to do a thing**

#### **II CORINTHIANS 3:5**

5 Not that we are sufficient of ourselves to think any thing as of ourselves; **but our sufficiency is of God;**

#### **II CORINTHIANS 9:8**

8 And God is able to make all grace abound toward you; that ye, always having **all sufficiency in all things**, may abound to every good work:

## **I'M NEEDED IN THE BODY OF CHRIST**

### **ROMANS 12:4**

4 For as we have many members in one body, and all members have not the same office:

### **ROMANS 12:5**

5 So we, being many, are one body in Christ, and every one members one of another.

### **I CORINTHIANS 12:27**

27 ¶ Now ye are the body of Christ, and members in particular.

### **EPHESIANS 4:16**

16 From whom the whole body fitly joined together and compacted by that which every joint supplieth, according to the effectual working in the measure of every part, maketh increase of the body unto the edifying of itself in love.

## **HE WILL NEVER OVERLOAD ME**

### **I CORINTHIANS 10:13**

13 There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, **that ye may be able to bear it.**

## **HE WILL KEEP ME**

### **II THESSALONIANS 3:3**

3 But the Lord is faithful, who shall stablish you, and **keep you** from evil.

### **JUDE 1:24**

24 Now unto him that is able to **keep you from falling,** and to present you faultless before the presence of his glory with exceeding joy,

## **IF I FALL AND MAKE A MISTAKE I WILL GET UP**

### **PROVERBS 24:16**

16 For a just man falleth seven times, and **riseth up again**: but the wicked shall fall into mischief.

### **I JOHN 2:1**

1 ¶ My little children, these things write I unto you, that ye sin not. And if any man sin, we have an advocate with the Father, Jesus Christ the righteous:

2 And he is the propitiation for our sins: and not for ours only, but also for the sins of the whole world.

## **I'M HIS AND HE IS MINE**

### **SONG OF SOLOMON 6:3**

3 I am my beloved's, and my beloved is mine: he feedeth among the lilies.

### **SONG OF SOLOMON 7:10**

10 ¶ I am my beloved's, and his desire is toward me.

## **HE WILL CHANGE MY BODY**

### **PHILIPPIANS 3:20**

20 For our conversation is in heaven; from whence also we look for the Saviour, the Lord Jesus Christ:

### **PHILIPPIANS 3:21**

21 Who shall **change our vile body**, that it may be fashioned like unto his glorious body, according to the working whereby he is able even to subdue all things unto himself.

## **HE IS MY SHEPHERD**

### **PSALM 23:1**

1 ¶ A Psalm of David. The LORD is **my shepherd**; I shall not want.

**PSALM 23:2**

2 **He maketh me** to lie down in green pastures: **he leadeth me** beside the still waters.

**PSALM 23:3**

3 He restoreth **my soul: he leadeth me** in the paths of righteousness for his name's sake.

**PSALM 23:4**

4 Yea, though **I** walk through the valley of the shadow of death, **I** will fear no evil: for thou art **with me**; thy rod and thy staff they **comfort me**.

**PSALM 23:5**

5 Thou preparest a table **before me** in the presence of **mine enemies**: thou anointest **my head** with oil; **my cup** runneth over.

**PSALM 23:6**

6 Surely goodness and mercy **shall follow me** all the days of **my life**: and **I** will dwell in the house of the LORD for ever.

**JOHN 10:10**

10 The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly.

**JOHN 10:11**

11 I am the good shepherd: the good shepherd giveth his life for the sheep.

**JOHN 10:12**

12 But he that is an hireling, and not the shepherd, whose own the sheep are not, seeth the wolf coming, and leaveth the sheep, and fleeth: and the wolf catcheth them, and scattereth the sheep.

