

## OUR THOUGHT LIFE

PSALM 139:23

23 Search me, O God, and know my heart: try me, and know my thoughts:

PSALM 139:24

24 And see if there be any wicked way in me, and lead me in the way everlasting.

## YOUR MIND

Current trends in neuroscience offer evidence that we can consciously improve our health and well-being by simply changing our thoughts. Thoughts create chemicals that pour into the rivers and streams coursing through our body.

Within 20 seconds, the chemical composition of the body is altered by a thought, having an acid or alkaline effect on our body. As we persevere on negative thoughts, our nervous system sends chemicals to muscles; our physical body contracts and thinking becomes foggy. '

Dr. Joseph Dispenza in 'Physics' says: 'The thinking brain, the neo cortex, is the seed of our freewill and allows us to have a choice and opinion. The one thing I noticed about people who had changes in health had changed their thinking.

If they changed their thinking was the effect in the brain sending a new signal to their body? The answer is yes. Our thoughts have a direct connection to our direct level of health.

Thoughts make a chemical. If you have happy thoughts then you're producing chemicals that make you feel happy.

If you have negative thoughts, angry thoughts or insecure thoughts, those thoughts make chemicals to make you feel how you're thinking. There is sound evidence that our thoughts do matter. We always replace those old patterns with a greater ideal of ourselves.

If rehearsed mentally, we will grow new circuits in the brain, the platform in which we stand on to execute a new level of self. '

Cathy Chapman, Ph. D. , LCSW, writes in Strengthening the Immune System: 'If you are someone who thinks sad, angry or negative thoughts most of the day, you are weakening your immune system. The chemicals in your body which fight off infection can be clinically shown to decrease. '

Dr Joseph M Carver, PhD, in the article 'Emotional Memory Management' writes: 'Thoughts change brain chemistry. That sounds so simple but that's the way it is, with our thoughts changing neurotransmitters on a daily basis.

If a man walks into a room with a gun, we think “threat”, and the brain releases norepinephrine. We become tense, alert, develop sweaty palms, and our heart beats faster. If he then bites the barrel of the gun, telling us the gun is actually chocolate.

the brain rapidly changes its opinion and we relax and laugh – the joke is on us. We feel what we think! Positive thinking works. As the above example suggests, what we think about a situation actually creates our mood.

Passed over for a promotion, we can either think we'll never get ahead in this job (lowering serotonin and making us depressed) or assume that we are being held back for another promotion or job transfer (makes a better mood). '

Dr. Caroline Leaf, a brain researcher from South Africa with over 25 years in this field, says: '87% to 95% of the illnesses that plague us today are a direct result of our thought life. What we think about affects us physically and emotionally. It's an epidemic of toxic emotions.

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!'

I AM HIS FRIEND

JOHN 15:13

13 Greater love hath no man than this, that a man lay down his life for his friends.

JOHN 15:14

14 Ye are my \*FRIENDS, if ye do whatsoever I command you.

FRIENDS: philos {fee'-los}

to be friendly to one, an associate; he who associates familiarly with one, a companion;

JOHN 15:15

15 Henceforth I call you not servants; for the servant knoweth not what his lord doeth: but I have called you friends; for all things that I have heard of my Father I have made known unto you.

I AM HIS BRANCH

JOHN 15:5

5 I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing.

JOHN 15:6

6 If a man abide not in me, he is cast forth as a branch, and is withered; and men gather them, and cast them into the fire, and they are burned.

JOHN 15:7

7 If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you.

JOHN 15:8

8 Herein is my Father glorified, that ye bear much fruit; so shall ye be my disciples.

I MUST BEAR HIS FRUIT

THE. FUNDAMENTAL. FOUNDATION. FOR. FAITH\_ CHICAGO. IL THURSDAY\_ 55-0113

E-25 In Saint John 15, He said, "I am the Vine, and ye are the branches. " Do you know that the vine can't bear fruit, although the fruit is in the vine? But the fruit cannot be brought forth from a vine.

It has to have the branch to bear the fruit. And you are the branches. Now, the vine with all of its energy cannot produce anything unless the br--branch is willing to receive the energy.

THE. HEALING. OF. JAIRUS. DAUGHTER\_ PHOENIX. AZ SUNDAY\_ 55-0227E

E-16 Now, Jesus said in one place, "I am the Vine, ye are the branches. " The vine can't bear fruit; the branches in the vine bears fruit. God cannot bear fruit of Hisself, it's got to take the Church. Is that right?

He's got to take you branches to bear fruit. And when you branches are yielded to the vine, then fruit comes forth. See what I mean? God wants your hands; He wants your eyes; He wants your tongue, wants your lips, wants your ears, wants your hands and feet so He can bring forth fruit through you.

FELLOWSHIP. BY. REDEMPTION\_ JEFF. IN V-26 N-17 SUNDAY\_ 55-0403

244 The branches bears fruit, not the vine, the branch. The vine only puts the energy into it. The Gospel can be preached by Christ if you'll open up yourself and be a branch that'll bear forth fruit.

Others can see Christ in you by your testimony, by your life and the way you live. He is the energy, but you're the show picture. You're the walking Bible.

I AM IN CHRIST

ROMANS 8:1

1 There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.

ROMANS 12:5

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

II CORINTHIANS 1:21

21 Now he which stablisheth us with you in Christ, and hath anointed us, is God;

II CORINTHIANS 5:17

17 Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.

GALATIANS 3:26

26 For ye are all the children of God by faith in Christ Jesus.

EPHESIANS 2:6

6 And hath raised us up together, and made us sit together in heavenly places in Christ Jesus:

I AM ONE SPIRIT WITH HIM

I CORINTHIANS 6:17

17 But he that is joined unto the Lord is one spirit.

I CORINTHIANS 12:13

13 For by one Spirit are we all baptized into one body, whether we be Jews or Gentiles, whether we be bond or free; and have been all made to drink into one Spirit.

I AM COMPLETE IN HIM

COLOSSIANS 2:9

9 For in him dwelleth all the fulness of the Godhead bodily.

COLOSSIANS 2:10

10 And ye are \*COMPLETE in him, which is the head of all principality and power:

COMPLETE: pleroo {play-ro'-o}

to make full, to fill up, to cause to abound, to furnish or supply liberally:

to fill to the top: so that nothing shall be wanting to full measure, fill to the brim, to make complete in every particular, to render perfect;

I AM HID IN GOD

COLOSSIANS 3:2

2 Set your affection on things above, not on things on the earth.

COLOSSIANS 3:3

3 For ye are dead, and your life is hid with Christ in God.

ADOPTION. 4\_ JEFF. IN AD. PT. 4 SUNDAY\_ 60-0522E

54 But a man that's once in there, he's dead, and his life is hid in God through Christ, sealed by the Holy Ghost, and the devil can't even find him; he's so far back in there. He would have to come out of there before the devil can ever get in, for you are dead.

PERSEVERANT\_ TOPEKA. KS V-20 N-3 FRIDAY\_ 64-0619

84 when God hides anything, it's really hid.

85 That's the reason that you are so hid, if you're a Christian. "For you are dead, and your life is hid in God, through Jesus Christ, and sealed by the Holy Ghost. " How is the devil going to find you? He can't do it. You're hid. God hides you. Amen. What a hiding place, in the bosom of Jesus Christ!

I AM BELOVED

ROMANS 9:25

25 As he saith also in Osee, I will call them my people, which were not my people; and her \*BELOVED, which was not beloved.

BELOVED: agapao {ag-ap-ah'-o}

of persons: to welcome, to entertain, to be fond of, to love dearly, to be well pleased,

I CORINTHIANS 15:58

58 Therefore, my beloved brethren, be ye stedfast, unmoveable, always abounding in the work of the Lord, forasmuch as ye know that your labour is not in vain in the Lord.

COLOSSIANS 3:12

12 Put on therefore, as the elect of God, holy and beloved, bowels of mercies, kindness, humbleness of mind, meekness, longsuffering;

I THESSALONIANS 1:4

#### 4 Knowing, brethren beloved, your election of God.

##### SELF TALK

Contrary to popular opinion, talking to ourselves is not the first sign of madness. We all have a silent, internal conversation with ourselves, in our mind, almost all of the time. This is called Internal Self-Talk and is totally natural and healthy.

We have about 50,000 thoughts a day most of which are automatic. Our internal self-talk will be a mixture of positive, negative and neutral thoughts, (healthy self-talk ratio is around 2 positive thoughts to every 1 negative thought);

it is important to understand that this internal dialogue can influence our feelings and behaviours. If our self-talk is mainly negative, harsh and unrealistic it can exacerbate any stress we are under. In this silent self-talk we are often our own judge,

jury and executioner with no right of appeal and no extenuating circumstances. We can call ourselves useless, worthless, stupid, a failure, horrible and this is a form of psychologically beating ourselves up, it is literally a form of psychological torture.

Someone once wrote: "If we talked to our friends in the same way that we talk to ourselves we would not have any friends. "

The problem with our self-talk is that we never question what we say to ourselves to check it's accuracy, we just listen to the negative statements day in, day out and like the drip, drip of water on stone, if we keep up excessive, negative internal self-talk saying negative things for long enough,

we begin to believe it even if it's not correct. We just accept it as being true when often it is not, or when it is true, we blow it out of proportion.

##### NEGATIVE SELF TALK

Researchers have found that negative self-talk causes an increase in stress. Our self-talk can be rigid, inflexible against ourselves, life, other people and this will increase our stress.

If we think we are a failure or useless we just tend to accept it. We tend to think our thoughts are just thoughts, but they are not and have been shown to affect our brain chemistry. That is why research has found that optimists,

who have a positive self-talk and belief in themselves, have better physical and psychological health than those of us that tend to be pessimistic with a negative self-talk.

Very often the quality of our self-talk has been influenced by our parents, friends, peers, media, school, etc. , when we were younger. We can get into a loop especially with chronic stress in which the self-talk is mainly hypercritical of ourselves.

It can influence our self-esteem, levels of confidence and our relationships. Our self-talk is influenced by our beliefs about ourselves, other people and the world in general.

The problem in the western world is that our culture and philosophy gives us the notion that it is all right to think ourselves as morons, or useless, but it is not acceptable to give ourselves a pat on the back, because it is seen as egotistical.

This is inflexible and if we want to be able to reduce our stress we need to change our internal self-talk and not just accept what we say to ourselves. It is not selfish or self-centered to think about ourselves. If we are not feeling our best then we won't be able to give our best.

### Automatic Negative Thoughts (ANTS)

Some of our negative self-talk can be in the form of Automatic Negative Thoughts. These ANTs can just pop into our heads and can also be just below our conscious level. Usually when we are not stressed we have a ratio of 2:1 positive to negative thoughts,

however when we are under chronic stress our thinking becomes more negative and, while these negative thoughts would help us to deal with a physical threat to our well-being thousands of years ago, they are absolutely unhelpful when dealing with the psychosocial stressors we encounter in our modern world.

In fact the type of negative thinking that the fight/flight response triggers makes complex problem solving more difficult. To help to reduce our stress it is important to identify these Automatic Negative Thoughts, and take action to deal with them.

### Characteristics of Automatic Negative Thoughts

Automatic Negative Thoughts have a number of common characteristics about them. They are automatic (Just pop into your head without you choosing)not based on accurate assessment. They are unrealistic and unreasonable.

They seem totally believable, they make us feel worse, unhelpful, persistent, partly based on a few, isolated facts. Tend to be excessively pessimistic

WE. HAVE. FOUND. HIM. COME. AND. SEE\_ JONESBORO. AR MONDAY\_ 53-0511 E-20 We know that Thy Word says that You're the High Priest setting at the right hand of His Majesty to make intercessions upon our confession.

What we say that You've done, that's what You do. But if we not. . . Done do confess it, if we're afraid, then You can't help us. So we pray, God that You'll give each man and woman, boy, or girl in here tonight, courage, real conviction, faith,

that'll look up there and see that Son of God setting there in His Majesty, the power of His Spirit moving in His Church, then not be afraid. Say, "By His stripes I'm healed, and I go believing it. " Then You're the High Priest. You'll start confessing that in heaven just when we confess it here.

But You can't do it, until we first say You've done it. For it's a confession, and that means "say the same thing. " We have to say what You say about it.

WE. HAVE. FOUND. HIM. COME. AND. SEE\_ JONESBORO. AR MONDAY\_ 53-0511 E-23 But when you believe you have, you say, "Yes, I am. " Then you believe you're a Christian; you can't show nothing that you are.

But you believe you are. You believe you are. And then when you confess that you are, and when you confess Him, and He confesses you, He's a High Priest working on what? Not on your crying, not on your repenting, not on your faith, but on your confession.

No matter how much faith you got, it'll never do you any good, till you put works with it. . . . The body without the spirit is dead. Then when you say, "I believe Christ," then accept it, go saying so. Then you believe you're a Christian; you say you're a Christian; you act like a Christian;

you associate with those that are Christians; and it works righteousness. After while everybody knows you are a Christian, because you hold your confess. You act like it. You go down the street, not saying, "Well, I'm just half. . . Maybe, I'm a Christian. " No, you go down say, "I am a Christian. " You're bold with it. Then He's bold with it. See?

WE. HAVE. FOUND. HIM. COME. AND. SEE\_ JONESBORO. AR MONDAY\_ 53-0511 E-24 He can only do as you say, because He's the High Priest of what you confess.

And He's there before the Presence of the Majesty to make good anything that His redemptive blessings calls for, His sacrifice. That's what He paid for, and standing there to make good to you anything that you say, that you accepted what He has done.

THE. RESURRECTION. OF. JAIRUS. DAUGHTER\_ PHOENIX. AZ TUESDAY\_ 54-0302

E-10 When I was so sick, that I couldn't hold a mouthful of food on my stomach, the best doctors in the nation that examined me, said, "It's impossible for him to get well. " And I read God's Word. And I asked God to help me.

And I eat corn bread, beans, and onions. And I took a big mouthful, and my mother got scared and called the doctor. I swallowed them, and when I'd swallow, they come right back up again. I held my hand over my mouth. Oh, no. Can't do that. God's done said so.

And I swallowed it back; it come back; I swallowed it again, just kept on till it stayed down. I got me another mouthful and kept on like that. Day after day, walking down the street and I'd have to hold my hand against my stomach, it was hurting so bad, praising God for my healing.

Tears running down my eyes and such sulfur--suffered so bad. Some of them would say, "How you feel, Mr. Branham?" I'd say, "Just wonderful. Praise the Lord. I'm healed. " "You're healed?" I'd say, "Yes, sir. Praise the Lord, I'm healed. " Just like gall. Why?



THE. RESURRECTION. OF. JAIRUS. DAUGHTER\_ PHOENIX. AZ TUESDAY\_ 54-0302

E-11 Somebody said, "You lied, Brother Branham. " No, I never. I believe that when Jesus died, He healed me. And I accepted it. It had to be so. I wasn't confessing what I felt; I was confessing what I believed.

I believe His Word was eternally the truth; it couldn't pass away. It was absolutely the truth. And I--my feelings had nothing to do with it. That's right. That's the way I accept Him for my salvation. I'm not saved tonight because I feel happy. That's not the reason I'm saved.

I'm not saved because I shout. I'm not saved because I spoke with tongues. That don't make me saved. I'm saved tonight, because I met God's conditions of His Bible. That's right.

God said so, and that's my faith. I believe I'm saved because I done what He said. Jesus said, "Whosoever hear. . .

He that heareth My Words and believeth on Him that sent Me has Everlasting Life and shall not come into condemnation, but is passed from death to life. " I believe it. I've accepted on those basis. That settles it. I'm saved. Satan could beat me around the stump with my feelings. . . .