

OUR THOUGHT LIFE II

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 \square 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. 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 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'M A PARTAKER OF THE DIVINE NATURE

II PETER 1:4

4 Whereby are given unto us exceeding great and precious promises: that by these ye might be partakers of the *DIVINE nature, having escaped the corruption that is in the world through lust.

DIVINE: theios {thi'-os}

a general name of deities or divinities, spoken of the only and true God. Whatever can in any respect be likened to God, or resembles him in any way: Hebraistically God's representatives or vice regent, of magistrates and judges.

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

E-33 Look at it, bruised, wounded, tore, opened up His side with a Roman spear in order that by the Holy Spirit we could be baptized into His body, partakers of His Divine nature. You get it?

Then you become a partaker, after coming into His body, a partaker of His Divine nature: Christ's nature in you. How can you cheat, steal, lie, backslide, proselyte, everything else with the Divine nature of Christ in you? It's impossible.

THE. UNITY. OF. ONE. GOD. IN. THE. ONE. CHURCH_ JEFF. IN V-16 N-8 SUNDAY_ 58-1221E

97 God sets on the throne of your heart in His control room, controlling your emotions, and controlling your powers, controlling your conceptions, and making you one with Him in fellowship and in love.

And God fills you with love. He fills you with power. He fills you with the Spirit. He fills you with His own Divine Nature, and He changes your carnal nature into His Nature. Then, in this, you become a new creation in Christ.

THE. STATURE. OF. A. PERFECT. MAN_ JEFF. IN V-2 N-18 SUNDAY_ 62-1014M

9-2 we've got to be so in love with Him till when we ask for something, and He doesn't give it to us, that doesn't shake us a bit. See, see? Why?

And the only way you can do that is become partakers of His Divine nature. Then you'll understand the reason He can't give it to you: partakers of His Divine Nature.

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 30,000 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-centred 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.

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, are unrealistic and unreasonable, they seem totally believable, they make us feel worse, they are unhelpful, they are persistent, they are 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. . . .

ONLY. BELIEVE_ CHICAGO. IL THURSDAY_ 61-0427

E-7 I remember when I was healed of stomach trouble. He, Satan said, "Well, you better not eat. " Said, "Because the doctor said, 'If you eat, you'd die. You have an ulcered stomach,' and said, 'it was just one big bloody ulcer. '"

But the Lord said, "He healed me. " So I had to take somebody's word, so I--I took God's Word.

And so, oh, it like to burnt me up. I was just. . . Hot water running out of my mouth, and so, two or three days, I was going around holding my stomach like this. Said, "How are you feeling, Mr. Branham?"

I said, "Oh, I feel fine," tamping away like that. Someone said, "You lied. "

I did not, I was making a confession. Confess means "say the same thing. " By His stripes, I was healed. So that's. . . That does it. See? I was making confession.

50-0815 WHO. IS. GOD_ CLEVELAND. OH TUESDAY_

E-35 And when the inspiration of the Holy Spirit is here to inspire you, remember, God will make your body come into your confession. If you say you're a drunkard, and want a drink. Don't worry, you'll soon be one.

If you say you're a sinner, and want to sin, you'll be right into it. If you say you're a Christian and believe it all along, God will bring. . . Your testimony will bring you right into it. If you believe in healing, and believe that God has healed you, confess it,

and God will make your body obey your confession, for He's the High Priest of your confession; setting at the right-hand of the Father now with His own Blood to make intercessions for any confession upon anything that He died for.

I'M A WRITTEN EPISTLE

II CORINTHIANS 3:2

2 Ye are our epistle written in our hearts, known and read of all men:

II CORINTHIANS 3:3

3 Forasmuch as ye are manifestly declared to be the epistle of Christ ministered by us, written not with ink, but with the Spirit of the living God; not in tables of stone, but in fleshy tables of the heart.

BEHOLD. A. GREATER. THAN. SOLOMON. IS. HERE_ COLUMBIA. SC TUESDAY_ 62-0612

E-68 you are God's house, living. . . ? . . . walking around, manifesting the living God. For God dwells not in temples made with hands, "but a body hast thou prepared Me. "

You are God's letter, a written epistle. God is in you, manifesting Himself through. If you could prostrate yourself before God, and say, "God, I'm a sinner. Come into me," and then the Holy Spirit comes in,

and then you're a living idol of God, living representative of God, walking around with God speaking through your lips to others.

WE. WOULD. SEE. JESUS_ VICTORIA. BC FRIDAY_ 62-0727

E-33 there's many people won't take time to read the Bible, but they'll read you. See, you are a written epistle of God, a real, true, borned again Christian is the Word expressed again, because you're written epistles of God, read of all men.

What type of person should we to be if we know that our lives is an open, living Bible to the unbeliever, to express God in our own life?

INFLUENCES_ TULARE. CA V-22 N-13 SATURDAY_ 64-0215

26 Remember, the Bible said, "You are living, written epistles, read of all man. " Now, many people won't read the Bible, but God has made you a living representative.

You are a walking letter, should be a walking Bible, Christ in you. You should be the walking Word of God. . .

THE. UNVEILING. OF. GOD_ JEFF. IN V-9 N-1 SUNDAY_ 64-0614M

271 As it is written, see, "Written, you are written epistles," the Bible said. Now, what is epistle? Is a "written word. " And you are the "written. " Other words, you'd read It like this,

"You," It said, "you are written epistles," or, "you are the Word, that has been written, made manifest,"

THE. HARVEST. TIME_ PHOENIX. AZ V-18 N-6 SATURDAY_ 64-1212

226 He'll vindicate It to be so in your life. "That's how all men know you're written epistles read of God. " Written epistle is this "Bible. "

Is that right? An epistle is the Bible. And you're a written Bible reflecting His Word, that perfect man again, in God.

I CAN ASK IN HIS NAME

JOHN 14:13

13 And whatsoever ye shall ask in my name, that will I do, that the Father may be glorified in the Son.

THE. FUNDAMENTAL. FOUNDATION. FOR. FAITH_ CHICAGO. IL THURSDAY_ 55-0113

E-16 Jesus said, "Whatever you ask the Father in My Name, that will I do. " Did you ever realize what that means?

Do you realize if we go before God in the Name of Jesus, it's just the same as Jesus Himself praying? It isn't me praying any more. If I come in His Name, and He recognizes His Name, and Jesus said, "Whatever you ask the Father in My Name, that I do. "

And then I go to the Father in Jesus' Name, it isn't me praying anymore; it's Jesus. It's His Spirit praying through me. And then I've got to receive what I ask for, because He said it, and it's God's Own Word. It can't--It can't do nothing else but produce just what it said.

JESUS. CHRIST. THE. SAME. YESTERDAY. TODAY. AND. FOREVER_ MACON. GA FRIDAY_ 55-0603

E-6 For He's the High Priest of our confession, Hebrews 3, or what we confess He's the High Priest to make intercessions upon what we confess is the truth.

Anything that was included in the atonement is the personal property of every believer. When a man gets saved or a women, boy, or girl, God gives them a checkbook, as it was, with Jesus' Name at the bottom of every check for anything redemptive blessing that Jesus died for. It's your personal property.

Don't be afraid to fill it out. The bank of heaven will recognize it. Jesus said, "Whatsoever things you desire when you pray, believe you receive it. Whatever you ask the Father in My Name that I will do," the unlimited unsearchable riches of Jesus Christ in that promise.