

BEHAVIOR FOLLOWS OUR THOUGHTS

PROVERBS 18:21

21 Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof.

MATTHEW 12:36

36 But I say unto you, That every *IDLE word that men shall speak, they shall give account thereof in the day of judgment.

IDLE: argos {ar-gos'}

Slow, barren, free from labour, at leisure, lazy, shunning the labour which one ought to perform

MATTHEW 12:37

37 For by thy words thou shalt be justified, and by thy words thou shalt be condemned.

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?

LOOKING. FOR. JESUS_ PHOENIX. AZ SUNDAY_ 54-0228E

E-7 Now, perhaps eighty percent or ninety percent of the audience tonight would be Christians. Well then, if you got in your mind that you wasn't a Christian any longer and would quit confessing that you was a Christian, you got--drop right out of the picture.

See? It's your confession. Hebrews 3:1 said, "He's the High Priest of our confessions. " In other words, He's making intercessions upon our confession. What we confess that He is, that's what He confesses that we are. .

EVERLASTING. LIFE. AND. HOW. TO. RECEIVE. IT_ JEFF. IN V-26 N-12
FRIDAY_ 54-1231

45 You just imagine somebody hates you, once. And they don't hate you, but you imagine they do, and you just keep thinking, "They don't like me. "

And the first thing you'll be shunning that person, when they haven't done nothing to you. And after while, it become so a reality to you, till you'll actually believe that that person doesn't like you.

And you'll might bawl them out or say something to you, for instance your wife, or your husband, or some neighbor, or something like that, when, the person is absolutely innocent of any ill thing. It's because that you just imagine it so, till it become a reality to you.

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.

Identifying Automatic Negative Thoughts

Half the battle in dealing with automatic thoughts is identifying them. ANTs can operate just below our conscious awareness, but with time and practice we can access them.

We need to start to tune into our internal self talk, listen to what we are saying to ourselves and start identifying the Automatic Negative Thoughts. Once we have identified them, we can challenge them to assess their accuracy.

Some Examples of Negative Self-Talk/Automatic Negative Thoughts (ANTs)

- "I'm such an idiot; I can't believe I'm so stupid. "
- "He/she is such an idiot; I can't believe he/she is so stupid. "
- "This is terrible!" "This is horrible!" "I can't stand this!"
- "I should be able to handle this; other people can. "
- "He/She makes me so mad. "
- "He/she is never there when I need him/her. "
- "I can't believe this is happening to me. "
- "My upbringing prevents me from loving or trusting people. "
- "Things never go right for me. "
- Murphy's law "If anything can go wrong, it will go wrong. "

- "People can't change, just as a leopard cannot change it's spots. "
- "I'm useless. "
- "I'm no good", "I am bad. "
- "I am a failure. "
- "I'll never get another job. "
- "I am not a good Mom or Dad. "
- "I am worthless. "
- "Other people are better than me. "
- "I could never do that. "
- "I'm not a nice person. "
- "There is nothing I can do about it. "
- "I'll never be any good at it. "
- "It's always my fault. "
- "Nobody likes me. "
- "I'm not popular. "
- "I can't cope. "
- "Why does this always happen to me. "
- "This is the worse thing that could ever have happened. "
- "I'll never be able to learn this. "
- "I'll never get better. "

- "I'm not bright enough. "
- "The worst always happens to me. "
- "This won't work out. "
- "I never get things right. "
- "The problems I'm having now will go on forever. "

Dr. Richard J. Davidson, Professor of Psychology and Psychiatry at the University of Wisconsin, found that the effects of positive thinking extend to the cells in your body.

His research showed optimists have higher levels of disease-fighting cell activity with less of a decline under stress. Optimists also have lower levels of the stress hormone cortisol. Over time, these biological consequences may lead to:

A longer life, Reduced risk of cardiovascular disease, Increased psychological wellbeing, increased levels of productivity

Sometimes the person eroding our sense of self-worth and limiting our potential is *us*! That's right, our self talk, or the words our inner dialogue uses when we think, can increase our stress levels, limit our potential, and color our experience with a negative pen.

It has been found that the types of words we use can alter expectations and even our perceptions of reality. For example:

- If you've been told that a difficult person is 'a nightmare to work with', you will probably perceive that person as more frustrating than if you've been told they're 'particular' or 'somewhat demanding'.

- If your dentist tells you, 'This will hurt. A *lot!*', you will probably find a procedure more painful than if you've been told 'You may experience some discomfort. '

Self-Limitation:

If you say "I can't handle this", you more likely can't. This is because your subconscious mind tends to believe the thoughts it hears. You can limit your abilities by telling yourself you "can't", that "this is too hard" or that you "shouldn't even try".

Limited Thinking:

When you tell yourself you can't handle something (or some other self-limiting thought), you tend to stop looking for solutions. For example, notice the difference between telling yourself you can't handle something and *asking* yourself *how* you will handle something.

Doesn't the second thought feel more hopeful and produce more creativity? Negative self talk tends to be a self-fulfilling prophecy!

Whenever you say something, your mind tries to build a case for it. If you call yourself "stupid" the mind does a subconscious "Google search" on the word stupid and pulls up a list of every stupid thing you've ever done in your life.

Now, you have the proof that you are stupid and you start acting that way. If you call yourself a winner, your mind pulls up all your winning moments. And you start acting like a winner.

From Dr. Caroline Leaf

Toxic thoughts are like poison, but the good news is, you can break the cycle of toxic thinking. You can reverse the effects of toxic thoughts.

And once that cycle of toxic thinking has been broken, your thoughts can actually start to improve every area of your life - your relationships, your health and even your success. A thought may seem harmless, but if it becomes toxic, even just a thought can become physically, emotionally or spiritually dangerous.

THE. SUPERNATURAL_ OWENSBORO. KY SUNDAY_ 56-0129

E-28 And you take a--a man setting here this morning that's not a bit sick, and let him begin to get in his heart, believing he is sick, they'll pack him out of the building. As your faith is, so be it unto you.

That's not Christian Science. I'm not meaning mind over matter. But you see, the thing of it is, it's the atmosphere that you live in.

100,000 chemical reactions go on in your brain every second!

Every time you have an angry, unkind, sad, or cranky thought, your brain releases negative chemicals that activate your deep limbic system and make your body feel bad.

Think about the last time you were mad. How did you feel? When most people are angry their muscles become tense, their heart beat faster, their hands start to sweat, and they may even begin to feel a little dizzy.

“YOUR BODY REACTS TO EVERY NEGATIVE THOUGHT YOU HAVE.”

Every time you have a good thought, a happy thought, a hopeful thought, or a kind thought, your brain releases chemicals that calm your deep limbic system and help your body feel good. Think about the last time that you were happy.

How did you feel ? When most people are happy their muscles relax, their heart beat slower, their hands become dry, and they breathe slower. Your body also reacts to your good thoughts.

The body is the servant of the mind. It obeys the operations of the mind, whether they be deliberately chosen or automatically expressed. At the bidding of toxic thoughts the body sinks into disease and decay; at the command of glad and beautiful thoughts it becomes clothed with health and happiness.

MORE AFFIRMATIONS

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 AM CALLED, CHOSEN, & FAITHFUL

REVELATION 17:14

14 These shall make war with the Lamb, and the Lamb shall overcome them: for he is Lord of lords, and King of kings: and they that are with him are called, and chosen, and faithful.

I BELONG TO A PRIESTHOOD

I PETER 2:9

9 But ye are a chosen generation, a *ROYAL *PRIESTHOOD, an holy nation, a peculiar people; that ye should shew forth the praises of him who hath called you out of darkness into his marvellous light:

ROYAL: basileios {bas-il'-i-os}

royal, kingly, regal

PRIESTHOOD: hierateuma {hee-er-at'-yoo-mah}
the office of a priest, the order or body of priests

I PETER 2:10

10 Which in time past were not a people, but are now the people of God: which had not obtained mercy, but now have obtained mercy.

REVELATION 1:6

6 And hath made us kings and priests unto God and his Father; to him be glory and dominion for ever and ever. Amen.

REVELATION 5:10

10 And hast made us unto our God kings and priests: and we shall reign on the earth.

REVELATION 20:6

6 Blessed and holy is he that hath part in the first resurrection: on such the second death hath no power, but they shall be priests of God and of Christ, and shall reign with him a thousand years.

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.

JOHN 14:14

14 If ye shall ask any thing in my name, I will do it.

JOHN 15:16

16 Ye have not chosen me, but I have chosen you, and ordained you, that ye should go and bring forth fruit, and that your fruit should remain: that whatsoever ye shall ask of the Father in my name, he may give it you.

JOHN 16:23

23 And in that day ye shall ask me nothing. Verily, verily, I say unto you, Whatsoever ye shall ask the Father in my name, he will give it you.

JOHN 16:24

24 Hitherto have ye asked nothing in my name: ask, and ye shall receive, that your joy may be full.

JOHN 16:26

26 At that day ye shall ask in my name: and I say not unto you, that I will pray the Father for you:

IF I SUBMIT, RESIST, SATAN WILL FLEE

JAMES 4:7

7 *SUBMIT yourselves therefore to God. *RESIST the devil, and he will flee from you.

SUBMIT: hupotasso {hoop-ot-as'-so}

put under, be subject unto, to arrange under, to subordinate; put in subjection; to subject one's self, obey; to submit to one's control; to yield to one's admonition or advice; to obey, be subject

A Greek military term meaning "to arrange [troop divisions] in a military fashion under the command of a leader". It means "get into your proper rank. " When a buck private acts like the general, there is going to be trouble! Unconditional surrender is the only way to complete victory.

If there is any area of the life kept back from God, there will always be battles. This explains why uncommitted Christians cannot live with themselves or with other people.