

BEHAVIOR FOLLOWS OUR THOUGHTS II

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.

[STOP]

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.....**

THE CHEMICAL FACTORY

THE HYPOTHALAMUS [hy-puh-thal-uh-muh s]

The hypothalamus is an area of the brain that produces hormones that control:

- Body temperature
- Hunger
- Moods

- Release of hormones from many glands, especially the pituitary gland
- Sleep
- Thirst

The hypothalamus is like a chemical factory where the thought-building processes happen and where the type and amount of chemicals released into the body are determined.

The thalamus signals the hypothalamus to chemically prepare a response to your thoughts. The endocrine [en-duh-krin] system is a collection of glands and organs that mostly produce and regulate your hormones. The hypothalamus is often referred to as the "brain" of the endocrine [en-duh-krin] system, controlling

things like thirst, hunger, body temperature and the body's response to your emotional life. The hypothalamus is like a pulsating heart responding to

your emotions and thought life, greatly impacting how you function emotionally and intellectually. **This means that if you are anxious or worried about something, the**

hypothalamus responds to this anxious and worrying attitude with a flurry of stress chemicals engaging the pituitary gland - the master gland of the endocrine system.

The endocrine [en-duh-krin] system secretes the hormones responsible for organizing the trillions of cells in your body to deal with any impending threats. Negative thoughts shift your body's focus to protection and reduce your ability to process and think with wisdom or grow healthy thoughts.

On the other hand, if you change your attitude and determine to apply God's excellent advice not to worry, **the hypothalamus will cause the secretion of chemicals that facilitate the feeling of peace, and the rest of the brain will respond by secreting the correct "formula" of neurotransmitters (chemicals that transmit electrical impulses) for thought building and clear thinking.**

Although you may not be able to control your environment all of the time, you can control how it affects your brain.

How? this incoming information is still **in a temporary state**. It has not yet lodged itself into your memory or become a part of your spirit, which defines who you are. You can choose to reject the presently-activated thoughts and the incoming information, or you can let the information make its way into your mind and your spirit, eventually subsiding in your subconscious, which dominates who you are. **Even though you can't always control your circumstances, you can make fundamental choices that will help you control your reaction to your circumstances and keep toxic input out of your brain.**

To help us make good choices, we have the **amygdala** [*uh-mig-duh-luh*] and **hippocampus** [*hip-uh-kam-puh s*]. The amygdala deals with the passionate, perceptual emotions attached to incoming thoughts and all the thoughts already in your head. The hippocampus [*hip-uh-kam-puh s*] deals with memory and motivation. Now, this is where you consciously step up to center stage, needing to make a decision **whether or not these incoming thoughts will become part of who you are**. Let's look more closely at how you control this decision.

Neuroscientifically it goes like this: the amygdala [*uh-mig-duh-luh*] provides input to the mind on the emotions; the thalamus and hypothalamus provide input on motivation; the memory networks provide information on the existing memories; the central hub in the brain mixes and integrates this all together; the heart adds its five cents to the equation; and you make the decision.

You can be presented with all the reason, logic, scientific evidence and just plain common sense in the world, **but you won't believe something is true unless your brain's limbic system (the central location of your emotions) allows you to feel that it is true**. You can't imagine and feel (change your brain structurally) one way and speak something different, without a lack of integrity operating in your brain.

When we think and use our free will to make a decision, we

influence which genes are initiated (expressed) in our nerve cells. This is called epigenetics (**emphasizes that our perceptions of life shape our biology and not the other way around**) and quite brilliantly shows us the power of our thought life, upholding the scripture: "For as he thinks in his heart, so is he" (Proverbs 23:7). Here is a brief summary of how this works. Every cell in your body has been neatly packaged with all the genes for you, **but not all those genes are initiated (expressed) at the same time**. So a cell initiates the liver gene when in your liver and not when in your skin. When a gene is expressed it makes a new protein that alters the structure and function of that particular cell. The information about how to make these proteins is "transcribed" or read from the individual gene. **The myth we have learned is that our genes shape us, but research shows that our thinking also affects which genes are initiated. Therefore, we can shape our genes.**

This then influences the formation of long-term memory where neurons will actually change their shape and increase the number of connections they have to other nerve cells. **This means we do not have to be victims of our biology** and, as we detox, we are reshaping the brain's microscopic anatomy. As you move through the detoxing process, **you produce changes in gene expression that alter the strength of the memory and structural changes that alter the anatomy of the thought. This is a timeless success principle designed by God.**

Remember, our behavior follows our thoughts, not the other way around. **Analyzing and addressing our thoughts are key components of conquering the habits and behaviors that seem to hold us hostage.** Some of us may have common symptoms of toxic thinking such as pride, anger, rebel ion, self-pity, complaining and ungratefulness, while other symptoms can be as dramatic as compulsive gambling, criticizing, overeating or viewing pornography. **The actual physical change detoxing creates in our thought lives can unlock the mentally imposed chains that bind us to our compulsive behaviors and the unsatisfactory circumstances we may find ourselves in.**

There are only two types of emotions, each with their own anatomy and physiology: **love and fear all other emotions are variations of these**. Out of the love branch come emotions of joy, trust, caring, peace, contentment, patience, kindness, gentleness, etc. Fear-based emotions include bitterness, anger, hatred, rage, anxiety, guilt, shame, inadequacy, depression, confusion, etc. These emotions directly affect our bodies because the amount of chemicals released is based on which group the emotions belong to - either the love-based or fear-based group. Obviously, weeding out emotions based on fear will greatly detoxify your thought life. **In fact, researchers have even identified a neural circuit for holding learned fear in check**. When we experience love emotions, our brains and bodies function differently better actually than if we experience fear emotions. **The negative, fear based emotions force the body into backup systems just to hold the fear in check, which is not the ideal and not the first choice**. Science and the Bible teach us not to fear! The fact is, although you are completely unaware of the mechanisms by which it happens, thought formation and emotional expression are always tied to a specific flow of chemicals in your body. In a nutshell, emotions bring the whole body into a single purpose, integrating systems and coordinating mental processes and biology **to create behavior**.

MORE AFFIRMATIONS

I CAN DO WHAT I NEED TO DO

PHILIPPIANS 4:13

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

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 HAS A PLACE PREPARED FOR ME

JOHN 14:2

2 In my Father's house are many mansions: if it were not so, I would have told you. I go to prepare a place for you.

3 And if I go and prepare a place for you, I will come again, and receive you unto myself; that where I am, there ye may be also.

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."

JAMES 4:7

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

RESIST: anthistemi {anth-is'-tay-mee}
withstand, to set one's self against, to withstand, resist, oppose

JAMES 4:7

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

NOT FROM JESUS BUT YOU

I WILL INHERIT ALL THINGS

REVELATION 21:7

7 He that overcometh **shall inherit all things;** and I will be his God, and he shall be my son.

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.

JOHN 10:13

13 The hireling fleeth, because he is an hireling, and careth not for the sheep.

JOHN 10:14

14 I am the good shepherd, and know my sheep, and am known of mine.

JOHN 10:15

15 As the Father knoweth me, even so know I the Father: and I lay down my life for the sheep.

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.

JOHN 10:29

29 My Father, which gave them me, is greater than all; and no man is able to pluck them out of my Father's hand.