

MY HEART, MY SOUL, MY MIND II

DEUTERONOMY 6:4

4 ¶ Hear, O Israel: The LORD our God is one LORD:

5 And thou shalt love the LORD thy God with all thine **heart**, and with all thy **soul**, and with all thy **might**.

MATTHEW 22:34

34 ¶ But when the Pharisees had heard that he had put the Sadducees to silence, they were gathered together.

35 Then one of them, which was a lawyer, asked him a question, tempting him, and saying,

36 Master, which is the great commandment in the law?

37 Jesus said unto him, Thou shalt love the Lord thy God with all thy ***HEART**, and with all thy ***SOUL**, and with all thy ***MIND**.

38 This is the first and great commandment.

HEART: kardia {kar-dee'-ah}
the center of the circulation of the blood, and hence was regarded as the seat of physical life. The center and seat of spiritual life; the fountain and seat of the thoughts, passions, desires, appetites, affections, purposes, endeavours;

SOUL: psuche {psoo-khay'}
the vital force which animates the body and shows itself in breathing:
that in which there is life; a living being, the seat of the feelings, desires, affections,

MIND: dianoia {dee-an'-oy-ah}
Understanding, imagination, feeling, desiring, way of thinking and feeling

thought, good or bad

[STOP]

I CAN FORGIVE

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.

Besides the unmistakable importance of forgiveness in Scripture, now there is increasing scientific evidence that forgiveness gives us healthier and happier lives **(there are more than a hundred studies showing the healing power of forgiveness).**

When we don't forgive, thoughts of the painful act will cause fear in the amygdala [*uh-mig-duh-luh*] (the library for emotions), which causes stress chemicals, raises levels of stress hormones and increases blood pressure and heart rate. **When people hold onto their anger and past trauma, the stress response stays active, making them sick mentally and physically.**

Researchers using functional magnetic resonance imaging found that different **parts of the brain are activated positively when people think about choosing to forgive rather than getting revenge.** As we choose to forgive, the amygdala [*uh-mig-duh-luh*] frontal cortex link becomes very active, calming the amygdala, and the stress response and toxic memory that caused the unforgiveness in the first place are changed.

It is often said that forgiveness leads to the ability to love. You cannot love if you have not really forgiven and released those who have wronged you. **Scientific research proves that love is good for your health.** You can't change the past, but God's Word and science show that changing how you think about past hurt can reduce its impact on you and the resulting likelihood of stress-related illness. We change how we think through repentance and forgiveness. The world of psychological counseling is finally realizing a lot of mental health problems people experience are caused by unforgiveness. **In fact, 94% of mental health counselors feel it is appropriate to bring up the issue of forgiveness.**

When your thought life is filled with toxic emotions, your heart is heavy and burdens your body and mind. In effect, your heart amplifies what is going on in the brain. When you experience the love of God and of people, your heart speeds up its communication with the mind and body through your blood vessels. Life is in the blood, the body's transport system, and the heart is in charge of making sure the transport works. Health travels from the brain to the heart in electrical signals and from there to the rest of the body. **New brain research shows that love deactivates the brain regions associated with negative emotions, social judgment and judgment of other people's intentions and emotions, giving you a strong sense of longing. Love helps us feel others' pain and empathize with them, especially those close to us. We are wired to love and have concern for each other.**

LUKE 11:3

3 Give us day by day our daily bread.

LUKE 11:4

4 And forgive us our sins; for **we also forgive** every one that is indebted to us. And lead us not into temptation; but deliver us from evil.

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131.....**they already can prove that man that holds grudges, and women who fuss and stew, and fight and argue, they die. It'll cause cancer, fungus, everything else will set in, ulcers.**

132 See, you were made to be happy and free. You were made to live like children before your Father, and--and know that He makes every day, everything work right for you each day. Yes, sir.

HE WILL DELIVER ME FROM SICKNESS

EXODUS 23:25

25 And ye shall serve the LORD your God, and he shall bless thy bread, and thy water; and **I will take sickness away from the midst of thee.**

DEUTERONOMY 7:15

15 And the LORD will **take away from thee all sickness,** and will put none of the evil diseases of Egypt, which thou knowest, upon thee; but will lay them upon all them that hate thee.

PSALM 91:2

2 I will say of the LORD, He is my refuge and my fortress: my God; in him will I trust.

PSALM 91:3

3 Surely he shall deliver thee from the snare of the fowler, and from the noisome **pestilence.**

PSALM 91:5

5 Thou shalt not be afraid for the terror by night; nor for the arrow that flieth by day;

PSALM 91:6

6 Nor for the **pestilence** that walketh in darkness; nor for the destruction that wasteth at noonday.

PSALM 91:10

10 There shall no evil befall thee, neither shall any **plague** come nigh thy dwelling.

PSALM 91:11

11 For he shall give his angels charge over thee, to keep thee in all thy ways.

PSALM 103:2

2 Bless the LORD, O my soul, and forget not all his benefits:

PSALM 103:3

3 Who forgiveth all thine iniquities; **who healeth all thy diseases;**

I PETER 2:24

24 Who his own self bare our sins in his own body on the tree, that we, being dead to sins, should live unto righteousness: **by whose stripes ye were healed.**

I HAVE DIVINE GUIDANCE

PSALM 23:3

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

PSALM 25:9

9 **The meek will he guide** in judgment: and the meek will he teach his way.

PSALM 31:3

3 For thou art my rock and my fortress; therefore for thy name's sake **lead me, and guide me.**

PSALM 32:8

8 I will instruct thee and teach thee in the way which thou shalt go: **I will guide thee with mine eye.**

PSALM 37:23

23 The steps of a good man are **ordered by the LORD:** and he delighteth in his way.

PSALM 48:14

14 For this God is our God for ever and ever: **he will be our guide even unto death.**

PSALM 73:24

24 **Thou shalt guide me** with thy counsel, and afterward receive me to glory.

PROVERBS 3:5

5 Trust in the LORD with all thine heart; and lean not unto thine own understanding.

PROVERBS 3:6

6 In all thy ways acknowledge him, and **he shall direct thy paths.**

PROVERBS 16:9

9 ¶ A man's heart deviseth his way: but **the LORD directeth his steps.**

ISAIAH 58:11

11 **And the LORD shall guide thee continually,** and satisfy thy soul in drought, and make fat thy bones: and thou shalt be like a watered garden, and like a spring of water, whose

waters fail not.

ROMANS 8:14

14 For as many as are **led by the Spirit of God**, they are the sons of God.

I HAVE DIVINE PROTECTION

LEVITICUS 25:18

18 Wherefore ye shall do my statutes, and keep my judgments, and do them; and ye shall **dwell in the land in safety.**

LEVITICUS 25:19

19 And the land shall yield her fruit, and ye shall eat your fill, and **dwell therein in safety.**

DEUTERONOMY 12:10

10.....dwell in the land which the LORD your God giveth you to inherit, and when he giveth you rest from all your enemies round about, **so that ye dwell in safety;**

PSALM 4:8

8 I will both lay me down in peace, and sleep: for thou, LORD, only **makest me dwell in safety.**

PSALM 27:1

1 ¶ A Psalm of David. The LORD is my light and my salvation; whom shall I fear? the LORD is the strength of my life; **of whom shall I be afraid?**

PSALM 27:2

2 When the wicked, even mine enemies and my foes, came upon me to eat up my flesh, **they stumbled and fell.**

PSALM 125:2

2 As the mountains are round about Jerusalem, **so the LORD is round about his people from henceforth even for ever.**

PROVERBS 1:33

33 But whoso hearkeneth unto me **shall dwell safely**, and shall be quiet from fear of evil.

PROVERBS 3:23

23.....**thou walk in thy way safely, and thy foot shall not stumble.**

PROVERBS 3:24

24 When thou liest down, thou shalt not be afraid: yea, **thou shalt lie down, and thy sleep shall be sweet.**

PROVERBS 18:10

10 ¶ The name of the LORD is a strong tower: the righteous runneth into it, **and is safe.**

ISAIAH 43:2

2 When thou passest through the waters, **I will be with thee**; and through the rivers, they shall not overflow thee: when thou walkest through the fire, thou shalt not be burned; neither shall the flame kindle upon thee.

ROMANS 8:31

31 ¶ What shall we then say to these things? **If God be for us, who can be against us?**

I PETER 3:13

13 And **who is he that will harm you**, if ye be followers of that which is good?

I HAVE DELIVERANCE FROM ENEMIES

EXODUS 23:22

22 But if thou shalt indeed obey his voice, and do all that I speak; then **I will be an enemy unto thine enemies**, and an adversary unto thine adversaries.

LEVITICUS 26:6

6 And I will give peace in the land, and ye shall lie down, and **none shall make you afraid**: and I will rid evil beasts out of the land, neither shall the sword go through your land.

LEVITICUS 26:7

7 And ye shall **chase your enemies**, and they shall fall before you by the sword.

LEVITICUS 26:8

8 And five of you shall chase an hundred, and an hundred of you shall put ten thousand to flight: and **your enemies shall fall before you by the sword**.

DEUTERONOMY 20:4

4 For the LORD your God is he that goeth with you, **to fight for you against your enemies, to save you**.

II SAMUEL 22:4

4 I will call on the LORD, who is worthy to be praised: **so shall I be saved from mine enemies**.

II KINGS 17:39

39 But the LORD your God ye shall fear; and **he shall deliver you out of the hand of all your enemies**.

PSALM 18:3

3 I will call upon the LORD, who is worthy to be praised: **so shall I be saved from mine enemies**.

PSALM 18:48

48 **He delivereth me from mine enemies**: yea, thou liftest me up above those that rise up against me: thou hast delivered me from the violent man.

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.

I'M A GROWING CHRISTIAN

JOB 17:9

9 The righteous also shall hold on his way, and he that hath clean hands shall be **stronger and stronger**.

PSALM 84:7

7 They go from **strength to strength**, every one of them in Zion appeareth before God.

PROVERBS 4:18

18 But the path of the just is as the shining light, that **shineth more and more** unto the perfect day.

MATTHEW 13:12

12 For **whosoever hath, to him shall be given, and he shall have more abundance**: but whosoever hath not, from him shall be taken away even that he hath.

II CORINTHIANS 3:18

18 But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image **from glory to glory**, even as by the Spirit of the Lord.

EPHESIANS 4:15

15 But speaking the truth in love, **may grow up** into him in all things, which is the head, even Christ:

II PETER 3:18

18 But **grow in grace, and in the knowledge** of our Lord and Saviour Jesus Christ. To him be glory both now and for ever. Amen.

HIS PRESENCE IS WITH ME

DEUTERONOMY 31:8

8 And the LORD, he it is that doth go before thee; **he will be with thee**, he will not fail thee, neither forsake thee: fear not, neither be dismayed.

PSALM 31:19

19 ¶ Oh how great is thy goodness, which thou hast laid up for them that fear thee; which thou hast wrought for them that trust in thee before the sons of men!

PSALM 31:20

20 **Thou shalt hide them in the secret of thy presence** from the pride of man: thou shalt **keep them secretly in a pavilion** from the strife of tongues.

PSALM 140:13

13 Surely the righteous shall give thanks unto thy name: **the upright shall dwell in thy presence.**

ISAIAH 41:10

10 ¶ Fear thou not; **for I am with thee**: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.

JOHN 14:23

23 Jesus answered and said unto him, If a man love me, he will keep my words: and my Father will love him, and **we will come unto him, and make our abode with him.**

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.**

LET ME REMIND YOU OF THIS

What you put into your mind affects the chemistry of your brain. When you put in positive things, you push the chemistry in a positive direction. When you put in negative things, you push it in a negative direction.

Your brain has billions of neurons (brain cells) and trillions of connections between those neurons. Brain cells are not physically connected directly with each other like the wires in your house or car. The neurons are connected indirectly through special chemicals called neurotransmitters.

When one brain cell talks to another, it sends the message using neurotransmitters. The sending cell releases a tiny packet of chemicals that carries the message to the receiving cell. This scenario repeats itself trillions of times each day. The amount and distribution of the neurotransmitters is critical to the normal functioning of your brain.

Every thought that you think is embedded at some level in the chemistry of your brain. When you say that someone has a positive mind, you infer that their positive thoughts are embedded in the biochemistry of their brain.

The distribution and balance of neurotransmitters in your mind vary with your mood and patterns of thought. One type of brain chemistry is associated with depression and negative thoughts, and a different type is associated with a positive state of mind.

HE REJOICES OVER ME

ISAIAH 62:5

5.....as the bridegroom rejoiceth over the bride, so shall thy **God rejoice over thee.**

JEREMIAH 32:41

41.....**I will rejoice over them** to do them good, and I will plant them in this land assuredly with my whole heart and with my whole soul.

ZEPHANIAH 3:17

17 The LORD thy God in the midst of thee is mighty; he will save, **he will rejoice over thee with joy**; he will rest in his love, **he will joy over thee with singing.**

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.