

LOOSING SUBSTANCE II

MATTHEW 14:25

25 And in the fourth watch of the night Jesus went unto them, walking on the sea.

MATTHEW 14:26

26 And when the disciples saw him walking on the sea, they were troubled, saying, It is a spirit; and they cried out for fear.

MATTHEW 14:27

27 But straightway Jesus spake unto them, saying, Be of good cheer; it is I; be not afraid.

MATTHEW 14:28

28 And Peter answered him and said, Lord, if it be thou, bid me come unto thee on the water.

MATTHEW 14:29

29 And he said, Come. And when Peter was come down out of the ship, he walked on the water, to go to Jesus.

MATTHEW 14:30

30 But when he saw the wind boisterous, he was afraid; and beginning to sink, he cried, saying, Lord, save me.

MATTHEW 14:31

31 And immediately Jesus stretched forth his hand, and caught him, and said unto him, O thou of *LITTLE faith, wherefore didst thou doubt?

LITTLE: oligopistos {ol-ig-op'-is-tos}
of little faith, trusting too little

MATTHEW 14:32

32 And when they were come into the ship, the wind ceased.

MATTHEW 6:27

27 Which of you by taking thought can add one cubit unto his stature?

MATTHEW 6:28

28 And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin:

MATTHEW 6:29

29 And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these.

MATTHEW 6:30

30 Wherefore, if God so clothe the grass of the field, which to day is, and to morrow is cast into the oven, shall he not much more clothe you, O ye of little faith?

MATTHEW 6:31

31 Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed?

MATTHEW 6:32

32 (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things.

MATTHEW 6:33

33 But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

MATTHEW 6:34

34 Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof.

MATTHEW 8:24

24 And, behold, there arose a great tempest in the sea, insomuch that the ship was covered with the waves: but he was asleep.

MATTHEW 8:25

25 And his disciples came to him, and awoke him, saying, Lord, save us: we perish.

MATTHEW 8:26

26 And he saith unto them, Why are ye fearful, O ye of little faith? Then he arose, and rebuked the winds and the sea; and there was a great calm.

HAVE. FAITH. IN. GOD_ CHICAGO. IL SUNDAY_ 58-0105

E-6 Faith is a substance of things hoped for; the evidence. . . To have an evidence, it must be a substance. So it is not just something that you imagine in your mind; it's something that absolutely, you have.

It's something that you possess in your own being. And what is it? It's the evidence of things that you have hoped for. It's the evidence of things you do not have as yet, but you have the authority of God to say that you have it. It's an evidence, something you have in your heart.

GO. WAKE. JESUS_ TUCSON. AZ SUNDAY_ 63-1103

115 You go to the doctor, he'll say, "Well, I'm sorry to tell you, but you--you have cancer. " Well, quickly, that's all. "He--he--he's dead. That's just all there is to it. Or, she, they're gone. "

The doctors say, "Well, that's paralyism. You can't. . . That's leukemia. " Well, right quick, "They're as good as dead, right then. " See? Fear sets in, see, but it shouldn't.

116 And when trouble sets in, and faith of Him being with us. . . Then fear sets in. And when fear sets in, then we really got trouble.

LISTEN TO THIS

A wheelchair bound patient was told by a dr. that she had Parkinson's Disease, but she went to another dr. who told her she didn't by the end of her visit, she was jogging down the hall. A man died of cancer, yet the autopsy showed there were not enough cancerous spots in his body to have killed him.

A priest administers the last rites to the wrong patient, and that patient dies unexpectedly.

These patients all had different diagnoses, yet they were all affected by the same cause. It has been proven that fear can cause disease, and even death. Though this idea is not new, our understanding of it is progressing because of new technologies that give us a window into the brain.

Since 1961, the term "nocebo phenomenon" has been identified. According to this reverse placebo effect, a patient will become sick or sicker after being told of negative side effects, or on being informed of specifics about an illness just diagnosed.

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.

Research has demonstrated this effect. In one experiment, 66% of the volunteers complained of headaches after being told an electric current was applied to their heads. In actuality, no current was really applied.

In another study, women holding the belief that they were prone to heart disease died at four times the rate of those who didn't hold such a belief, even though they all started out with the same risk factors.

However, now we know that stress is not always involved in the development of a mind-body illness. In the Parkinson's case previously mentioned, the patient was misdiagnosed with Parkinson's after falling and developing an inability to walk, which wasn't related to her injuries.

After being convinced by another physician that the problem was in her head, not her legs, she was able to get out of the wheelchair and walk with help, then even jog with no other assistance than a handrail.

Many researchers have studied the fear of aging and documented that those who believe their memories will soon fail actually undergo memory problems sooner than others in similar condition, but minus the belief. In cultures which value the aged, mental ability does not deteriorate until much later,

if at all, than in societies where people are defined as elderly at age 65. If people live in an environment which views aging as disease, such as that of an assisted living facility,

they will age faster than those who live in a mixed-age community where they are not expected to act differently just because they are over 65.

The most exciting news about the mind/body phenomenon comes from a cell biologist who has evidence documenting just what biochemical mechanisms facilitate it.

Bruce H. Lipton, PhD, challenges the traditional cell theories which basically define cells as inflexible, created to do only one job or job type. Instead, he considers them as robotic, like computer chips in a computer, in that they can be reprogrammed to take on different jobs.

Cells are built to act on their own, and they can even live independently, in a laboratory environment. But in a community

environment, once it becomes integrated, the cell's individuality becomes subjugated. The community as a whole receives operating messages from the life force, not the individual cell.

The cell director, the power behind the reprogramming -- the life force -- is the person. It is the information-receiving process, as messages are sent to the cell for action, that determines the cell's behavior, not some built-in, fixed programming.

Cells can become cancerous because they were told to do so. Fear is often the operative that drives such instruction.

For example, doctors today push all the new diagnostic toys they possess and encourage patients to have mammograms, colonoscopies, etc. , with the explanation "we tell everyone of this age to get one,

because such and such a percent of people this age will get" cancer, polyps etc. Combined with this are the incessant magazine and TV ads for pharmaceuticals purporting to treat the various maladies.

Such seeds sow fear in people's minds, consciously or subconsciously. Where previously the person hadn't even considered the possibility of colon cancer, now he or she starts worrying about it.

Every little abdominal pain feeds the worry. Lipton says that the current high rates of colon and rectal cancers are linked with the amount of information in the media that there is a high rate of colon and rectal cancers.

Evidence for the above process goes back to studies done in the 1920's. Dr. Walter Cannon, a Harvard University professor, coined the term "homeostasis" to describe the organism's need for mental and physical balance throughout the organism. His research resulted in the acceptance of the "fight or flight response. "

More recent research by Candice Pert, a neuropharmacologist, explained the workings of neuropeptides, the chemical messengers that are essential to the mind-body relationship. She found them on both the brain's cell walls and on those of the immune system.

Their presence in both demonstrates their close relationship, which means the brain and emotions are closely related to the immune system as messages are transmitted back and forth.

Remember the lady in the wheelchair? She demonstrates that there is good news: the mind-body relationship can also work in a positive direction.

THE. BEGINNING. OF. JESUS. FAME_ CONNERSVILLE. IN FRIDAY_ 53-0605

E-5 As long as you're doing what He says do, and you know you're directly led, well then there's nothing to fear. Perfect love casts out all fear. There's no fear in God. Love takes away fear.

A. PERSONAL. EXPERIENCE. WITH. GOD_ CHICAGO. IL SATURDAY_ 54-0724

E-43 "Perfect love casteth out all fear. " And when fear is gone, faith is perfect. You're scared He won't keep His Word, but I believe that He does.

THE. UNPARDONABLE. SIN_ JEFF. IN V-26 N-8 SUNDAY_ 54-1024

30 Having therefore, brethren, boldness to enter into the holiest by the blood of Jesus,
Think of it: no fear. That's the greatest plague there is in the Christian Church today, is "afraid. " And the reason they're afraid is because they're not taught right, and settled right, on the Gospel.

FELLOWSHIP_ MINNEAPOLIS. MN SUNDAY_ 56-0212

E-5 Perfect love casts out all fear, and you. . . As long as you got fear you can't have faith. So you got to have love first. It drives all fear out, and then--then faith comes in, takes the place of fear.

GOD'S. COVENANT. WITH. ABRAHAM. AND. HIS. SEED_ SIOUX. FALLS. SD THURSDAY_ 56-0223

E-9 Unbelief if there's no value in unbelief at all. . . And unbelief accompanies fear (See?); unbelief accompanies fear. When you go to reasoning and wondering (See?), then you began to fear.

LOVE_ SASKATOON. SASK SUNDAY_ 57-0519E

E-35 That's where the church is. You're always scared it's not going to happen. That's the reason it don't happen. When that fear. . . Love casts out fear. When you got love, fear is gone. But as long as you got fear, love cannot operate.

SIRS. WE. WOULD. SEE. JESUS_ EDMONTON. AB SUNDAY_ 57-0804E

E-4 So if the Church only knew its position. . . And the greatest hindrance in the Church is fear. They're afraid that it just won't work. Well, it--it just won't, for you, that way. It just is not--will not work that way; it must be absolutely believers, not make-believers, but believers from your heart.

GOD. PROJECTING. HIS. LOVE_ EDMONTON. ALBERTA TUESDAY_ 57-0806

E-14 Love has no fear. Love casts out fear. And I notice in my meetings, so much that when I come into the people. . . One of the great things I find among them is fear. And what makes fear is lack of confidence.

If you lack confidence it'll make you fear. But if you love, it casts away that fear. And that's the way God wants His Church, not so many as charter members; He wants members that's loyal, and loves, and believes, and has confidence in Him.

LOVE_ HARRISONBURG. VA FRIDAY_ 58-0314

E-20 perfect love casts out fear, and that's the reason people won't take God at His Word for healing. They don't love Him well enough, because you're scared He won't keep His Word.

That's the reason that people fear somebody else will say something against them if they receive the Holy Spirit. They're afraid somebody will laugh and make fun.

GO. WAKE. JESUS_ TUCSON. AZ SUNDAY_ 63-1103

115 You go to the doctor, he'll say, "Well, I'm sorry to tell you, but you--you have cancer. " Well, quickly, that's all. "He--he--he's dead. That's just all there is to it. Or, she, they're gone. "

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WHAT FEAR DOES TO US

Feelings of extreme fatigue, weight gain, mood swings, inability to focus, heart flutters, increased sweating, regular illness. These are just some of the effects fear can have on us.

Fear is very stressful for the body because when preparing for flight or fight the body releases stored red blood cells so that the blood can carry more oxygen around the body and replenish the oxygen supply more rapidly – this means the heart starts to beat faster and you feel out of breath.

The digestive system metabolizes sugar much quicker in order to provide an instant energy source meaning that it slows down the digestion of proteins and fats and your pituitary gland (which manages your digestive and tissue repair functions) turns fat to glucose, offering a quicker energy supply.

It also sends a messenger hormone out to the adrenal gland which releases adrenalin and cortisol into your bloodstream. Adrenalin is great if it is linked to an activity such as sport but not if this is what happens to you every time you walk into your workplace / a meeting / an interview.

Adrenalin cuts off the conscious thought processes, have you ever come out of an interview wondering how you could have forgotten something so important or said something so silly as you did?

The long-term consistent release of high levels of cortisol is what most medical professionals are worried about as it can affect how your whole body functions.

It has been found to be the culprit behind a large number of stress diseases i. e. cardiovascular diseases, diabetes, autoimmune diseases, obesity, emotional illnesses from depression, anxiety, panic attacks and phobias.

So consistent high levels of cortisol attacks your body and mind. Long-term high cortisol levels can leave you feeling anxious and negative and all this happens when the adrenaline has abated and your body is attempting to relax and recover –

ever come home from a busy day, feeling exhausted, then tossed and turned all night unable to sleep because you are thinking about all the awful things happening in your life?

At some point, with the help of this negative cocktail of chemicals, your body and mind will enter a stage of exhaustion. This can result in strong reactions to even mild sources of additional stress. Think of times when you or someone you know seems to react excessively to what in reality is a very small thing.

As the body is preparing for damage, additional blood platelets (which helps blood to clot) enter into the bloodstream and the processes required for the upkeep of your immune system are suppressed until the fight or flight situation is over.

The brain joins in by releasing endorphins to block out immediate feelings of pain that result from any injuries you may get.

How many of us have gone on holiday and all of a sudden become ill, extremely tired, unable to focus? Once outside of the environment that brings on the fight or flight reactions, your body will attempt to function normally again and all the normal processes that were put on hold will attempt to work again i. e.

your immune system. However, by this time the cortisol will have attached itself to and attacked your white blood cells, compromising your immune system, and that is when you feel the pain or illness in both body and mind.

Human bodies and minds have not evolved to cope with the current environment surrounding us. The jungles are concrete, the predators have taken human or corporate form and the dangers can feel omnipresent.

The stumbling block for some people is accepting that they have a problem and the problem resides within them. Even if your life is so stressful due to the way your boss is treating you, you still have the power to decide whether you allow the situation to continue or you do something to change or move away from it.

For others it is seeing asking for help not as a sign of weakness. For all of us, we need to understand that a problem can only go away if we come face to face with it. It will also not go away overnight; it takes time, patience and understanding.

I JOHN 4:17

17 Herein is our love made perfect, that we may have boldness in the day of judgment: because as he is, so are we in this world.

I JOHN 4:18

18 There is no fear in love; but *PERFECT love casteth out fear: because fear hath torment. He that feareth is not made perfect in love.

PERFECT: teleios {tel'-i-os}

Man, of full age, brought to its end, finished; wanting nothing necessary to completeness; full grown, adult, of full age, mature

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

104 THUS SAITH THE LORD, it'll take perfect love to put you in that place, for that's all there was there. No matter how many, how much religious demonstrations, how many good deeds you done, or whatever you done, that won't count nothing on that day.

It'll take perfect love. So whatever you do, you lay aside everything else, until you are just so filled with the love of God, till you can love those who hate you.

I CORINTHIANS 13:1

1 Though I speak with the tongues of men and of angels, and have not charity, I am become as sounding brass, or a tinkling cymbal.

I CORINTHIANS 13:2

2 And though I have the gift of prophecy, and understand all mysteries, and all knowledge; and though I have all faith, so that I could remove mountains, and have not charity, I am nothing.

I CORINTHIANS 13:3

3 And though I bestow all my goods to feed the poor, and though I give my body to be burned, and have not charity, it profiteth me nothing.

I CORINTHIANS 13:4

4 Charity suffereth long, and is kind; charity envieth not; charity *VAUNTETH not itself, is not *PUFFED up,

VAUNTETH: perpereuomai {per-per-yoo'-om-ahee}
to boast one's self; a self display, employing rhetorical embellishments in extolling one's self excessively

And is kind. The word here used denotes to be good-natured, gentle, tender, affectionate. It wishes well. It is not harsh, sour, morose, in-natured. The idea is, that under all provocations and ill-usage it is gentle and mild.

Hatred prompts to harshness, severity, unkindness of expression, anger, and a desire of revenge. A man who truly loves another will be kind to him, desirous of doing him good; will be gentle, not severe and harsh; will be courteous because he desires his happiness, and would not pain his feelings.