

LITTLE FOXES 14

SONG OF SOLOMON 2:15

15 Take us the foxes, the little foxes, that spoil the vines: for our vines have tender grapes.

EPHESIANS 6:10

10 ¶ Finally, my brethren, be strong in the Lord, and in the power of his might.

EPHESIANS 6:11

11 Put on the whole armour of God, that ye may be able to stand against the wiles of the devil.

[STOP]

DEUTERONOMY 1:21

21 Behold, the LORD thy God hath set the land before thee: go up and possess it, as the LORD God of thy fathers hath said unto thee; fear not, **neither be discouraged.**

DEUTERONOMY 31:5

5 And the LORD shall give them up before your face, that ye may do unto them according unto all the commandments which I have commanded you.

DEUTERONOMY 31:6

6 Be strong and of **a good courage**, fear not, nor be afraid of them: for the LORD thy God, he it is that doth go with thee; he will not fail thee, nor forsake thee.

DEUTERONOMY 31:7

7 And Moses called unto Joshua, and said unto him in the sight of all Israel, **Be strong and of a good courage**: for thou must go with this people unto the land which the LORD hath sworn unto their fathers to give them; and thou shalt cause them to inherit it.

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.

DEUTERONOMY 31:23

23 And he gave Joshua the son of Nun a charge, and said, Be strong and of a good courage: for thou shalt bring the children of Israel into the land which I sware unto them: and I will be with thee.

DEUTERONOMY 1:38

38 But Joshua the son of Nun, which standeth before thee, he shall go in thither: **encourage him**: for he shall cause Israel to inherit it.

DEUTERONOMY 3:28

28 But charge Joshua, **and encourage him**, and strengthen him: for he shall go over before this people, and he shall cause them to inherit the land which thou shalt see.

JOSHUA 1:5

5 There shall not any man be able to stand before thee all the days of thy life: as I was with Moses, so I will be with thee: I will not fail thee, nor forsake thee.

JOSHUA 1:6

6 **Be strong and of a good courage**: for unto this people shalt thou divide for an inheritance the land, which I sware unto their fathers to give them.

JOSHUA 1:9

9 Have not I commanded thee? Be strong and of **a good courage**; be not afraid, neither be thou dismayed: for the LORD thy God is with thee whithersoever thou goest.

JOSHUA 1:18

18 Whosoever he be that doth rebel against thy commandment, and will not hearken unto thy words in all that thou commandest him, he shall be put to death: only be strong and of **a good courage**.

JOSHUA 10:24

24 And it came to pass, when they brought out those kings unto Joshua, that Joshua called for all the men of Israel, and said unto the captains of the men of war which went with him, Come near, put your feet upon the necks of these kings. And they came near, and put their feet upon the necks of them.

JOSHUA 10:25

25 And Joshua said unto them, Fear not, nor be dismayed, be strong and of **good courage**: for thus shall the LORD do to all your enemies against whom ye fight.

JOSHUA 23:5

5 And the LORD your God, he shall expel them from before you, and drive them from out of your sight; and ye shall possess their land, as the LORD your God hath promised unto you.

JOSHUA 23:6

6 Be ye therefore **very courageous** to keep and to do all that is written in the book of the law of Moses, that ye turn not aside there from to the right hand or to the left;

JUDGES 20:21

21 And the children of Benjamin came forth out of Gibeah, and destroyed down to the ground of the Israelites that day twenty and two thousand men.

JUDGES 20:22

22 And the people the men of Israel **encouraged themselves**, and set their battle again in array in the place where they put themselves in array the first day.

I SAMUEL 30:1

1 ¶ And it came to pass, when David and his men were come to Ziklag on the third day, that the Amalekites had invaded the south, and Ziklag, and smitten Ziklag, and burned it with fire;

I SAMUEL 30:2

2 And had taken the women captives, that were therein: they slew not any, either great or small, but carried them away, and went on their way.

I SAMUEL 30:3

3 So David and his men came to the city, and, behold, it was burned with fire; and their wives, and their sons, and their daughters, were taken captives.

I SAMUEL 30:4

4 Then David and the people that were with him lifted up their voice and wept, until they had no more power to weep.

I SAMUEL 30:5

5 And David's two wives were taken captives, Ahinoam the Jezreelitess, and Abigail the wife of Nabal the Carmelite.

I SAMUEL 30:6

6 And David was greatly distressed; for the people spake of stoning him, because the soul of all the people was grieved, every man for his sons and for his daughters: **but David encouraged himself in the LORD his God.**

I CHRONICLES 28:20

20 And David said to Solomon his son, Be strong and of **good courage**, and do it: fear not, nor be dismayed: for the LORD God, even my God, will be with thee; he will not fail thee, nor forsake thee, until thou hast finished all the work for the service of the house of the LORD.

II CHRONICLES 35:1

1 ¶ Moreover Josiah kept a passover unto the LORD in Jerusalem: and they killed the passover on the fourteenth day of the first month.

II CHRONICLES 35:2

2 And he set the priests in their charges, **and encouraged them** to the service of the house of the LORD,

II CHRONICLES 35:3

3 And said unto the Levites that taught all Israel, which were holy unto the LORD, Put the holy ark in the house which Solomon the son of David king of Israel did build; it shall not be a burden upon your shoulders: serve now the LORD your God, and his people Israel,

II CHRONICLES 35:4

4 And prepare yourselves by the houses of your fathers, after your courses, according to the writing of David king of Israel, and according to the writing of Solomon his son.

II CHRONICLES 35:5

5 And stand in the holy place according to the divisions of the families of the fathers of your brethren the people, and after the division of the families of the Levites.

PSALM 27:14

14 Wait on the LORD: **be of good courage**, and he shall strengthen thine heart: wait, I say, on the LORD.

PSALM 31:24

24 **Be of good courage**, and he shall strengthen your heart, all ye that hope in the LORD.

ACTS 28:13

13 And from thence we fetched a compass, and came to Rhegium: and after one day the south wind blew, and we came the next day to Puteoli:

ACTS 28:14

14 Where we found brethren, and were desired to tarry with them seven days: and so we went toward Rome.

ACTS 28:15

15 And from thence, when the brethren heard of us, they came to meet us as far as Appii forum, and The three taverns: whom when Paul saw, he thanked God, and ***TOOK** courage.

TOOK: GREEK LEXICON -- STRONG'S NUMBER 2983

lambano {lam-ban'-o}

receive, to take with the hand, lay hold of, to take what is one's own,

WHAT.IS.THAT.IN.YOUR.HAND_ SAN.FERNANDO.CA SUNDAY_ 55-1120

E-70.....I was preaching one day in an arena of a football stadium. And as I went in, I seen a little sign, **always encouraged me.** Had a big sign there, said, "It's not the size of the dog in the fight; it's the size of the fight in the dog." That's about right.

It ain't how timid you are or what you are. Brother, rise up. **It ain't what you are; it's what Christ is that's in you, what the power of the Holy Ghost.** You say, "Well, my neighbors will laugh at me if I got saved." Get Christ in there, and see how you can talk to your neighbor. See how life will change.

A.SECONDHANDED.ROBE_ JEFF.IN SUNDAY_ 56-1125M

E-18.....I heard the pastor say this morning that our... Many are becoming discouraged. What we need brother is take courage. **What we need is to be encouraged.** And it's right. Trials may come; we never was promised to be immune from them; but He will give grace to go through them. If the mountain's too high to go over, too deep to go under it, too wide to go around it, He will give grace to go through it. That's right. **Just don't worry, but keep your eyes on Christ, for He's the only one that can take us through.**

208-4 PERGAMEAN.CHURCH.AGE - CHURCH.AGE.BOOK CPT.5
THE REWARDS

Revelation 2:17.

"He that hath an ear let him hear what the Spirit saith unto the churches. To him that overcometh will I give to eat of the hidden manna, and I will give him a white stone, and in the stone a new name written, which no man knoweth saving he that receiveth it."

Each message to each age holds out an incentive to the believer, encouraging him to be an overcomer and thereby be rewarded of the Lord. In this age the Spirit is promising the hidden manna and a new name written in a white stone.

JOSHUA 1:8

8 This book of the law shall not depart out of thy mouth; but thou **shalt meditate therein day and night**, that thou mayest observe to do according to all that is written therein: **for then** thou shalt make thy way prosperous, and then **thou shalt have good success.**

PSALM 1:2

2 But his delight is in the law of the LORD; and in his law doth he **meditate day and night.**

PSALM 63:6

6 When I remember thee upon my bed, and **meditate on thee** in the night watches.

PSALM 77:12

12 I will **meditate** also of all thy work, and talk of thy doings.

PSALM 119:15

15 I will **meditate** in thy precepts, and have **respect** unto thy ways.

PSALM 119:48

48 My hands also will I lift up unto thy commandments, which I have loved; **and I will meditate in thy statutes.**

PSALM 143:5

5 I remember the days of old; **I meditate on all thy works**; I muse on the work of thy hands.

I TIMOTHY 4:14

14 Neglect not the gift that is in thee, which was given thee by prophecy, with the laying on of the hands of the presbytery.

I TIMOTHY 4:15

15 **Meditate upon these things**; give thyself wholly to them; that thy profiting may appear to all.

A [study](#) in the Journal of Clinical Psychology studied the effects of worrying on performing a task. Subjects were required to sort things into two categories. People who reported that they worry 50% of the time or more showed a significant disruption in their ability to sort objects as the difficulty of the sorting task increased.

In a follow up study, researchers found they were able to show that demonstrated that the disruption was a result of increased levels of negative thoughts. When the brain is faced with complex tasks, negative thinking hurts your ability to process information and think clearly.

Thinking negatively about your problems not only doesn't help solve anything, it actually makes it harder for you to think of a helpful solution.

AMYGDALA, MEMORY AND NEGATIVE THINKING

If you have a tendency to over-react to stress, it could be due to changes in your brain brought on by [negative thinking](#). Negative experiences are stored in the brain by the amygdala. The amygdala is also responsible for the

brain's fight or flight response. The prefrontal cortex regulates our response to stressors.

Someone who is faced with a stressful situation like being in a traffic jam normally assesses the level of threat to their safety and concludes that the threat is less than the annoyance factor and talks themselves through relaxing until it is over.

In contrast, someone who has been previously exposed to stress that was life-threatening and is suffering from PTSD might see the traffic jam as a threat to their safety and respond as if they are under attack. They lack the ability to distinguish between the true threat and the perceived stress and over-react.

HOW THE THALAMUS PERCEIVES STRESS

The thalamus is responsible to sending sensory and motor signals to the rest of the body but it does not understand that negative thoughts aren't the same as real danger. When you think negative thoughts, the thalamus assumes that it needs to prepare the body to flee.

As a result, our bodies experience real stress symptoms of rapid heartbeat, elevated blood pressure, and a state of heightened arousal.

Imagine just sitting quietly and suddenly having the physical symptoms of fear. You can sense your heart rate increase, your breathing increases, you perspire, and your blood pressure goes up. You start looking for the cause of the symptoms, but when there is no rational explanation for the fear response it is the thalamus causing you to have a panic attack.

Negative thoughts affect our brain by triggering this same stress response. [Chronic stress](#) affects the body physically

and can have negative effects on our health and well-being.

HOW STRESS AND NEGATIVE THINKING CHANGES CORTISOL

Stress from negative thinking creates changes in the brain that may affect your likelihood of mental disorders such as anxiety, depression, ADHD, schizophrenia and mood disorders.

People who have Post Traumatic Stress Disorder (PTSD) have been shown to have abnormalities in their brains. The amount of grey matter versus white matter. The difference is that grey matter is where the information is processed by neurons whereas white matter is a fibrous network that connects the neurons. Chronic stress produces more white matter connections but fewer neurons.

The balance of grey matter and white matter in the brain is important for the timing of communication in the brain. It is believed that the disruption in connections affects both your mood and your memories of the associations with that mood.

The problem is that our brains are good at learning from bad experiences but bad at learning from good experiences.

Improving our brains by eliminating negative thinking is possible. Replacing negative thinking with positive thinking is like training your brain just like you would a dog. You give a dog a reward for good behavior and your brain is similar in that positive thoughts create pleasure in the brain, which is a reward. Once we feel pleasure, we want more of it, so give your brain **positive thoughts** and keep it on a steady diet of self-rewarding pleasure.

TESTIMONY.RAISING.DEAD.BOY_ WEST.PALM.BEACH.FL
THURSDAY_ 53-1203

E-18.....No matter how you're feeling, if you--if you go to your feeling, then you're certainly going to... If you get back to that, every time that you have a negative testimony, every time that you look at your symptoms, then you're fallen right then. There's not a Christian in here, no matter how solid you are in faith, if right now that you, something happened to get a hold of you and tell you that you're not a Christian, and you start out testifying, "**Well, I'm not a Christian no more,**" **you dropped right then.** You're no more a Christian any more. As soon as you testify that you're not a Christian, then you've dropped from grace right then. **You've fallen, because (see?) your--your own--your own speech tells what you are.....**

LAW_ CHICAGO.IL SATURDAY_ 55-0115

E-18.....Now, it's a strange thing that this is so much thought of people; they say, "**Well, I'm weak; my faith is not very much; I'm not a very good Christian.**" That's just what the devil wants you to say. You're just talking his language right then. See? You mustn't never say that. **Don't never let your testimony be negative; let it be positive all the time.** "I am saved. I have God in my heart. I believe Him with all my heart." Do you believe in Divine healing? "With all of my heart." Let your--your testimony always and your thoughts, everything... Never permit a negative thought to come in your mind if you can help it. **When it starts that, don't entertain it.** Well, you say, "I can't help the thoughts from coming." Well, that'll be like the farmer that said he couldn't stop--he couldn't stop the birds from flying over his place, **but he could sure stop them from roosting.** **So that's a--that's a good thing.** You see? You can't help the thoughts when they come, but don't--don't--don't entertain them; just pass it on. "No, sir. Jesus Christ is my Saviour; all things are mine by God. And I--I'm going to keep them. I'm going to testify of them." **And God can only bless you as you confess that He has done it for you.** See, He's the High Priest of our confession. Is that right? Hebrews 3. He said that He's the High Priest of our

confession. **He can only do for us as we accept it, and believe it, and confess it.....**

THE.QUEEN.OF.SHEBA_ KLAMATH.FALLS.OR SUNDAY_ 60-0710
E-8 I might say to this audience this afternoon, "How many is Christians?" Perhaps ninety-five percent, or maybe a hundred, raise up their hands: They're a Christian. **As long as you believe that, all right.** But the minute that you begin to think that you're not, that's the time you start sinking right there. **That's the time your testimony is negative. Divine healing lasts just as long as your faith lasts with it,** your salvation the same. Because every--every thing of God is by faith, and nothing of God's can be proven by natural.....

The Power of Positive Thoughts

Your thoughts form your character, how you operate in the world, how far you travel mentally, physically, and spiritually. You are what you think you are, and all of your actions proceed from thought. Your inner thoughts will always be reflected in your outer circumstances, because self-generated changes in your life are always preceded by changes in the way you think about something.

As far as your brain, every thought releases brain chemicals. Being focused on negative thoughts effectively saps the brain of its positive forcefulness, slows it down, and can go as far as dimming your brain's ability to function, even creating [depression](#). On the flip side, thinking positive, happy, hopeful, optimistic, joyful thoughts decreases cortisol and produces serotonin, which creates a sense of well-being. This helps your brain function at peak capacity.

Happy thoughts and [positive thinking](#), in general, support brain growth, as well as the generation and reinforcement of new synapses, especially in your prefrontal cortex

(PFC), which serves as the integration center of all of your brain-mind functions.

In other words, your PFC not only regulates the signals that your neurons transmit to other brain parts and to your body, it allows you to think about and reflect upon what you are physically doing. In particular, the PFC allows you to control your emotional responses through connections to your deep limbic brain. It gives you the ability to focus on whatever you choose and to gain insight about your thinking processes. The PFC is the only part of your brain that can control your emotions and behaviors and help you focus on whatever [goals](#) you elect to pursue. It helps you grow as a human being, change what you wish to change, and live life the way you decide!

Why [Optimism](#) Leads to Greater Happiness

Neuroscientists have discovered that people who have a more cheerful disposition and are more prone to optimism generally have higher activity occurring in their left PFC. But that's a brain explanation. Interestingly, behavioral scientists have observed fascinating differences between optimists and pessimists.

Optimism, for example, involves highly desirable cognitive, emotional, and motivational components. Optimistic people tend to have better moods, to be more persevering and successful, and to experience better physical [health](#).

Pessimists are eight times more likely to be depressed than optimists

Perform worse at school and work Have rockier interpersonal relationships Die sooner than optimists.

According to Sonia Lyubomirsky, a University of California researcher, unhappy people spend hours comparing

themselves to other people, both above and below themselves on the happiness scale; happy people didn't compare themselves with anyone.

The good news is that you can use your mind to train your brain to tamp down the negative thoughts that lead to pessimism, while ramping up the types of positive thoughts that lead to optimism.

Your frontal lobe, particularly your PFC, decides what is important according to the amount of attention you pay to something and how you feel about it. Thus, the more you focus on negativity, the more synapses and neurons your brain will create that support your negative thought process.

Your hippocampus provides the context of stored [memories](#), which means the emotional tone and description your mind creates can potentially rewire your brain by creating stronger neuronal pathways and synapses.

What you think and feel about a certain situation or thing can become so deeply ingrained that you will have to work hard to dismantle the negative connections and rewire your brain in order to be less afraid, to think positively, to believe that [dreams](#) can come true, to trust that your efforts will be successful.

What does all this mean? It means that what we think, do, and say matters; that it affects who we become on the outside, the inside, and in our brain. Mostly, it means that you can retrain your brain to be more positive.

Start by thinking happy thoughts, looking on the bright side, and refocusing your brain when negative thoughts occur. Your mind has the ability to determine how your

brain thinks about what happens in your life. Use it to your own advantage to reframe events and think positively.

If you tend to be pessimistic, don't despair you can learn positive thinking skills. Understanding positive thinking and self-talk. Positive thinking doesn't mean that you keep your head in the sand and ignore life's less pleasant situations. Positive thinking just means that you approach unpleasantness in a more positive and productive way.

Positive thinking often starts with self-talk. Self-talk is the endless stream of unspoken thoughts that run through your head. These automatic thoughts can be positive or negative. Some of your self-talk comes from logic and reason. Other self-talk may arise from misconceptions that you create because of lack of information.

If the thoughts that run through your head are mostly negative, your outlook on life is more likely pessimistic. If your thoughts are mostly positive, you're likely an optimist
—

The health benefits of positive thinking

Researchers continue to explore the effects of positive thinking and optimism on health. Health benefits that positive thinking may provide include:

Increased life span, Lower rates of depression, Lower levels of distress

Greater resistance to the common cold, Better psychological and physical well-being. Better cardiovascular health and reduced risk of death from cardiovascular disease. Better coping skills during hardships and times of stress