

## **LITTLE FOXES 15**

### **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]**

THE.RESURRECTION.OF.JESUS\_ CHICAGO.IL THURSDAY\_ 56-0405

E-20.....**And if you notice, it's when you are discouraged that's when the devil can really pour it on you.** That's when He gets you. If you come to the church and say, "Well, I don't know. I don't know whether I'll ever get any better or not. I've been prayed for twice." Oh, my. You might as well go home; that's all. But when you can cast that aside... God don't want you to be frowning. **God wants you to be happy.** The human heart was made to be happy. Worry will cause cancer. Temper will cause cancer. Don't never be upset. Just walk in His love. Amen. **Knowing that you're walking in Him, and nothing can harm you.** There's nothing can harm you. There's neither powers, things present, things future, nothing can separate us from Him. We're in Him. **And we never come in by our own will. He, by choice, elected us and brought in to Him.** Amen. So it's His business to take care of what He's took Hisself. "No man can pluck them from My Father's hands, 'cause He's the greatest of all of them." Amen.

## **MATTHEW 12:34**

34 O generation of vipers, how can ye, being evil, speak good things? for out of the abundance of the heart the mouth speaketh.

### **MATTHEW 12:35**

35 A good man out of the good treasure of the heart bringeth forth good things: and an evil man out of the evil treasure bringeth forth evil things.

### **MATTHEW 12:37**

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

**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.**

**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**

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**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**

THE.UNCONDITIONAL.COVENANT.THAT.GOD.MADE.WITH.HIS.PE  
OPLE\_ PHOENIX.AZ SATURDAY\_ 54-0306

E-48..... All devils in hell couldn't shake you. There's nothing  
can shake you. We receive a Kingdom that cannot be moved. Oh,  
my. **Settle yourself on these thoughts one time and think of  
what God has said, not your circumstance,** not to your...  
nothing else but what God has said.

THE.UNCONDITIONAL.COVENANT.THAT.GOD.MADE.WITH.HIS.PE  
OPLE\_ PHOENIX.AZ SATURDAY\_ 54-0306

E-49 Abraham didn't look at anything as the circumstances.  
**He didn't think about them.** He never thought about how old  
Sarah was and how old he was getting. He just remembered God  
said so. And that same Spirit is upon we, the children of  
Abraham, making us face the same thing.

ACCEPT.GOD'S.GIFT\_ TALLAHASSEE.FL THURSDAY\_ 53-0219

E-9 Now, healing is not something that you just say, "Well,  
I... yeah, I believe it. I believe it." Now, that's all right. If that's  
the best you can do, just mentally, or just say, "Well, I... Yes, I--I  
see it. I believe that; I accept it." Then if you accept it on those  
basis, keep saying it over and over. Say it out loud. Say it over  
and over; just keep saying, "I'm healed. I'm healed." **Say it until  
actually you believe it.** And when you believe it, then it's going  
to take place.

**Don't have a negative testimony.** Every time when you  
confess, "Well, I still feel bad today. I guess I..." you go right  
straight back in the same rut that you was in the beginning.  
There's not a man or woman in here that is baptized with Holy  
Spirit but what would start your confession, "I believe I've lost  
the Holy Spirit. I believe It's gone from me. I believe I..." you'll  
go right down; you'll never... Can you...



ACCEPT.GOD'S.GIFT\_ TALLAHASSEE.FL THURSDAY\_ 53-0219

E-10 Listen close. **You'll never live above your confession.** Jesus is the High Priest of our confession (Is that right? Now, Hebrews 3:1, now any scholar knows that same word "profession" is "confession" too, same translated.), now setting at the right hand of the Father to make intercessions upon what? Our confession. He can't do nothing for you until first you confess He's done it. See?

When you accepted... Now, I wasn't saved... I'm not saved tonight because I get happy and shout. That isn't it. I'm not saved because the gift of God works through me. **I'm saved because I have met the conditions that Jesus Christ required from me.** I'm saved according to the Bible. See? Is that right? See? On... And not because I feel like I'm saved. **Satan can whip you around a stump on your feelings, but he can't when it's THUS SAITH THE LORD.** See? He can't do--go that. He can't wade across that; that'll defeat him.

ACCEPT.GOD'S.GIFT\_ TALLAHASSEE.FL THURSDAY\_ 53-0219

E-11 Now, when you believed you were saved, setting in your seat, out in the--wherever you was, you accepted it and begin to confess and tell people you were saved. Well, you kept on saying, "I'm saved."

**The people said, "They ain't no difference in you," but you believed there was.** Is that right? And you kept with your confession and after while it worked righteousness. All your neighbors and everybody knows you're saved now, **because you believed it, you confessed it.** Why, what happened? What changed you? He's the High Priest of your confession, setting at the right hand of the Father, making good what you're confessing.

Now, that's the same thing it is by healing. You accept Him as your Healer, **renounce your feelings. It's not by feelings; it's by faith.** Say you're healed; believe you're healed; act like you're healed; associate with those who believe in healing; **and God will bring you right out to a perfect soundness of health: will not fail.**

THE.ANGEL.OF.THE.LORD\_ CONNERSVILLE.IN THURSDAY\_ 53-0604

E-52.....God bless you, lady. Go now and rejoice and be happy. And you're going to be all right. God bless you. All right. Don't fear, only have faith and believe, my sister, and God will grant these things to you. All right. Yes, ma'am. **You go do as I tell you to do.** See? You go out of here just being happy, and thankful, and rejoicing, **it'll leave you.** See, see? Now, you believe that? If you'll do what I tell you... **Just let the negative testimony be gone from now on.** Go, saying, "Thank You, Lord. I believe You with all my heart." Because His own Word even here says you're healed. **You just go believe it; you'll be all right. God bless you now. Go rejoicing and be healed.**

FAITH.WITHOUT.WORKS.IS.DEAD\_ CHICAGO.IL SATURDAY\_ 53-0905

E-72.....Go, thanking God, saying "Praise You, Lord. Praise You." **Don't never have no negative testimony; testify positive.** "Jesus has healed me, and I'm well." Go and you will receive your healing. Say, "Praise be to God."

### **PHILIPPIANS 4:8**

8 Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, **think on these things.**

### **ISAIAH 26:3**

3 Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.

FAITH.WITHOUT.WORKS.IS.DEAD\_ CHICAGO.IL SATURDAY\_ 53-0905

E-72 All right. Bring the lady. You believe with all your heart? Believe Jesus Christ makes you well right now? Go, thanking God, saying "Praise You, Lord. Praise You." **Don't never have no**

**negative testimony; testify positive.** "Jesus has healed me, and I'm well." Go and you will receive your healing.

Say, "Praise be to God."

All right. Come, young man. What do you think about this? You believe it? You believe that nervousness is going to leave you? You believe it has left you? You believe Jesus Christ takes it away from you. Then He has. Amen. God bless you. Go and...?...

THE.POSITION.OF.A.BELIEVER.IN.CHRIST\_ PHOENIX.AZ  
SUNDAY\_ 55-0227A

E-25.....So we want to change from hope today to positive faith. And there's only **one way we can get positive faith: that's by positive thinking of positive things.**

BLIND.BARTIMAEUS\_ SAN.FERNANDO.CA TUESDAY\_ 55-1115

E-29.....you get to thinking about Divine healing, get to thinking about Christ... **Keep Him on your mind.** "If there be any praise, if there be any virtue," the Bible says, "think on these things."

If any thought comes by, "Well, maybe it couldn't be so. Maybe..." **Get it off your mind right quick. Think on things that's positive.** Never let a negative thought pass through. The... Don't let it stop, anyhow, if it starts to. **Keep your thoughts positive: Jesus.**

BLIND.BARTIMAEUS\_ SAN.FERNANDO.CA TUESDAY\_ 55-1115

E-30 Don't think, setting there in a wheelchair, you, that you're hopeless, helpless. You're not. **Don't let that negative thought ever pass through. Don't let it anchor.** You can't help it from going through your mind (That's right.), but don't let it stop.

Like the old farmer said, "I can't keep the birds from flying over my place." But he had a double-barreled shotgun, said, "I can sure keep them from roosting." So you do the same thing, and you too. See? **Don't let them roost.** Let them pass right on through.

Now, here's the shotgun to use. Both New and Old Testament's a double barrel, very good too. I'll tell you, It keeps them all away.

GOD.USING.HIS.GIFT\_ SHREVEPORT.LA SUNDAY\_ 56-0311E

E-30.....You set in church and think about everything else but God: how you going to do your washing; what are you going to do at the office tomorrow; how are you going to do this, that, or the other?" **Keep your mind off of that and think on God.** The Bible says, "If there be any praise, if there be any virtue, think on these things."

"Wonder if I'll be called in the prayer line?" "Wonder if God will speak...?" **Don't think that kind of a negative thought;** don't let it go through your mind. Make every word positive, and **every thought positive.** See it?

A.GREATER.THAN.SOLOMON.IS.HERE\_ S.PINES.NC  
WEDNESDAY\_ 58-0625

E-17.....And while I'm praying and speaking, I want every person in here to have this in your mind, that as soon as prayer begins to go for the sick, every one of you is going to get up and walk out of the building well. **Don't have nothing else in your mind. Keep thinking that.** "If there be any praise, if there be any virtue, think on these things." **You cannot get anything from God with a negative thought.** "He that cometh to God, must believe that He is, and a rewarder of those that diligently seek Him.".....

MARY'S.BELIEF\_ BEAUMONT.TX SATURDAY\_ 61-0121

E-16 You know, it's usually as we are thinking on those things... The Bible said, "If there be any praise, if there be any virtue, think on these things." I think the reason we don't see no more of it than we do, **we got our minds an too many other things.** I think the Angels would still appear to us if we only kept our minds upon them: **but we're thinking about something else,** that's where we're going, a certain program we've got to look at, or certain shopping we got to do.....

## **II CORINTHIANS 10:4**

4 (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;)

**II CORINTHIANS 10:5**

5 Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;

**I PETER 1:13**

13 ¶ Wherefore gird up the loins of your mind, be sober, and hope to the end for the grace that is to be brought unto you at the revelation of Jesus Christ;