



The Mountain vs Truth

"I have no role to play in healing in my body, healing is purely a sovereign act of God."

vs.

God want's us to partner with Him in releasing healing into our bodies.

Romans 16:20 (NIV)

²⁰ The God of peace will soon crush Satan under your feet...

Neuroscience

"Thinking Changes Our DNA – ...research shows that DNA actually changes shape according to our thoughts. As you think those negative thoughts about the future – that week ahead, what a person might say or do, even in the absence of the concrete stimulus – that toxic thinking will change your brain wiring in a negative direction and throw your mind and body into stress..."

Neuroscience

According to Dr. Herbert Benson, MD, president of Harvard Medical School's mind-Body Institute, negative thinking leads to stress, which affects our body's natural healing capacities."

Leaf, C., 2013. Switch On Your Brain.. Michigan: Baker Books.

Neuroscience

Neuroplasticity

- Neuro = Brain
- Plasticity = Ability to change

Neurogenesis

- Neuro = Brain
- Genesis = Birth



Neuroscience

"The fact that the brain is plastic and can actually be changed by the mind gives tangible hope to everyone, no matter what the circumstance. I have been privileged to work with and see:

- Autistic children cope in academic and social environments
- Young men and women who grew up in abject poverty and a lifestyle of selling and taking drugs do a complete about-face in their lives,...

Neuroscience

- Car accident victims who had been written off by neurologists as "vegetables" retrain their brain to the point that they complete their schooling up to tertiary level and go on to become successful, contributing citizens.
- Students labelled as learning disabled with years of therapy and no hope left master learning and achieve grades they and their parents only dreamed of

Neuroscience

- Children with dyslexia learn to read and write and even help their parents study for exams successfully
- Suicidal and emotionally traumatized minds set free"

Leaf, C., 2013. Switch On Your Brain.. Michigan: Baker Books.

Proverbs 23:7 (NKJV)

⁷ For as he thinks in his heart, so is he.

Romans 12:2 (NKJV)

² And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.

Philippians 4:8 (NKJV)

⁸ Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy - meditate on these things.

Deuteronomy 30:19 (NIV)

19 ...I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live.

Getting Practical

- Meditating on scripture - pick one verse and think about it as often as you can during the day.
- Speak scripture - personalise the verse and declare the truth over yourself.
- Act on scripture – step out and practice.

Toxic vs Healthy Thoughts

- | | |
|---------------------------|--|
| • Moaning/Complaining | • Thanksgiving |
| • Bitterness | • Compassion |
| • Un-forgiveness | • Forgiveness |
| • “I can’t do this...” | • “I can do all things through Christ Jesus” |
| • “I’m not good enough” | • “Healing is for everyone” |
| • “I’m a failure” | |
| • “Healing is not for me” | |

Prayer

Lord I repent of the _____ in my life. I acknowledge that this is not of You and renounce _____ in Jesus name. It has no more right in me. I accept Your promise of _____ in my life and declare that I am full of _____