

## Harnessing the Power of the Mind

### A. The Mind and the Cycle of Change.

#### 1. Overview.

- a) Have faith in God (or trust God and His Word under all circumstances). Mark 11:22
- b) Faith works by love, so we must love God at all times. Gal 5:6
- c) We need to love God with our whole heart, soul, mind and body (strength). Matt 22:37
- d) Loving God in our mind means that He and His ways are the focus of thoughts.
- e) So, we renew our mind to the Word and this begins our metamorphosis. 2 Cor 5:17  
 Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.

#### 2. The Strategic Process of Metamorphosis.

- a) Pentachotomy – spirit, heart, soul, mind and body.
- b) Mind, heart, tongue, soul, body and finances.
- c) Affirmations for heart, mouth and mind. Ps 19:14, 1 Cor 2:16

#### 3. The Tactical Process of Metamorphosis.

- a) Using spiritual power by affirmations. 1 Peter 2:24
- b) Using natural power by taking authority over our body with our mind. 1 Cor 9:27

### B. Power of the Mind.

#### 1. The human mind is so powerful that it is the beginning of the metamorphosis. Rom 12:2

- a) And be not conformed to this world: but be ye transformed by the renewing of your mind ....
- b) Examples of the mind exerting its power over the body are: walking on hot coals, karate (breaking boards), hypnosis (dentist drilling tooth), visual imagery (golfer in prison), perceptual beliefs (e.g., man locked in freezer), yoga, psychosomatic sicknesses, positive thinking (Norman Vincent Peale), Christian Science (woman with growth on wrist).
- c) Many of the above examples may involve the operations of demons and should be avoided as we would avoid sin. However, the process and power of the mind are clearly illustrated in the examples.

#### 2. The mind functions like a computer in that it is defined by its input/output.

- a) It does not differentiate any reality beyond its input, regardless of the source.
- b) Watching a movie can produce fear and tenseness in muscles.
- c) Visualize biting into a juicy lemon affects our taste buds and puckers our mouth.

#### 3. The mental processing of the mind is reality for the mind.

- a) Descartes said “Cogito, ergo sum” which means, “ I think, therefore I am”.
- b) Thoughts in the mind, when meditated, take up root in our heart and “as you think in your heart, so are you.” e.g., Abraham and Isaac, lust in the heart. Pro 23:7

### C. Aligning the Mind.

#### 1. Spiritual Warfare.

- a) The mind is the battleground which the devil attacks with fiery darts. Eph 6:16  
 The primary purpose is to control our tongue so as to guide our life.  
 The secondary purpose is to control the input to the mind so as to create a perceptual reality which guides our body (e.g. a sexual fantasy).
- b) When we walk by sight, the mind accepts from the 5 senses the worldly or natural inputs, processes these inputs as reality, and directs the body to adapt to them (e.g., diagnostic curses from the doctor, fiery darts of pain to the leg).

- c) That is why we are told to cast down all imaginations and every high thing which exalts itself against the knowledge of God. 2 Cor 10:5
- d) To prevent this casting down of evil input, the devil tries to occupy our mind with fear, the voice of the committee, the “woulda, coulda, shoulda” demonic voices, temptations to sin, evil fantasies, talking to ourselves, etc.

## 2. Faith and the Mind.

- a) We are told to walk by faith (i.e., make decisions based on the Word of God or voice of God). 2 Cor 5:7
- b) Faith is believing in the heart; but the believing is based on knowledge from the mind. Therefore to maintain alignment between our heart and mind, we should keep this knowledge active in our mind and we do this with a focus on affirmations, visualization, meditation and fantasizing the godly promise and coming results. The confident expectation should be ever present.
- c) God wants us to keep His visions and promises alive in our heart and mind. If we do that, they will be accepted as reality by our mind, which will move the body to align with the visions and the promises and to act in a manner which will hasten their fulfillment. (e.g., in 1978, visual imagery to heal cancer in woman).
- d) Peace comes to our mind through faith and brings healing to our body.
  - We are to live in the Kingdom of God which is righteousness, peace and joy. This implies we have peace in our minds, which translates to our body. Peace is shalom, nothing missing and nothing broken.
  - We are kept in perfect peace when our mind is set upon Him. Isa 26:3
  - Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passes all understanding, shall keep your hearts and minds through Christ Jesus. Phil 4:6,7

## 3. Alignment

- a) The primary alignment is mind submitted to soul, soul submitted to heart, heart submitted to spirit.  
The secondary alignment is body submitted to the mind, and mind submitted to the Word.
- b) This submission of the mind to the Word is way beyond mentally knowing the Word. It is a renewal, which includes memorization, focusing and centering of thoughts on the Word, visualizing & fantasizing the promises & manifestations. Picture ourselves healed; or the cancer starved for food; or ourselves doing something that the devil is saying that we cannot do (e.g., walking, dancing, working, etc.).
- c) In other words, the Word of God should not depart:
  - from our eyes. Pro 4:21
  - from our heart. Pro 4:4
  - from our mouth. Eph 4:29
- d) This book of the law shall not depart out of thy mouth; but thou shall meditate therein day and night, that thou may observe to do according to all that is written therein: for then thou shall make thy way prosperous, and then thou shall have good success. Josh 1:8
- e) 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. Phil 4:8