

THE BRITISH-ISRAEL CHURCH OF GOD

Christian Mind Power

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Christian Mind Power

Does the Christian realize how powerful their mind actually is?

I believe that one of the major things that Christians do not understand and have not tapped into is the *power of their minds*. The secular world seems to understand this concept, but the Christian seems to totally ignore the mind power God has given them.

Think of it; is anything *Superior to Your Mind*?

Look at the planets coursing through the sky in its entire splendor, the entire cosmic universe, with its suns, its nebulae and galaxies. Yes, they are inanimate. They have no mind, no intelligence. They cannot do what *you* can do - *think, reason, plan*, and carry out plans according to private volition and will.

The human mind can know, think, reason, plan, and carry out its plans to execution. It can invent and produce instruments by which it may acquire knowledge of the vast universe, or of the minutest particle. By developing rockets and Computers, man is able to send astronauts to the moon and bring them back alive. He can cause rivers to run backward, turn the forces of nature to serving human needs. He has learned how to release the energy of the atom, and utilize a power so vast that man is able to annihilate all life from the earth. God has given us this mind power, *and we can tap into it!*

Mind and Body Work Together

As *opposed* to the Greeks, Romans, Egyptians Babylonians etc.... that believe that we are flesh and incased inside the flesh is an immortal soul *trying to get out*; The Bible says that we are composed of flesh and blood, and the “spirit *in* man” which the Bible plainly says is the “mind” of man our consciousness (*Read our booklet, Is there Life after Death? for more details*), and the “breath of Life”-that life principle that kicks starts our life process and maintains it till we take our last breath and die.

The Bible says, “For as the body *without* the spirit [the mind] is dead...” (James 2:26). The mind without body cannot function and vice versa. The body dies, the mind of man lays dormant and his or her consciousness ceases.

Interesting, Dr. W. Penfield, a neurosurgeon who practically mapped the brain, “started his career as a materialist. He thought the whole mind came from the brain and he was just going to study it.” But afterward “at the end of his career, thirty

Christian Mind Power

years later, *he was a passionate dualist*. He said that there is a part of the mind that is *not* from the brain. He had several lines of reasoning that convinced him of that.”

Penfield noted, “That, in probably hundreds of thousands of different individual stimulations, *he never once stimulated the power of reason. He never stimulated the intellect. He never stimulated a person to do calculus or to think of an abstract concept like justice or mercy.*”

“All the stimulations were concrete things: Move your arm or feel a tingling or even a concrete memory, like you remember your grandmother’s face or something. But there was never any abstract thought stimulated.

“And Penfield said hey, if the brain is the source of abstract thought, once in a while, putting an electrical current on some part of the cortex, I ought to get an abstract thought. *He never, ever did. So he said that the obvious explanation for that is that abstract thought doesn’t come from the brain.*” (quotes from Mind Matters News article; Feb 29th, 2020, emphasis added). Clearly there is a “spirit *in* man” that works *with* the brain, and the two need each other to function and exist.

The Holy Spirit-The Mind of God,

The Apostle Paul wrote, “For who hath known the *mind of the Lord?* or who hath been his counsellor?” (Rom 11:34). He was quoting from Isaiah 40:13, that states, “Who hath directed the *Spirit of the Lord*, or being his counsellor hath taught him?” God’s Holy Spirit IS his mind! And projects his thoughts outward to the world, and never does it return without reaping fruit, “So shall my word be that goeth forth out of my mouth: *it shall not return unto me void*, but it shall accomplish that which I please, and it shall prosper *in the thing* whereto I sent it.” (Isaiah 55:11). God’s words come from his spirit or mind (see Isaiah 59:21).

Man has the same power but on a lower level to produce fruit from his mind, and *the words we speak that come from our mind have power!*

Jesus said, “For verily I say unto you, That whosoever *shall say* unto this mountain, Be thou removed, and be thou cast into the sea; and *shall not doubt in his heart*, but shall ***believe*** that those things which he saith shall come to pass; ***he shall have whatsoever he saith.***” (Mark 11:23). Many do not realize that words have power. Your words come from your thoughts. Right and wrong thinking is the basis for controlling your words. Proverbs 23:7 states, “***For as he thinketh in his heart, so is he:***” Your thoughts which *become* words and actions are spirit and

Christian Mind Power

life; *once you speak the words they become life!* You will find that you have been speaking your life into existence! What you say, what you put out there *has cause and effect*. It's the spiritual law of sowing and reaping-we reap what we sow! Jesus taught this concept in Luke 6:37-38. As God said in Isaiah, the quote above "So shall my word be that goeth forth out of my mouth: *it shall not return unto me void,*" God sows his words, as Jesus also said in Matthew 13; Luke 8, the "seed" that is sowed, "...is the *word of God.*" (Luke 8:11). And God said it will not return to God "void." He will reap what he sowed. It's a spiritual law of the universe that *God* has put in place.

The Conscious and the Subconscious

We human beings have a mind which is divided between the conscious and subconscious. The conscious part of the mind is-the prefrontal cortex where we reason, plan, organize, focus, concentrate, and exercise self-restraint and worship. A part of it, called the anterior cingulate cortex is our neurological "heart" where we experience emotions such as love, compassion, empathy, desire, drive, sympathy, benevolence. It is also the location of the will where we choose right from wrong. The proverb, "As a man thinks in his *heart so is he ...*" (Pro 23:7) is referring to the anterior cingulate cortex.

Various estimates say our conscious mind represents 10% or less of brain function. The subconscious mind involves a much larger proportion of brain activity including bodily functions and more.

90% or more is controlled by the subconscious and some estimates say as high as 95-99.5%. Note that the *unconscious* mind refers to the conscious mind in a state of inactivity. When a person is unconscious, their subconscious mind is still functioning as it controls heartbeat, breathing and many other bodily functions.

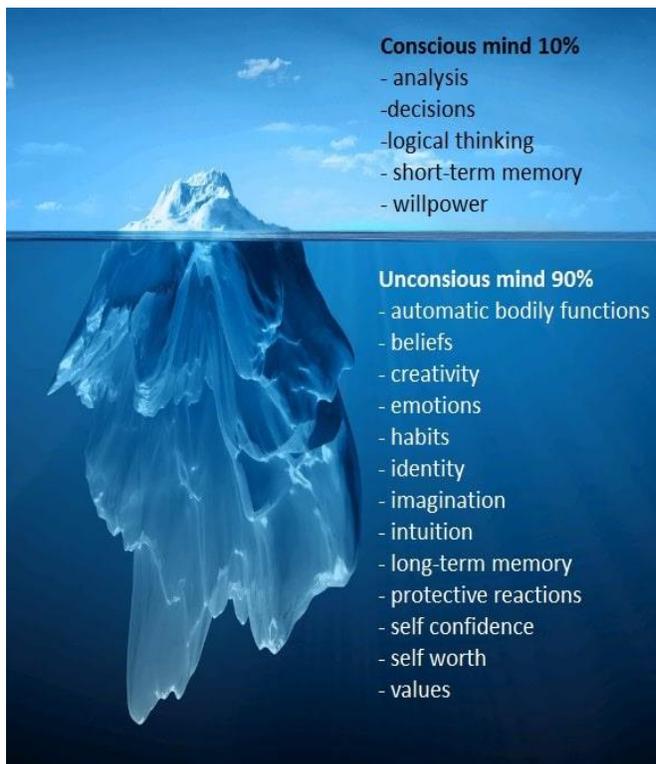
The subconscious mind includes the *limbic system* where we experience aggression, anger, irritability, insecurity, lust, envy, jealousy, arrogance, selfishness and the me-first instinct of survival-of-the-fittest.

One part of the limbic system is the *amygdala*, (the "alarm" or fear center) where we experience fear, anxiety, panic, the classic adrenalin rush, as well as worry, insecurity, and dread. Many relaxation techniques are meant to "calm" or reduce the activity of the amygdala.

Christian Mind Power

Here are some features of the subconscious mind worth knowing about. The subconscious mind:

- Holds in storage everything that is not in your conscious mind – your beliefs, memories, learned skills.
- Only thinks in the present; does not distinguish between past, present and future.
- Only “sees” in pictures.
- Doesn’t know the difference between real and imagined.
- Accepts anything whether it makes sense or not.
- Is illogical, irrational and non-analytical, that does *not* mean it is stupid – it just *does not use the processes of logic*, rationalization and analysis – those are functions of the *conscious mind*.
- Does not understand negative.
- Is the source of the majority of thoughts.
- Controls most of your habitual behaviors – eg driving.
- Triggers feelings and emotions in various situations.
- Controls bodily functions – breathing, pulse etc. – very important, obviously for life itself.



Your subconscious mind is far more *powerful* than your conscious mind. By learning how to train and use your subconscious mind you will be able to control your behavior, break bad habits, get rid of unwanted emotions and fix your belief system. (*see the Power of the Subconscious Mind by Joseph Murphy PH.D, D.D.*).

Christians need to learn to tap into this power that God has

Christian Mind Power

given them. We have an amazing working machine called the mind, or the “spirit *in man*” that God has given which has done some amazing things in this world and can continue to do so if people realize the amazing potential they have inside of them *coupled* with the Holy Spirit that resides inside of them, “The Spirit itself beareth witness with our spirit, that we are the children of God:” (Romans 8:16). This kind of divine mind power can move mountains as Jesus said if you believe:

“Therefore I say unto you, What things soever ye desire, when ye pray, ***believe that ye receive them***, and ye shall have *them*.” (Mark 11:24). This is the part of the subconscious we need to train, the part of “belief,” “faith.” When one can train the mind to believe outstanding things can happen in your life and others. Why do you think Jesus said, “According to *your faith* be it unto you.” (Matthew 9:29). People were convinced in their minds that Jesus could do what he said he could do; Jesus was appealing to the *cooperation of their subconscious mind* to heal them. Their faith, the great expectancy, their inner feeling, the inner conviction that their prayer would be answered and it was. Their conscious mind saw the healings of Jesus impressed those pictures to the subconscious being subjective and accepts it as being true and *your belief is absolute*.

When you pray are you convinced or do you doubt? Jesus said, “Verily I say unto you, If ye have faith, and *doubt not*, ye shall not only do this *which is done* to the fig tree, but also if ye shall say unto this mountain, Be thou removed, and be thou cast into the sea; *it shall be done*.

“And all things, whatsoever ye shall ask in prayer, *believing, ye shall receive*.” (Matthew 21-21-22). The subconscious is full of doubt and fear due to our past experiences stored there and we become “double minded” and become unstable in faith and our ways (James 1:8; 4:8). The Bible says we have a double mind not just in the way we think and do things good and evil but literally we have two minds, the conscious and the subconscious.

Doubt is focusing in on the “How.” “How is that mountain going to move?” “How is that person going to be healed?” “How am I going to get out of this jam?” These are all thoughts of doubt and lack of faith. Doesn’t the Bible says, “With men this is impossible; *but with God all things are possible*.” (Matthew 19:26)? If that is the case why worry about the “how”? God can do all things trust in his and doubt not, don’t think about the *how* and God will answer. Did Moses doubt at the Red sea? The Israelites wondered how they would get out of that impossible situation, but Moses had faith he did not worry about the *how* and God answered by splitting the Red sea. Doubt not and miracles will happen!

Christians need to train their mind to have absolute belief as Murphy says, the reason we lack faith and have no answer to prayer and our lives are not the way we want them to be is for the simple fact, “In order to change external conditions, you must *change the cause*. Most men try to change the conditions and circumstances by working with conditions and circumstances. *To remove* discord, confusion lack, and limitation, you must remove the cause, *and the cause is the way you are using your conscious mind*. In other words the way you are *thinking...*” (ibid, pp.18-19, emphasis added). The mind must be cleansed, both chambers of your mind, the conscious and the subconscious. Once old habits, fears and ways of thinking are cleansed, and new ways-God’s ways are instilled in your mind, your prayer life and life itself will become exciting and rewarding to you and others around you and the world.

How to Cleanse your Mind

What does one have to do so get rid of the old habits and instill new habits and ways of thinking into your subconscious mind?

When you drive your car after a few months or so it becomes rather easy due to a conscious effort in the beginning, but then eventually *because of repetition*, the process is being handled automatically by the subconscious mind.

Experiences are transferred to the subconscious for long-term storage while you *sleep*. You want the skill to be in the subconscious mind along with other learned behaviors so that you can use consciousness for other purposes. Each day it gets easier as you build on the basics of the skills which were stored in the subconscious the night before.

When first beginning a new experience whatever that might be; you as they say are “green” meaning “you don’t know what you don’t know.”

One must go through 4 basic steps of learning to create good habits and process information so it becomes automatic:

1. ***Unconscious Incompetence*** (You don’t know that you don’t know)-This is when you don't know what you don't know. Many people struggle in reaching goals and living the life they desire because there are pieces of the puzzle missing in their understanding of areas such as life, personal finance and business.

Christian Mind Power

2. ***Conscious Incompetence*** (You know that you don't know)-At some point in the learning process, you start becoming aware of what you don't know and are willing to seek knowledge beyond what you already possess. There is so much to learn and apply, especially in key areas that will determine your happiness, abundance and comfort.
3. ***Conscious Competence*** (You know that you know)-You begin thinking about the mechanics of learning something new. It is the ability to be aware of the growth in a trained skill. In the beginning, more time and attention is required to comprehend concepts and implement them in practice. You have the newly acquired information needed to accomplish a task, but you have to remind yourself of the steps or process involved. It doesn't come naturally.
4. ***Unconscious Competence*** (You know the information to the point where you are on auto pilot in its practical application)-This is when you can operate at a mastered skill level without thinking about it. The terms “know like the back of your hand” or “its second nature” or “it’s like riding a bike” speak to this level of understanding. Once you learn, you will always be able to do it.

With new habits and continually instilling in your minds these habits getting to unconscious competence will dominate your mind and old habits will subside.

Filling your mind with the word of God and dwelling, meditating and putting them into action will cleanse the mind of old sinful habit and develop the “divine nature” in us, “O how love I thy law! ***it is my meditation all the day.***” (Psalm 119:97).

Soil of your Mind

God said, “*Break up your fallow ground, and sow not among thorns. Circumcise yourselves to the LORD, and take away the foreskins of your heart, ye men of Judah and inhabitants of Jerusalem: lest my fury come forth like fire, and burn that none can quench it, because of the evil of your doings...Sow to yourselves in righteousness, reap in mercy; break up your fallow ground: for it is time to seek the LORD, till he come and rain righteousness upon you.*” Jeremiah 4:3-4; Hosea 10:12). The ground is the heart of man (see Matthew 13:23).

Barnes’s Notes writes, “do not sow the seeds of repentance in *unfit soil*, but just as the farmer prepares the ground, *by clearing it of weeds, and exposing it to the sun and air, before entrusting to it the seed,*” (emphasis added). Old habits need to be

Christian Mind Power

overcome and taken away with new habits and ways of thinking which come from the word of God.

Murphy states, “An excellent way to get acquainted with the two functions of your mind is to look upon your own mind as a garden. *You are a gardener, and you are planting seeds (thoughts) in your subconscious mind all day long, based on your habitual thinking.* As you sow in your subconscious mind, so shall you reap in your body and environment...Begin now to sow thoughts of peace, happiness, right action, good will, and prosperity. Think quietly and with interest on these qualities and accept them fully in your conscious reasoning mind. Continue to plant these wonderful seeds (thoughts) in the garden of your mind, and you will reap a glorious harvest. Your subconscious mind may be likened to the soil which will grow all kinds of seeds, good or bad. *Do men gather grapes of thorns, or figs of thistles? Every thought is, therefore, a cause, and every condition is an effect.* For this reason, it is essential that you take charge of your thoughts so as to bring forth only desirable conditions.” (The Power of your Subconscious Mind, pp.17-18, emphasis his and mine)

In 2 Corinthians 10:3-6, the Apostle Paul talks about the “strongholds” of your mind. He says, “For though we walk in the flesh, we do not war after the flesh: *“(For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;)* *“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;* *“And having in a readiness to revenge all disobedience, when your obedience is fulfilled.”* We have the “sword of the Spirit, which is the word of God” (Eph 6:17), that will when executed can create new habits-a new way of thinking and bring *“into captivity every thought to the obedience of Christ;” in the conscious or the subconscious.*

The Apostle Paul also said, “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).

The Hidden Chambers

King David asked God to cleanse his mind whether of sins and attitudes whether he was aware of them or not in his conscious or subconscious mind.

Christian Mind Power

We know the Bible speaks about the conscious part of our minds and the choices we make; however, the Bible alludes many times to parts of our memory and experience that are not directly accessible to by our conscious mind.

In Psalm 19:12-13, David asks God, “Who can understand his errors? *Cleanse Thou me* from secret [covered up, closed up, hidden] faults...let them not have dominion over me....” From whom are these faults secret? God? I think not. Ourselves? **Yes!** This is what David is imploring God to do; to show him and cleanse him from his *secret faults*. These are things that we have learned without realizing them-old habits we inherited from our parents peer groups etc... Only God, by His Spirit, can show us and cleanse us from them.

The Amplified Bible calls these faults “hidden and unconscious.” Its publisher’s state in their foreword, “...amplification helps the English reader comprehend what the Hebrew and Greek listener understood as a matter of course.”

Psalm 139:23-24 follows this same line of expression, “Search me, O God, and know my heart; try me, and know *my thoughts*; and see if there be any *wicked way* in me....” Again David is asking God to expose any “secret, unknown faults” in him, so he can confess and repent of them.

And Psalm 51:6 states, “Behold, Thou desirest truth in the *inward parts*; and in the *hidden part* Thou shalt make me know wisdom.” Here, David refers not only to “inward parts,” but also to “hidden parts” of our internal architecture. What is he referring to?

The actual word “subconscious” or “unconscious” is not used in our translations. The Hebrew word found in Scripture is “*cheder*,” which means the innermost part, the hidden chambers, the inward part or the secret place. Of the over 38 Scriptures that use the word *cheder*, over half refer to a secret, hidden, innermost chamber or parlor. Here are a few examples:

Proverbs 20:27, “The spirit [mind] of man is the candle of the Lord, searching all the *inward parts (cheder)* of the belly.” (Why would the spirit search our inward parts, if not to reveal hidden sin that we unconsciously perform in us, to us?); Once exposed and revealed we go from *unconscious incompetence* to *conscious incompetence*, till eventually we become *unconscious competence*. You know now what was hidden and now with the word of God you can develop new righteous habits and the old ones will fade away and cleansed from your mind and body and righteous habits set in and you become *unconscious competence*.

Christian Mind Power

Proverbs 24:4, “And by knowledge (*daath*) shall the chambers (*cheder*) be filled with all precious and pleasant riches.” Here is how the subconscious be cleanse by knowledge given to the conscious mind, and the subconscious being subjective will take that in creating new habits and ways of thinking-God’s ways and it will be filled with the ways of good and abundance.

Psalms 51:6 seems to follow this same line of thinking. David declares “...in the *hidden part* Thou shalt make me to know wisdom.” God wants this hidden part—this secret place—cleansed of “secret faults” and then filled with all precious and pleasant riches, i.e., God’s Wisdom.

Among other Scriptures that use the word *cheder* are Ezekiel 8:12, Deuteronomy 32:25, Proverbs 7:27 and 2 Chronicles 18:24.

Why is that God told the Israelites to *continually* teach their children his law? “And thou shalt teach them *diligently* unto thy children, and shalt talk of them when *thou sittest in thine house, and when thou walkest by the way, and when thou liest down, and when thou risest up.*” (Deut 6:7). Children in the early time of their life, their minds, “...***had no knowledge between good and evil...***” (Deut 1:39); Their minds are like a blank computer screen ready to be filled with knowledge in the conscious and subconscious mind so they develop righteous and good habits-divine nature as opposed to human nature which is sin.

Roots are in the Subconscious

The Epistle to the Hebrews also refers to a “root of bitterness” (Hebrews 12:15). We understand that a “root” is something hidden or covered up. Beneath soil is the root and above is the plant that you can see and are aware of. Many times we are aware of our problems our habits but not aware of the *cause* as noted above by Murphy. Often we are not even aware that a “root of bitterness” has sprung up in us, until God, by His Spirit and word, points it out.

Then, of course, there is the undeniably clear Scripture in Jeremiah 17:9 which tells us that not only is our human heart “deceitful above all things, and desperately [incurably] wicked,” but, “who can know it?” No one but God can understand the wickedness of our hearts. In other words, there are things in our hearts that are hidden and secret, even to us! Hidden underneath the soil rooted in our subconscious that needs to be plucked out by, “...the word of God *is quick, and powerful, and sharper than any two-edged sword, piercing even to the *dividing**

Christian Mind Power

asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart.” (Heb 4:12).

God is the only One who “knoweth the secrets of our hearts” because He is the only One who can see, search and “try” our hearts (see Rev 2:23).

Roots must be dealt with

Jesus, of course, must be at the center of any true healing. Yet if we deny the reality of our “hidden chambers,” and don’t allow Him to expose and deal with the root causes of our problems (*because we deny their existence, and simply concern ourselves with the symptoms*), then those symptoms will return again and again.

(I am not saying that everything we think and feel has a hidden, root cause, but we do believe that much of what makes us bitter and angry and fearful, does.)

As a result of seeing our symptoms return, we end up discouraged, depressed and convinced that God doesn’t love us, because He hasn’t answered our prayers.

Thoughts and feelings in our life that are “not of faith” and that we don’t immediately “deal with” and give over to God, automatically get pushed down into our hidden chambers (the secret recesses of our mind) and eventually become a hidden motivation for our actions. All of our fears, insecurities, memories, etc., that we bury, thinking “no one will see and no one will know,” can ultimately end up controlling and directing our lives and forcing us to live a lie.

As God begins to teach us how to “take every thought captive,” we’ll see that we can get free of, not only our conscious negative thoughts and emotions, but also all the hidden, secret doubts, fears and insecurities that we have buried deep within our subconscious and that have motivated us for most of our lives.

By His Mind (the spirit of God) operating in us, God can penetrate deep within these hidden chambers of our souls and not only expose, cleanse and heal these areas, but also root out the strongholds of the enemy.

The roots in our minds must be dealt with and plucked out; and new and righteous thoughts and ways must be established.

Christian Mind Power

In the brain when habits begin, it creates neuropathways in the brain that become deep and strong till a habit is almost second nature to a person. If new pathways are developed old ones begin to disappear and dissipate altogether.

This can be done with the power of the mind—new thoughts and ways of thinking. Create new neuropathways and transform your life. If you want *things* in your life to change, you have to change *things* in your life. As Paul wrote, “And be not conformed to this world: *but be ye transformed by the renewing of your mind*, that ye may prove what *is* that good, and acceptable, and perfect, will of God.” (Rom 12:2).

Jesus must be the center of it all

We need to understand how to allow the Spirit of God to work in our *whole person*, not only in the conscious part of us where we experience many of the “symptoms” of our problems, but also in the “hidden, secret part” of us where many of the roots of our problems lie. If we don’t allow the Spirit of God to point out the roots, many of our symptoms will return again and again.

What is needed in the Christian body is first, to put Jesus in the center as our only true healer. Because only Jesus can see our hearts; only He can show us the real “root causes” of our problems; only He can remove them “as far as the east is from the west”; only He can align our feelings with our choices and make us genuine; and only He can give us the Love we need to go on as if nothing has happened.

And second, to allow Jesus, by His Spirit to expose, cleanse and heal our hidden and secret faults, so that God can completely remove these roots from us and we can truly be healed.

At this point, we will be able to let Christ live His Life out through us and we will be able to genuinely love and forgive others as Christ would have us do. (see Gal 2:20). But until all our problems and hurts are dealt with, then God can live His Life out through us. If we can choose to give over to God, any root of bitterness, unforgiveness, unbelief, fear, (whatever God shows us), then His Life and His Love will flow through us in a new and powerful way. As a result, we’ll experience an intimacy with Him that we haven’t known before—experiencing more of His Love not only for ourselves, but “unconditionally” for others.

Once He brings up the roots and they are dealt with as He would have us to do, then He will remove them “as far as the east is from the west” and we truly will be

Christian Mind Power

healed. Put off the *limitations* and *presuppositions* (the garbage) in our own thinking and put on the Mind of Christ so can we experience the freedom and to drop our masks and facades, be transparent in sharing our needs and genuinely show forth Christ. Jesus promises in John 8:32, “You shall know the truth and the truth shall make [set] you free.”

God knows how desperately we Christians need to be “set free:” set free, first of all, from ourselves, from our circumstances, from others’ responses, and from Satan’s deceptions. Only by renewing our minds—putting off the garbage in our thinking and putting on the Mind of Christ—will we ever enjoy this freedom in our lives.

Begin to use it

The conscious and the subconscious mind need to work together in *unison* for absolute belief to work. Often times the conscious believes but the unconscious does not, and so you have conflict a “double minded” person. *The subconscious needs to be programed so it can work with your conscious mind.* The Epistle of Faith says, “A double minded man *is* unstable in all his ways...Cleanse *your* hands, *ye* sinners; and purify *your* hearts, *ye* double minded.” (James 1:8; 4:8). Many do not realize that conscious and the subconscious mind when working together create absolute faith. When you are consciously walking in the law of God which is faith, there is no doubt; when the *law of God is planted firm and rooted in your subconscious, it flourishes in your conscious mind.* That faith is immovable, for the “law is spiritual” (Romans 7:14) written in our hearts (minds) by the spirit of almighty God (Romans 5:5).

God’s law is love (1 John 5:3; Rom 13:10). Planting God’s law in your subconscious is the *key*. Our emotions are subconscious. The conscious mind is like “the navigator or captain at the bridge of the ship...Your subconscious takes the orders you give it based upon what your conscious mind believes and accepts as true” (*The power of the Subconscious Mind, by J. Murphy, p.21, emphasis added*). If we focus on love and shut down fear-plant the law of God in the cleansed and fertile ground of our subconscious mind, then, “As you *sow* in your subconscious mind, so shall you *reap* in your body and environment” (*ibid, p.17, emphasis added*). As John says, “There is no fear in love; but perfect love casteth out fear:” (1 John 4:18). When God’s law is planted if any fear tries to penetrate it, it will be thrust out because our thoughts are changed, our way of thinking has change and fear has no room to work.

You are a creature of habit. Habit is the function of your subconscious mind. You learned to swim, ride a bicycle, dance, and drive a car by consciously doing these things over and over again until they established tracks in your subconscious mind. Then, the automatic habit action of your subconscious mind took over. This is sometimes called second nature, which is a reaction of your subconscious mind to your thinking and acting.

You are free to choose a good habit or a bad habit. If you repeat a negative thought or act over a period of time, you will be under the compulsion of a habit. The law of your subconscious is compulsion. (J. Murphy)

God told Israel to continually teach the law “diligently” “when thou sittest in thine house, and when thou walkest by the way, and when thou liest down, and when thou risest up.” (Deut 6:7). David wrote “O how love I thy law! it is my meditation all the day.” (Psalm 119:97).

The subconscious mind learns by repetition not logic. However, logic is a conscious process. It does not happen in the subconscious mind. If a new logical point is contrary to a long-held belief, you would need to repeat and reinforce it over time to reprogram the subconscious mind. This is why God told Israel to diligently repeat the law over and over so it would take root in the subconscious mind and develop good habits so they eventually become second nature to them. When the conscious mind proves logically the truth of God which wants us to do, “Prove all things” (1 Thess 5:21), then the process of repetition should begin so the law of God takes root. This is done by many methods like subliminal messaging; putting the law of God into practice in your life; continual studying and listening to sermons.

Think of the subconscious in computer terms. The subconscious mind is the operating system that works in the background to run everything including what is actually displayed on the screen. The conscious mind is the individual programs that run certain things and are filled with information, or music, video programs etc.....and then stored and saved in the subconscious mind. Your operating system needs to be reprogrammed!

If a new logical point is contrary to a long-held belief, you would need to *repeat* and reinforce it over time to *reprogram the subconscious mind*. Once you re-program your subconscious and it is in agreement with your conscious mind your belief will be absolute and miracles will happen in your life and your life will change.

Continue in Positive thoughts as the apostle Paul said “think on these things” (Phil 4:8) this will re-program your subconscious mind. *That is the power of positive affirmations*

as God told Israel to do!

What you expect tends to be realized. If you are sure that you are going to fail an exam then you may indeed fail even if you have all what it takes to succeed. *Your beliefs and expectations serve as the master plan for your subconscious mind.* So whenever you think of something your subconscious mind will do its best to make it come true. A belief (“I’m stupid”) held in the subconscious will result in the subconscious mind attempting to fulfill that belief. These old habits need to be taken out of your way of thinking-these old habits will only hold you back from achieving what you want to achieve in life.

Our thoughts must always be focused on the positive, and you will reap the positive as Jesus said, “A good man out of *the good treasure of his heart bringeth forth that which is good*; and an evil man out of the evil treasure of his heart bringeth forth that which is evil: for of the abundance of the heart his mouth speaketh.” (Luke 6:45).

Prayer and Affirmations

The best time for positive affirmations to work is just before one goes to sleep. This is the time when the subconscious begins to dominate the mind. Positive affirmations in this what they call “theta state” of your mind can begin to create new neuropathways in your mind and create good habits.

Prayer at this time is good as well. Asking God for guidance, forgiveness etc....creating a pattern of good behavior that after a while becomes second nature and easier in your life.

Jesus told us that we must overcome, “And he that overcometh, and keepeth my works unto the end, to him will I give power over the nations:” (Rev 2:26). Yes overcoming our old nasty habits that cause us to sin. It only starts with a thought that turns into a habit if we choose to continue in that thought; and if not repented of—death. James said “But every man is tempted, when he is drawn away of his own lust, and enticed.

“Then when lust hath conceived, it bringeth forth sin: and sin, when it is finished, bringeth forth death.” (1:14-15). Yes there are temptation in this world that will entice you, and many would say it is very hard to overcome, but, “there is no obstacle to your healing other than your own thought” (ibid, p.260). Stop thinking that you are “powerless to overcoming habit” it’s the way you think that needs to change. Positive affirmations, Bible quotes and your belief in the Bible will help

Christian Mind Power

you to overcome, “If God *be* for us, who *can be* against us?” (Rom 8:31). “With men this is impossible; but with God all things are possible.” (Matthew 19:26). Focus and “think on these things” (Phil 4:8). Create this good habit and the old habit of powerlessness of overcoming bad habits will eventually disappear when one does pay any more attention to it.

Focus

Extreme desire and attention needs to be practiced to overcome our sinful natures and faults. Jesus said, “*narrow is the way, which leadeth unto life, and few there be that find it.*” (Matthew 7:14). Extreme focus in anything in life will lead to success materially and spiritually. Jesus said “*broad is the way, that leadeth to destruction, and many there be which go in thereat:*” (Matt 7:13). Most people go through the broad way that leads to destruction and death. Most people are *not* focused on their purpose in this life. Most people if you asked what they would do with a million dollars wouldn’t know how to answer because they have no focus in life. Most people are like pieces of wood drifting through the sea with no direction.

Why is it that only the 1% of this world is rich or extremely rich and successful? The first law of success-Purpose, drive, focus extreme desire. Why do you think people like Martin Luther, William Wilberforce, Florence Nightingale, and the greatest of them all Jesus Christ accomplished such amazing things-Focus!

If you start with this you can accomplish anything in your life including your spiritual life of overcoming, it’s all in your thoughts and how you think. With the word of God dwelling in us with the Holy Spirit, constantly studying and putting into practice the laws of God, new habits will form and old ones die.

Stop focusing in on lack, hatred, sickness and sadness, John said, “Beloved, I wish above all things *that thou mayest prosper and be in health, even as thy soul prospereth.*” (3 John 1:2). Focus on health and prosperity, love *not* hate; stress and worry will make you sick and cause all types of things like heart disease, high blood pressure etc.... If you are sick God designed the body to heal itself if one only focuses and think on the good things as Paul said.

Answers to Prayer

Why is it people do not get an answer to prayer? Is it because of the mind set of doubt? Jesus said our belief needs to be absolute and we “doubt not.” Again people focus on the *how*, that mind set need to be erased from our subconscious mind.

Christian Mind Power

Instead Jesus said, “when ye pray, ***believe that ye receive them***, and ye shall have *them*.” (Mark 11:24). This is faith “believe that you received them” and it’s yours. Jesus is saying that one must “act as if” you have received your answer to prayer without doubt and it will come to pass.

Paul said “Pray without ceasing.” (1 Thess 5:17). This does not mean that Christians should stay on their hands and knees day and night. This is not practical as Gill writes, “Not that saints should be always on their knees, or ever lifting up their hands, and vocally calling upon God; this is not required of them, and would clash with, and break in upon other parts of religious worship, and the duties of civil life, which are to be attended to, as well as this, and besides would be impracticable; for however willing a spiritual man might be to be engaged in this work always, yet the flesh is weak, and would not be able to bear it; and it requires food and drink, sleep and rest, for its refreshment and support; for all which there must be time allowed, as well as for other actions of animal life, and the business of a man's calling.”

Instead it means as Jesus said “act as if” ***live your prayer!*** If you ask God for something it doesn’t end there, **live it** without a doubt in your mind-absolute faith in conscious and subconscious working together in unison and then “according to *your faith* be it unto you” (Matthew 9:29); when this is done miracles will happen!

When are we as Christians going to realize that, we have “Christ” in us (Col 1:27), that we have “the mind of Christ” (1 Corinth 2:16); Christ “lives” in us (Gal 2:20), and he said, “Verily, verily, I say unto you, He that believeth on me, the works that I do shall ***he do also; and greater works than these shall he do***; because I go unto my Father.” (John 14:12). Do you believe Christ? He said we will do the same and “greater” works if we believe because he dwells in us, “by the Spirit which he hath given us” (1 John 3:24).

Let’s unlock the great mind power God has given us coupled with the Holy Spirit with truth, love, health, and prosperity, thinking and focusing on these things people’s lives will change for the better, cause and effect, reap what we sow. Sow good things, good things will manifest in our lives- and the lives of people around us as well-we are the “light of the world” (Mathew 5:14).

Christian Mind Power

Christian affirmations are positive, encouraging statements based out of Biblical truths. They help us turn our thoughts positive towards God, our fellow man and ourselves and God says “love your neighbor as yourself” This is to re-program your subconscious mind.

What are examples of positive Christian affirmations?

Below is a variety of examples of positive Christian affirmations.

- God has not given me a spirit of fear but of power, love and self control.
- I am loved by God.
- God will never leave me or abandon me.
- I can do all things through Christ who strengthen me.
- God has great plans for my life.
- I have been uniquely designed for a purpose.
- God listens to me.
- I trust God.
- God is not human to lie, fail, disappoint, or mislead you.
- God cares about you (after all, he created you!)
- God wants abundance in my life, not lack
- God has the power to change your life.

Some people download affirmations from the internet and listen to them before they go to sleep. Listen with earphones is best.