

Words of Authority – God’s and Mine

Introduction: What did we say to God, ourselves, and others about Sunday’s message from Pastor Mike, and about the prophecy on Sunday evening? Which voice has the *most authority* to you? According to medical research of the brain, scientists have found that it is **your** voice – in your thoughts and how you speak about yourself out loud.

Your Thoughts Program Your Cells –

A thought is an electrochemical event taking place in your nerve cells producing a cascade of physiological changes. The article “How Your Thoughts Program Your Cells” explains it this way:

There are thousands upon thousands of receptors on each cell in our body. Each receptor is specific to one peptide, or protein. When we have feelings of anger, sadness, guilt, excitement, happiness or nervousness, each separate emotion releases its own flurry of neuropeptides. Those peptides surge through the body and connect with those receptors which change the structure of each cell as a whole. Where this gets interesting is when the cells actually divide. If a cell has been exposed to a certain peptide more than others, the new cell that is produced through its division will have more of the receptor that matches with that specific peptide. Likewise, the cell will also have less receptors for peptides that its mother/sister cell was not exposed to as often. So, if you have been bombarding your cells with peptides from negative thoughts, you are literally programming your cells to receive more of the same negative peptides in the future. What’s even worse is that you’re lessening the number of receptors of positive peptides on the cells, making yourself more inclined towards negativity. Every cell in your body is replaced about every two months. So, the good news is, you can reprogram your pessimistic cells to be more optimistic by adopting positive thinking practices, like mindfulness and gratitude, for permanent results.

Matthew 12:34-37 - You brood of vipers, how can you, being evil, speak what is good? For the mouth speaks out of (the abundance of) that which fills the heart. The good man brings out of his good treasure what is good; and the evil man brings out of his evil treasure what is evil. But I tell you that every careless word that people speak, they shall give an accounting for it in the Day of Judgment. For by your words you will be justified, and by your words you will be condemned.”

What is the evidence of the ways in which the heart is abundant?

Proverbs 18:21 - Death and life are in the power of the tongue, and those who love it will eat its fruit. How are we using this power in our thoughts, our self-talk, and our words to God, ourselves, and others? Love for God, ourselves, and others begins with respect and responsibility. Our love for God is demonstrated in our attitudes, behavior, action, and words toward ourselves and others. If we struggle with blaming God or others, the answer is Isaiah 61:1-3, The Spirit of the Lord God is upon me, because the Lord has anointed me To bring good news to the afflicted, He has sent me to bind up the brokenhearted, To proclaim liberty to captives And freedom to prisoners; To proclaim the favorable year of the Lord And the day of vengeance of our God; To comfort all who mourn, To grant those who mourn in Zion, Giving them a garland instead of ashes, The oil of gladness instead of mourning, The mantle of praise instead of a spirit of fainting. So they will be called oaks of righteousness, the planting of the Lord, that He may be glorified.

To receive the promise of God we must humble ourselves, surrender, and experience Godly sorrow about baggage. Also Romans 12:2 ; And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect. You renew your mind by renewing your brain. As you are healed, your heart becomes abundant with the fruit of the spirit.