

Traveler's
Handbook:
Spying out
the land

We see the
land ... The LORD
our God has
given us a GOOD
land, a land
flowing with milk
and honey ...
Let us enter in!

Amanda Buys' Spiritual Covering

This is a product by *Kanaan Ministries*, a non-profit ministry under the covering of:

- River of Life Family Church
Pastor Edward Gibbens
Contact: Sharmain Joubert
Personal Assistant to Pastors Edward and Dalene Gibbens
South Africa
Tel: +27 16 9823022
Fax: +27 16 9822566
Email: sharmain@rolfc.co.za

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For further information or to place an order, please contact us at:

P.O. Box 15253
Panorama
7506
Cape Town
South Africa

27 John Vorster Avenue
Platteklouf Ext. 1
Panorama 7500
Cape Town
South Africa

Tel: +27 (021) 930 7577
Fax: 086 681 9458
E-mail: kanaan@iafrica.com
Website: www.kanaanministries.org
Office hours: Monday to Friday, 9 AM to 3 PM

Kanaan In Europe - Basel

Larwin and Silvia Nickelson
Oikos International Church
Reinacherstrasse 3
CH-4142 Münchenstein
Basel, Switzerland
Coordinator: Mandy Muckett
Office Hours: Tuesdays to Thursdays, 8 AM to 12 NOON
Telephone: +41 (0) 61 332 15 40
Email: kanaanministries@bete.net
Website: www.kanaanministries.org

The Priestly Blessing ...

Numbers 6:24-26

“²⁴ The LORD bless thee, and keep thee: ²⁵ The LORD make his face shine upon thee, and be gracious unto thee: ²⁶ The LORD lift up his countenance upon thee, and give thee peace.”

The Priestly Blessing ...

Hebraic Translation

"YHVH will kneel before you presenting gifts, and He will guard you with a hedge of protection, YHVH will illuminate the wholeness of His Being toward you, bringing order, and He will provide you with love, sustenance, and friendship, YHVH will lift up the wholeness of His Being and look upon you, and He will set in place all you need to be whole and complete."

The Priestly Blessing¹

יְבַרְכֶּךָ יְהוָה וישמרֶךָ:

and may he guard you the LORD may he bless you

May the LORD² bless you³ and keep you⁴

יָאֵר יְהוָה פָּנָיו אֵלֶיךָ ויחַנֶּךָ:

and show you favor on you his face the LORD May he shine

May the LORD make His face⁵ shine⁶ upon you and be gracious⁷ to you

ישא יְהוָה פָּנָיו אֵלֶיךָ וישם לך שְׁלוֹם:

peace for you and establish on you his face the LORD may he lift up

May the LORD lift up⁸ his face to you and give you peace⁹

¹ This blessing is (ritually) recited (by the kohanim) during synagogue services during *Nesiat Kapayim* ("the Raising of the Hands"), though it is also recited over children on Friday night before the start of the Shabbat meal or as a bedtime blessing.

² The name *YHVH* (יהוה) represents God's attributes of love and mercy (מִדַּת הַרַחֲמִים), in contradistinction to the name *Elohim* (אֱלֹהִים), which represents God's attribute of justice and power as our Creator.

³ בְּרַכָּה (*b'rachah*). Jewish tradition considers this both material and spiritual prosperity. Pirkei Avot 3:15 says, "If there is no flour, there is no Torah," by which is meant that material benefits are intended to help you pursue study of Torah. The first occurrence of the word "blessing" in the Scriptures pertains to *pru urvu* (פְּרוּ וּרְבוּ), "be fruitful and multiply" (Gen. 1:22).

⁴ שָׁמַר (*shamar*): To guard, protect, heed, as in the exercise of diligent care. Only God has the power to secure the conferred blessing and keep it from turning sour or from fading away.

⁵ The word for "face" (פָּנִים) is plural with the 3rd person singular ending. It is considered metaphorical since God is incorporeal. The plural form is thought by some to indicate God's revealed and hidden attributes in creation.

⁶ The hiphil verb (יָאֵר) comes from the word "light" (אֹר), and is thought to refer to God's wisdom. "May God enlighten you" with His wisdom, i.e., the Divine Light that preceded the work of creation (Gen. 1:3).

⁷ May God grant you grace or favor (חֵן), i.e., to understand the "breadth and length and height and depth" of God's love (Eph. 3:18). Grace refers to the bestowal of an undeserved gift. The blessing is bestowed even though unearned or unmerited.

⁸ Since one's face is an indication of the heart's attitude, Rashi says that this means God will suppress His anger by "looking at you" (if God is angry at you, He "turns His face away" and refuses to admit your presence). The "lifting of face" also pictures God lifting you up as a father might lift up his child in joy. The "showing of face" indicates spiritual intimacy.

⁹ All of the other blessings are useless without the establishment of inner peace, and therefore it is the seal of the blessing. Shalom (שְׁלוֹם) is not simply the absence of strife, but a balance and harmony between the finite and infinite, the temporal and the eternal, the material and the spiritual realms. Shalom is a gift from Sar Shalom (שַׂר שְׁלוֹם), the Prince of Peace.

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Part 5:
The battle of
the mind

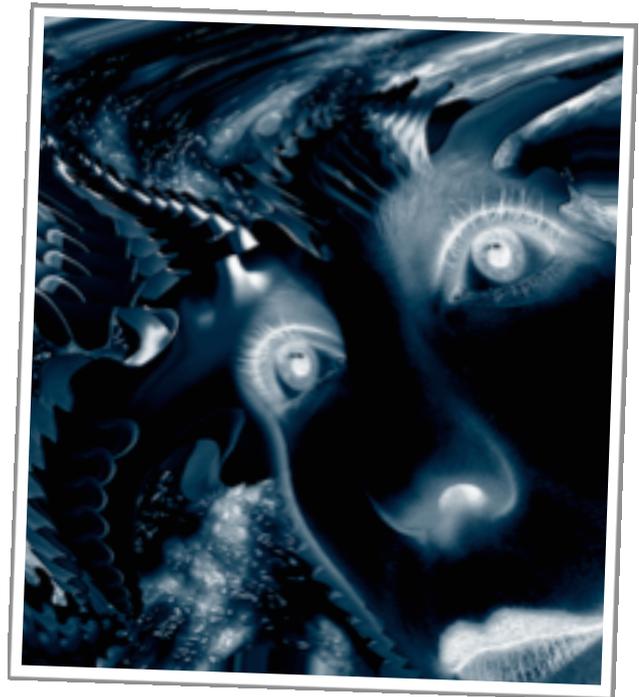
The battleground of the mind¹ – section one:

The mind is the primary battleground in our warfare against the kingdom of darkness. To gain victory over one's thoughts and mind is just about the war won!

The mind is a great area of warfare. Until every thought is taken captive unto the obedience of Messiah, there can be no peace.

“The devil hates light and truth, because it removes the territory in which he works. Every word of truth needs to be fought over in the mind of the believer.”²

Did you know ... it is possible for a child of God to have a new life and a new heart ... BUT not a new head!



Mark 12: 30 “30 **And you shall love the Lord your God** out of and with your whole heart and out of and with all your soul (your life) and out of and **with all your mind (with your faculty of thought and your moral understanding)** and out of and with all your strength. This is the first and principal commandment.”

The mind:

- Most important place of victory.
- Programmed from family relationships, books, experiences, knowledge, and so forth.
- What you think influences all relationships with people and God.
- If you believe lies, satan has deceived you.

2 Corinthians 10:3-5 “3 For though we walk (live) in the flesh, we are not carrying on our warfare according to the flesh and using mere human weapons. **4 For the weapons of our warfare are not physical [weapons of flesh and blood], but they are mighty before God for the overthrow and destruction of strongholds,** 5 [Inasmuch as we] refute arguments and theories and reasonings and every proud and lofty thing that sets itself up against the [true] knowledge of God; and we lead every thought and purpose away captive into the obedience of Christ (the Messiah, the Anointed One),”

¹ For additional study, please see our book “HOWH: How To Walk In Victory”, available from the website or for order from the office.

² Quote by Watchman Nee

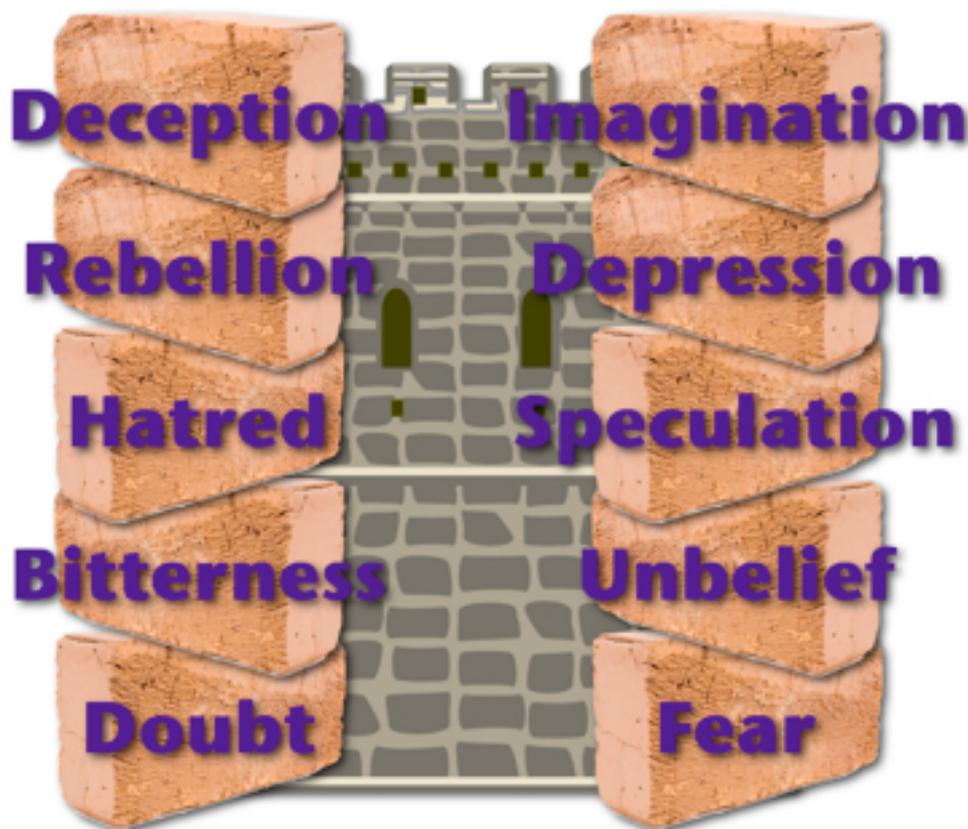
There are several different attacks of the enemy against the mind. To counter these, we need to use the specific parts of armour. Most attacks will stem from strongholds [darkness, lies, deception] of thinking patterns we have formed in our minds. It is these that must be cast down.

A stronghold [something like an ancient castle] refers to a city with very thick walls that need to be captured. Ancient armies would try and shoot fiery arrows into the city over the walls and hope to set the city alight inside. Another strategy was to take a battering ram and start to batter against a piece of the wall and continue until you weaken the wall and there comes a breakthrough.

In the stronghold, you would have all your supplies and backups what you would need to continue to fight and maintain the battle. The stronghold is therefore VERY important! It would keep the people fighting the battle safe and it would keep the enemy outside.

Paul is warning us that this is the type of warfare we will have to do against the strongholds in our minds! This won't just be a quick prayer and now its over and done with! It is a process and constant warfare – sometimes it can take quite some time before you will really experience a breakthrough.

For example, after being raped and/or sexually abused, you will have built up very high walls of no trust, fear, anger, hatred, isolation, rejection, self-hatred, and so forth. All of these emotions are bricks building this HIGH wall around you. You think you are safe inside your stronghold – but you are also very lonely and others are not allowed inside. It is very difficult for you to trust and allow people from the Body to love you and take care of you!



Our carnal minds argue and reason against the things of God. TRUTH: “God loves you, He really cares for you!” LIE: “Yeah sure! Where was He all the time when things were going so bad for me as a child?! If He really cared, why didn’t He show up?!”

Wrong teachings will also block you from receiving the TRUTH of the Word. The Word comes through your ears to your mind. If you have a stronghold in the mind, it will block the truth from reaching your spirit.

There are two basic types of strongholds:

- Logical arguments want to rise up above the knowledge and truth of God. Our thoughts – such as “science”, evolution, philosophy, and so forth – want to stand up against the TRUTH of God’s Word.
- Illogical reasonings are fears – fear must be cast out by God’s Perfect Love and Truth.

We must learn to take every thought captive!



In this section, we will be answering the questions:

- How does the war against our mind take place?
- What is a normal mind – where does the enemy bind us?

We will learn that we have to walk, talk, and think like a “saved” man – this is the JOURNEY of mind renewal³.

³ For additional study, we recommend Joyce Meyer’s books on how to renew your mind.

The human mind:

- The mind has a connection with the spiritual. Demonic communication with man takes place through the mind. Enemy has free access to our minds. Eve was attacked in her mind through doubt and deception.

*John 13:2 “2 So [it was] during supper, Satan having already put the **thought** of betraying Jesus in the heart of Judas Iscariot, Simon’s son,”*

- The mind is the battleground because it is the focal point of demonic attacks. It is vulnerable to oppression.
- The mind is a receiver – you must select what you see and hear.
- The two main ways of communication to your mind are through the eyes and ears. This is why it is so important to guard what we watch and hear! TV⁴, movies, DVD’s, entertainment – and particularly mind-altering substances⁵ such as drugs and medications – can influence us and open our minds up to the enemy.
- There has been a continuous warfare over who would control the thought processes of man’s mind since God first spoke to Adam and Eve.
- Until you have victory in your mind, you will experience no victory in your spiritual walk. The mind must be brought under control of the Spirit. Do not be motivated to clean up your lives because of FEAR! This will make you tired. You must be motivated out of LOVE! When you have received a revelation of the Father’s LOVE for you, you can’t but love Him back! You want to please Him! So you obey Him!

WARNING! When you are tired, your resistance is very low! Be very careful of the TV when you are tired! If your mind is unprotected, the enemy will “ride Kyalami” through your mind!

Penetration of the mind:

Demons are intelligent beings that are able to make contact with you at the level of your mind. Their thoughts are fed into your mind and are considered to be “natural” – you may find it difficult to determine/discern where your thoughts come from. However, there are only three possible sources of thoughts:

- The enemy:
 - Thoughts of suicide, evil/negative thoughts, depression/oppression thoughts, “out of the blue” thoughts, and so forth. Satan throws “thoughts” at you and sees if he can “bait” you! Will you agree with him?

⁴ For additional study, please see our book *“Gateways Of Influence”*, available from the website or for order from the office.

⁵ For additional study, we recommend the documentary *“Making A Killing”*. For more information, check out <http://www.cchr.org/>.

- Disunity: Jealousy and competition results when we listen to the suggestions of satan.
- Yourself:
 - These thoughts could vary, depending on the degree of mind renewal.
- God:
 - These thoughts will ALWAYS be in line with God's Word.

Who is speaking to you?

The pattern of strife and disunity in the Body:

*James 3:16 "16 For wherever there is jealousy (envy) and contention (rivalry and selfish ambition), there will also be **confusion** (unrest, disharmony, rebellion) and **all sorts of evil and vile practices.**"*

- Envy and Jealousy: A fierce desire to promote your own ideas and convictions to the exclusion of everyone else.
- Party spirit: strife – no longer can you function as a whole.



The Word teaches us to mark a divisive man or woman – they will cause disunity and factions with gossip and slander. They gather a group around them to believe what they say. They use betrayal with leaders and stick knives into one another's backs! If our minds are unrenewed, this is what we are open for – the enemy will be able to use us to bring division in the church.

Check your track record ...

If you have left a church and/or ministry out of anger or rebellion, and so forth, then please go back to those leaders and get them to release you with a blessing ... otherwise you will be running from church to church, group to group.

Maybe you have left a church because you felt your season at that church is over and God is leading you on to move to another church – that is fine – just be released to go with a blessing! Seek PEACE! Tie your shoes of Peace TIGHTLY!

Characteristics of a divisive person is someone who begins to gather people around himself to see his point of view ignoring and bypassing pastoral authority. In this party-spirit group we now have CONFUSION! Prophecies flow but most is false as they are under the control of the spirit of rebellion and deception. Evil and vile practices – terribly bad, exceedingly vile – are performed.

QUESTION: Are we renewed in our minds?

The renewing of our minds means we submit one unto another and that we are under Godly leadership – not to be controlled – but to seek God together on whatever direction you need to take.

Proverbs 14:30 “30 A calm and undisturbed mind and heart are the life and health of the body, but envy, jealousy, and wrath are like rottenness of the bones.”

Many people are sick because there is envy and jealousy in their lives, wrath, anger, bitterness, and so forth. They are suffering from arthritis, stiffness, and bone diseases. Jealousy and envy causes rottenness to the bones. What brings me health? A calm and undisturbed mind and heart. Our minds must be renewed to what God says!

A word on JEALOUSY.

Jealousy is so powerful – it can kill and destroy. Christians can also be jealous of one another and this can be just as dangerous as if this Christian goes to a witch-doctor to curse his brother or sister, family or tribe. We need to study exactly what jealousy is all about so that we can protect ourselves from being the target of jealousy.

The spirit of jealousy seems to be able to partner very effectively with other demons. There are certain demonic entities that come in pairs or triplets. If we deal with only one part of the unholy alliance, the problem seems to reoccur. For example, on a simplistic level, if you deal with a critical and judgmental spirit, there would be significant success in the deliverance, but after a period of time, the problem would come back.

What you need to understand that you also have to deal with the perfectionism in that individual. Frequently an individual that is outwardly judgmental of others is inwardly judgmental of himself (that is the perfectionism). It is two sides of the same point of criticism and you have to deal with both sides. Similarly, there are five primary demonic strongholds that seem to partner with, or establish an unholy alliance with jealousy. Those alliances need to be dealt with.

- ➔ First of all, there is a spirit of death and infirmity. If that is a generational problem in the family line and the spirit of jealousy is also attacking the individual, it is a dangerous mix.
- ➔ We also see jealousy frequently attaching to somebody who already has a victim spirit.
- ➔ A third demonic stronghold is Freemasonry.
- ➔ A fourth one is any kind of financial curse.
- ➔ The fifth one is mental confusion or even mental illness in a family line.
- ➔ When someone has an inability to perceive true reality or is living in denial, it suggests the possibility of a spirit of mental confusion or mental illness in the family line.

Any one of these five by itself is a nuisance. Each one of them seems to be a magnet attracting a spirit of jealousy from other people, with the two demonic powers forming an unholy alliance. When doing the family survey, try to identify whether any of these five is present, and if so, call them to attention and sever the alliance between them and the spirit of jealousy before taking them on individually.

The fact that they promised to exchange a certain amount of labour in return for passage to South Africa is immaterial. The covenant they made with the businessman is instantly annulled when immigration officials find out about it, since the law of this land supersedes whatever agreements they entered into for slavery. Similarly, there are ancient generational covenants that were made voluntarily at some point, and they provide a measure of protection for the demons in an individual's life.

However, those covenants are subject to the higher law of the universe. Any individual can appeal to the Righteous Judge of the Universe on the basis of those covenants not being just or righteous according to the supreme law that God has established. Then, if God agrees that those covenants stand in violation of His law, He declares them annulled. That removes the protection the demons once had.

Once the unholy alliances and the covenants of protection have been annulled by God, we proclaim that the individual has voluntarily entered into a Blood Covenant relationship with Y'shua [Jesus].

We proclaim that this Covenant transcends and supersedes every other covenant, agreement, or protection. We command each of the different demonic heads to stand alone at attention with those under them, not in communication with each other and not helping each other. At the same time we may find it necessary to block any demonic reinforcement coming from the land or the building.

Once all the preparatory work is done, we come to the heart of the matter and that is severing the agreements with the devil. We proclaim the truth that this individual has a legal right to receive everything God has given him.

We may list life, health, beauty, mental acuity, skills, talents, spiritual gifts, family, wealth, ministry, open doors or whatever the focus of the jealousy has been. We ask God to open the books and to identify every individual who has thought, spoken or written untrue words about the things God has given us.

We then ask God to sever every agreement that was entered into between any two people or any groups of individuals and to only allow to stand those things that are true. Then we ask God to sever the agreements between human beings and the demonic realm where those agreements empowered the spirit of jealousy, directly or indirectly.

As simple as that sounds, the act of verbally severing known and unknown agreements has liberated hundreds of people from the power of satan's toxic emotions. Satan is always jealous of what we have that he will no longer have, yet he cannot arbitrarily attack us with jealousy. He needs someone else to come into agreement with his devaluation of us. We cannot change his toxicity, but we can stop the flow by asking God to judge the thoughts and words of other people, and to sever every agreement with a lie.

It works!

Petition for jealousy, envy, and strife ...

Father, in the Name of Messiah Y'shua [Jesus Christ] of Nazareth, we bring every ancient generational covenant and any other covenant agreement that was made on my behalf, or done knowingly or unknowingly by me, before You now.

We acknowledge that they were made voluntarily at some point and in so doing provided a measure of protection for the demons in my personal life. We want to declare that everyone of those covenants are subject to the higher Law of the universe.

We now appeal to the Righteous Judge of the Universe on the basis of those covenants not being JUST or RIGHTEOUS according to the Supreme Law that God has established.

We petition You, Father, to hear our cry that those covenants stand in direct violation of Your Law, and that You will declare them annulled. We thank You Father, for now removing the protection the demons once had!!

We declare the unholy alliances and the covenants of protection for the demons have now been annulled by God, Creator of the Universe!!

We proclaim that we have, as individuals, voluntarily entered into a Blood Covenant relationship with Messiah Y'shua [Jesus Christ]. We proclaim that this Covenant transcends and supersedes every other covenant, agreement, or protection.

We command each of the different demonic heads to stand alone and at attention with those that are assigned under you. You are not allowed to communicate with each other and you are not allowed to help each other, in the Name of Y'shua [Jesus]! We separate you one from another in the Name of Messiah Y'shua [Jesus Christ]!

We now also block any demonic reinforcement coming from the land or the building we are in, in the Name of Messiah Y'shua [Jesus]! We cut off all communication lines with the demons present in this deliverance situation with the strongman and his demons operating over the city/area/locality, in the Name of Y'shua [Jesus]!

We speak to any external strongman: "In the Name of Messiah Y'shua [Jesus Christ], you will not send any reinforcements to help the demons here in this place that we are trying to evict!!"

In the Name of Messiah Y'shua [Jesus Christ], we proclaim the truth that we have a legal right to receive everything God has given us namely:

- ✓ Life, Health, Beauty, Mental Sharpness,
- ✓ Skills, Talents, Spiritual Gifts,
- ✓ Family, Wealth, Fame, Ministry,
- ✓ Open Doors, Joy, Peace, A Future,
- ✓ Destiny and Sonship in Messiah Y'shua [Jesus Christ] of Nazareth.

We ask You God to open the Books and to identify every individual who has thought, spoken, or written untrue words about the things God has given us. We now ask You, Father, to sever every agreement that was entered into between any two people or any groups of individuals and to only allow to stand those things that are true.

We now also ask You Father, to sever the agreements between human beings and the demonic realm where those agreements empowered the spirit of jealousy, directly or indirectly and which resulted in curses upon our lives – namely to steal, kill and destroy.

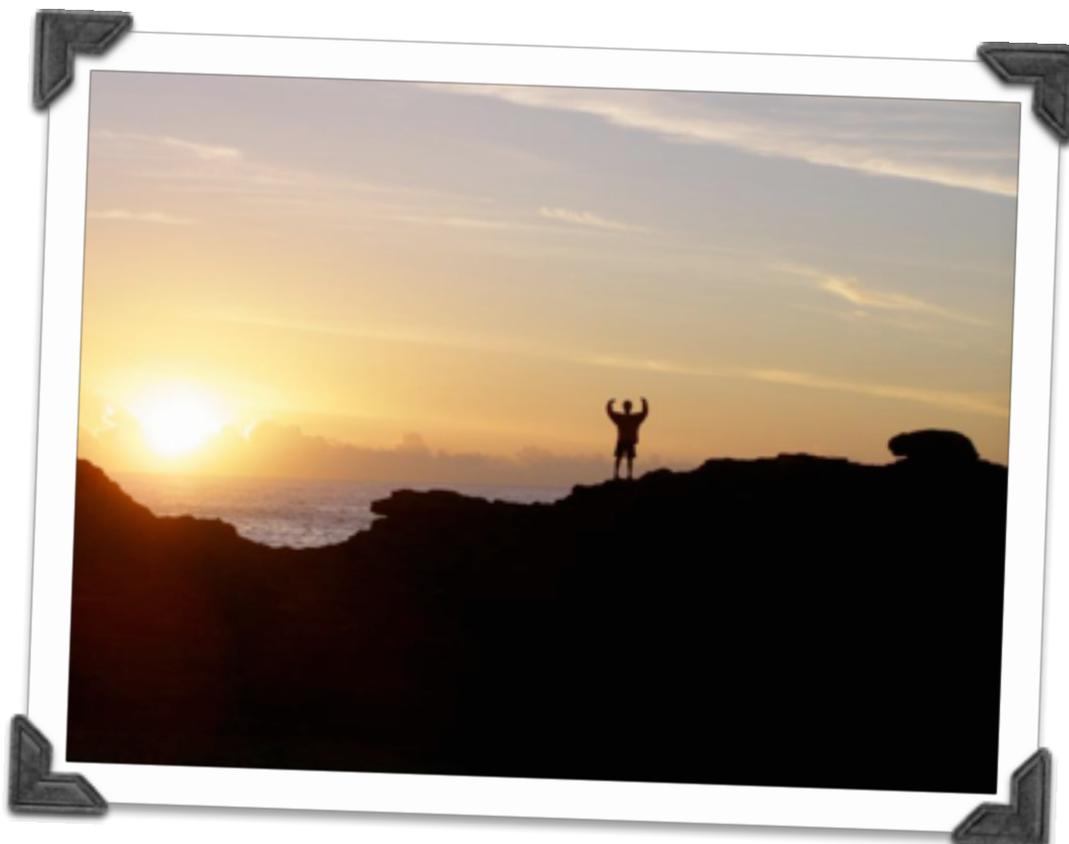
Father, we petition that You will now judge the thoughts and words of any agent of satan or child of God that has come to falsely accuse us before You, Almighty God, satan and men – Lord, sever every agreement of lying accusation against us, in the Name of Messiah Y'shua [Jesus]!

We ask You to break every curse in the Name of Messiah Y'shua [Jesus Christ], reverse the curses and turn them into blessings! Thank You, Father, for Your Faithfulness!

Thank You Y'shua [Jesus] for the price You paid by taking on all the forces of darkness and **OVERCOMING THEM FOR US!**

Thank You Holy Spirit, for leading us every step of the way to appropriate what Messiah Y'shua [Jesus Christ] has done for us, and to be the seal on our lives that we are more than conquerors through Y'shua [Jesus] the Messiah, Who always leads us into triumph over our enemies!

AMEN!



Three character traits of the evil spirits:⁶

- Their thoughts always enter from the outside, mainly through the mind;
- Their thoughts force and oppress man to take action immediately;
- Their thoughts confuse and paralyze man's mind so that he cannot think clearly any longer.



Areas from where the mind is penetrated:

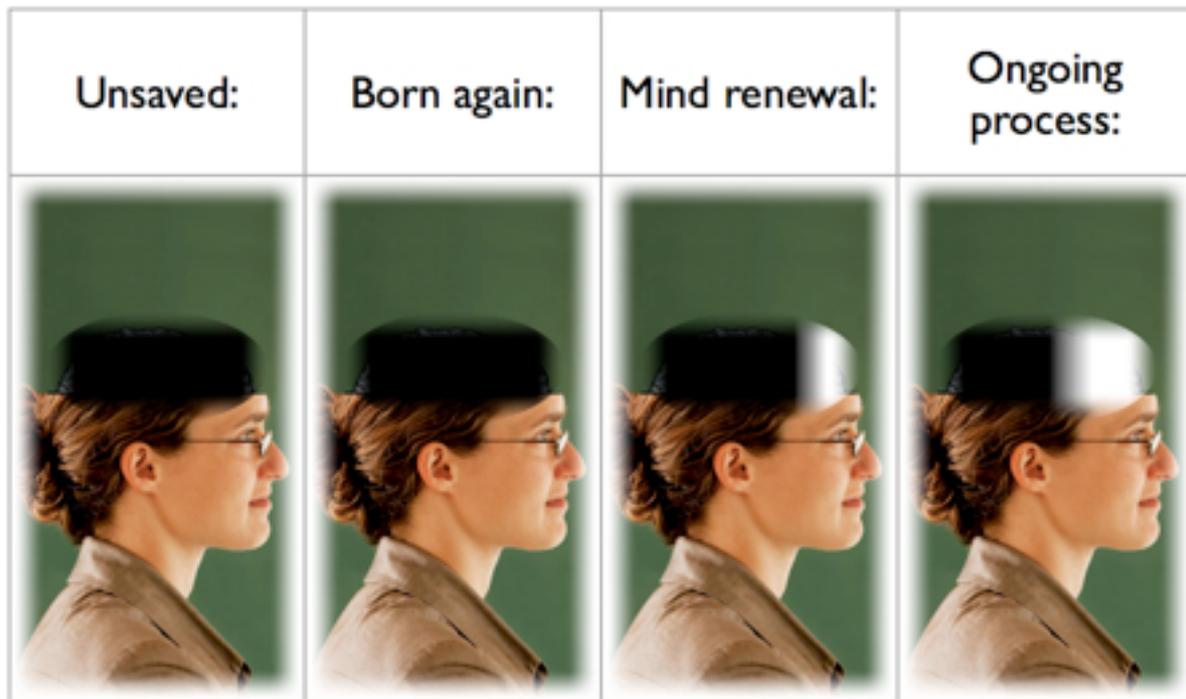
- It is such a tragedy that we can be saved for many years but never grow – we do not experience victory in our lives!
- We need to renew our minds and grow up in the glory of the Lord – into His Image – year after year! This is the JOURNEY!

*James 1:22-25 "22 **But be doers of the Word [obey the message], and not merely listeners to it, betraying yourselves [into deception by reasoning contrary to the Truth].** 23 For if anyone only listens to the Word without obeying it and being a doer of it, he is like a man who looks carefully at his [own] natural face in a mirror; 24 For he **thoughtfully** observes himself, and then goes off and promptly forgets what he was like. 25 But he who looks carefully into the faultless law, the [law] of liberty, and is faithful to it and perseveres in looking into it, being not a heedless listener who forgets **but an active doer [who obeys], he shall be blessed in his doing (his life of obedience).**"*

⁶ Quote by Watchman Nee

The unrenewed mind:

- Our mind is not automatically renewed at rebirth. In unrenewed areas we are open to deception – to the extent to which Light and Truth enter us, to such an extent are we free from deception.
- Repentance at conversion is the beginning of a renewed mind, it is a change in thought about God (Mark 1:15; James 4:8-10).



Romans 12:2 “2 Do not be conformed to this world (this age), [fashioned after and adapted to its external, superficial customs], but be transformed (changed) by the [entire] renewal of your mind [by its new ideals and its new attitude], so that you may prove [for yourselves] what is the good and acceptable and perfect will of God, even the thing which is good and acceptable and perfect [in His sight for you].”

Renewing the mind is the same word as being transformed. The word used in describing the transformation of Y’shua [Jesus] on the Mount of Transfiguration is the same word used here in Romans 12:2. We need to be transformed from the natural to the supernatural.

We have had wrong thinking patterns for years about people, God, and so forth ... And ourselves. When we come to Messiah, we need to be renewed to think as God thinks – according to the TRUTH! This is one of the reasons we must meditate and study God’s Word. This process of mind renewal takes TIME with God to know HOW He thinks. Relationships take time – it is not instant!

Areas of penetration are where the enemy has built up strongholds in the mind.

These can be developed through:

- Speculation, (horoscope, news, weather, economy).
- Imagination – building my own stronghold where I feel safe! I will need to destroy that stronghold [my idol] that I built in the spirit and choose to run into the Name of the LORD, which is now my STRONG TOWER!
- Fantasy, day-dreaming, sexual fantasies, pornography, and so forth.
- Fears, unbelief, doubt.
- Dirty, immoral or perverse thoughts – bondage of the flesh.
- Wrong thoughts are instruments of satan to bind and defeat us.

When our minds are unrenewed, we cannot even make the Promises of God our own. We need to pray daily and ask God to show us the areas of our minds that are still unrenewed. Maybe you have even gone for deliverance and felt freedom for a while, but then it all came back again and you do not understand WHY? You have not dealt with the strongholds of the mind, and renewed your mind.

An unrenewed mind is:

- Darkened (blinded, shortage of light).

*2 Corinthians 4:4 “4 For the god of this world has **blinded the unbelievers’ minds** [that they should not discern the truth], preventing them from seeing the illuminating **light of the Gospel of the glory of Christ (the Messiah), Who is the Image and Likeness of God.**”*

- Hardened heart.

*2 Corinthians 3:14 “14 In fact, their **minds** were grown **hard and calloused** [they had become dull and had lost the power of understanding]; for until this present day, when the Old Testament (the old covenant) is being read, that same veil still lies [on their hearts], not being lifted [to reveal] that in Christ it is made void and done away.”*

- Compromising (open to temptations and thoughts of the enemy – you enjoy sin – “It’s not that bad!”).

*Ephesians 2:3 “3 Among these we as well as **you once lived and conducted ourselves in the passions of our flesh [our behavior governed by our corrupt and sensual nature]**, obeying the impulses of the flesh and the **thoughts** of the mind [our cravings dictated by our senses and our dark imaginings]. We were then by nature children of [God’s] wrath and heirs of [His] indignation, like the rest of mankind.”*

- Hostile – resists the Truth.

*Colossians 1:21 “21 And although you at one time were estranged and alienated from Him and **were of hostile attitude of mind in your wicked activities,**”*

- Full of lies and deceit – such as evolution.

*2 Corinthians 11:3 “3 But [now] I am fearful, lest that even as the serpent beguiled Eve by his cunning, so your **minds may be corrupted and seduced from wholehearted and sincere and pure devotion to Christ. [Gen. 3:4.]”***

- Worldly/carnal.

*Romans 8:7 “7 [That is] because the **mind** of the **flesh** [with its carnal thoughts and purposes] is **hostile** to God, for it does not **submit** itself to **God’s Law**; indeed it cannot.”*

*Luke 8:12 “12 Those along the traveled road are the people who have heard; then the devil comes and carries away the message out of their hearts, that they may **not believe** (acknowledge Me as their Savior and devote themselves to Me) and be saved [here and hereafter].”*

- Bondages over the mind especially are found in people who have, before their salvation, been involved in:
 - The occult – psychic influence, third eye opening, spirit of divination, psychic gifts, and so forth.
 - Sects, false religions, Transcendental Meditation, lying spirits, mind-over-matter, and so forth.
 - Hypnosis [mass hypnosis] – an example of the fruit is falling asleep in church; a passive mind not interested in the things of the LORD.
 - Pornography (unclean spirits – dirty thoughts).
 - Drugs, pop music, hypnotic beats – witchcraft, sorcery, and drugs come from the same root word, “pharmakia”.
 - Mind control and mind development techniques – sales techniques use manipulation, intimidation, domination to sales their goods.
 - **SHOCK!** If you have had a traumatic experience, an accident, attack, death of loved one, and so forth, your mind goes into a state of shock which has the same effect on the brain as a curse. You need to have the shock broken over you even if it happened years ago – your body cells store the traumatic memories and this can result in sicknesses and disease years later – cancer, diabetes, epilepsy, and so forth for example. The fruit of shock can also be forgetfulness.



There are some well-known business leaders who teach on “Mind Over Matter” and “How To Win Friends And Influence People”. They use the Bible and teach you to use physic abilities in business. These leaders have been known to be on the highest level of Freemasonry.

Deception – rejecting the TRUTH!

*2 Corinthians 11:3 “3 But [now] I am fearful, lest that even as the serpent beguiled Eve by his cunning, so your **minds** may be **corrupted** and **seduced** from wholehearted and sincere and pure devotion to Christ.”*

Often it is sincere Christians that are deceived. Note, deception is based on ignorance and not on moral character. Deception has to do with the mind and it means that a wrong thought has been allowed by the mind in the misconception that it is the truth (it appears to be the truth).

How can you make sure you will not be deceived?

*2 Thessalonians 2:10-12 “10 And by unlimited seduction to evil and with all wicked deception for those who are perishing (going to perdition) **because they did not welcome the Truth but refused to love it that they might be saved.** 11 Therefore God sends upon them a misleading influence, a working of error and a strong delusion to make them believe what is false, 12 In order that all may be judged and condemned who did not believe in [who refused to adhere to, trust in, and rely on] the Truth, but [instead] took pleasure in unrighteousness.”*

You must love the TRUTH!

“A great need for all believers is that they should earnestly seek after all truth for their progressive deliverance from all the lies of satan; only knowledge and truth can give victory over the lies of satan, who is a deceiver and a liar ... Deliverance from lies is to believe in the Truth. Nothing else can remove a lie except the truth.”⁷

You cannot just drive out a lying spirit because they believe the lie. For example:

- An alcoholic must acknowledge he is and alcoholic and the truth will set him free.
- A spiritualist believes there are good spirits and bad spirits – he believes his spirits are “good” spirits until the truth is shown.

*Proverbs 9:10 “10 The **reverent and worshipful fear** of the Lord is the beginning (the chief and choice part) of **Wisdom**, and the knowledge of the Holy One is insight and **understanding.**”*

⁷ Quote by Jessie Penn-Lewis

The Fear of the LORD is to hate sin as God hates it. True deliverance is to hate what binds you. You will be able to freely testify if you've been set free.

Christians can be deceived by:

- **Deception through pride:**

- Pride cases blind spots so that you cannot see yourself and others in perspective (spinach in my teeth!). When you exalt yourself above others – this is self-deception. For example, a liar must acknowledge he tells lies. Another example is where you judge and criticize others – when a sinner comes into the church and does not smell so good – we pull up our noses and show the attitude of the “elder brother”. The Father’s House is for ALL sinners!
- You become susceptible to deceiving spirits that flatter your ego. For example, William Branham (he was used mightily in performing miracles – later on in his life he believed he was Elijah that had come back to earth). Be careful of personal prophecy that elevates you. Be careful of believing you have a “special ministry and/or a special power anointing” that no-one else has. Be careful of people lifting you up and putting you on a pedestal – that makes you an open target for the enemy. This can also open you up for a familiar spirit giving you prophetic words and you think it is God.



Ezekiel 13:6 “6 **They have seen falsehood and lying divination, saying, The Lord says; but the Lord has not sent them. Yet they have hoped and made men to hope for the confirmation of their word.**”

Jeremiah 23:16 “16 **Thus says the Lord of hosts: Do not listen to the words of the [false] prophets who prophesy to you. They teach you vanity (emptiness, falsity, and futility) and fill you with vain hopes; they speak a vision of their own minds and not from the mouth of the Lord.**”

- Don't base your future on prophecies. All prophecies must be tested and the prophets must exalt Y'shua [Jesus] only.
- Be careful of automatic handwriting "thoughts" from God – "contemplative prayer". This is when you empty your mind and wait for thoughts from outside. Examples of these types of books include "Aquarian Gospel of Jesus Christ" and "God Calling". Please note, this is NOT Godly journaling or dialogue with God!
 - You could also be doing automatic drawings – where you draw your "guardian angel" which is actually a spirit guide, or you draw the spirits over a mountain and/or river, and so forth.
- Be careful if you resist warning and correction. You must stay teachable. Even baby Christians can correct you. REMEMBER the word must be given in LOVE!
- Be careful if you think that you have received a special revelation or think that you are the prophetic voice of the Church.
 - An example is this is of David Burke. In the 1960's, we had the Hippie Movement and he started a "church" called "Children of God". They believed they could win people for Jesus with sex! They called their outreach groups "The Flirty Fishers" and "Hookers for Christ". They stated that marriage was selfish!
 - Group intercessors must be careful not to see themselves as an "exclusive group". If you study of the cults you will see that every single one of them believed that they and they alone have the truth! The "righteousness message" believes that the whole church is compromising except them – this undermines the Body of Messiah. Every new revelation you receive must be checked and tested by mature leaders that you trust!

*Romans 16:17 "17 I appeal to you, brethren, to **be on your guard concerning those who create dissensions and difficulties and cause divisions, in opposition to the doctrine (the teaching) which you have been taught. [I warn you to turn aside from them, to] avoid them.**"*

• **Deception through bitterness⁸:**

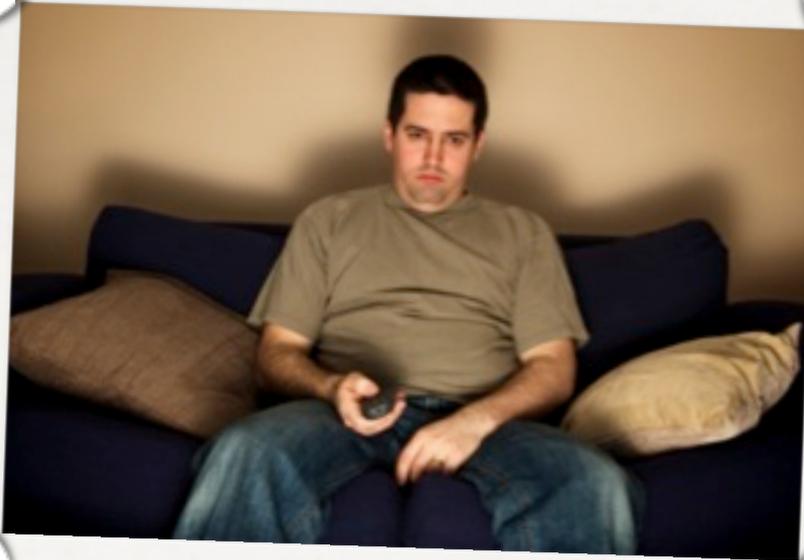
- Satan works in darkness. You walk in darkness if you are bitter.

*1 John 2:9-11 "9 Whoever says he is in the Light and [yet] hates his brother [Christian, born-again child of God his Father] is in darkness even until now. 10 Whoever loves his brother [believer] abides (lives) in the Light, and in It or in him there is no occasion for stumbling or cause for error or sin. 11 But he who hates (detests, despises) his brother [in Christ] is in darkness and walking (living) in the dark; **he is straying and does not perceive or know where he is going, because the darkness has blinded his eyes.**"*

- Suspicion – if people have hurt you, you react out of distrust and suspicion.

⁸ Satan tries this attack daily!

- Hurts – for example, hurts in marriage can cause you to reject the marriage truth of submission.
- **Deception through passivity:**
 - There is a world of difference between meditation [studying of and filling your mind with] God's Word versus Eastern meditation [emptying your mind, waiting for thoughts from the outside, contemplative prayer].
 - When you do not understand how God speaks to you. God speaks to your spirit not your mind. It can be spontaneous thoughts that come to mind. For example, "go and pray for that person in the Pick 'n Pay (Pick 'n Pray)!" Be prepared to make a mistake!
 - A mind that is hardened, closed and rigid generates a rigid, fanatical spirit. A fanatical spirit is a clear sign of deception.



*James 3:15-17 "15 This [superficial] wisdom is not such as comes down from above, but is earthly, unspiritual (animal), even devilish (demoniacal). 16 For wherever there is **jealousy** (envy) and contention (rivalry and selfish ambition), there will also be **confusion** (unrest, disharmony, rebellion) and **all sorts of evil and vile practices**. 17 But the wisdom from above is first of all **pure** (undefiled); then it is **peace-loving, courteous (considerate, gentle)**. [It is willing to] **yield to reason, full of compassion and good fruits**; it is wholehearted and straightforward, impartial and unfeigned (free from doubts, wavering, and insincerity)."*

"A fanatical spirit, coming from the enemy, is filled with zeal and energy, but the character of such people is closed to reason, dogmatic, hard and extremely self-confident. These people are unwilling to listen to others, because they say that they hear the voice of God."⁹

⁹ Quote by Michael Harper

- A mind that is hardened, closed and rigid generates a rigid, fanatical spirit. A fanatical spirit is a clear sign of deception.
- Revelation or direction coming from a passive mind is open to deception.
- Some people are deceived because they think they are so spiritual that all their thoughts come from God. For example, a nun believes that suffering will make her more holy. She had an older nun as a mentor who had crooked legs and walked with much difficulty. So she prayed for her legs to become more crooked than an older nun's legs so that she could become as holy as she is! There is so much attention given to the cross and suffering that we forget Messiah is ALIVE! The truth about suffering is that suffering comes as a result of preaching the Gospel. Holiness does not mean being poor! We encourage you to check if your forefathers made an oath of poverty – you need to renounce that and break the curse!
- Misunderstandings of the truth bring deception.
- A truth that is not in balance with other truths, becomes a false doctrine/ heresy.
- Can be misled concerning God and His Character as King and Father.
- ***Deception through disobedience and misinterpretation of Scripture:***
 - Being a hearer and not a doer of the Word (James 1:22).
 - Saying you are without sin (1 John 1:8).
 - Thinking you are “something” (Galatians 6:3).
 - Thinking yourself wise with the wisdom of this world (1 Corinthians 3:18).
 - Pretending to be religious, but actually have an uncontrolled tongue, revealing your real condition (James 1:26).
 - Thinking that the unrighteous will inherit the Kingdom of God (1 Corinthians 6:9).
 - Thinking that what you sow, you will not reap (Galatians 6:7).
 - Thinking that contact with sin will have no effect on you (1 Corinthians 15:33).
- ***Signs of deception:***
 - Attitude of infallibility (“I am right – do not argue with me!”).
 - Inability to reason or listen.
 - Antagonistic towards the truth.
 - Restlessness.
 - Abnormal talkativeness or silence.
- ***Openings for deception:***
 - Thoughts that are allowed in the mind.
 - Direct: Automatic handwriting/drawing, Eastern Meditation.
 - Indirect: Works on your emotions such as impatience, anger, and fear.
 - Lack of reason. Do not just follow blindly – test everything with the Word.

- Passivity, lack of the use of the will. People are often like sailing boats, always waiting for the Will of God – the “Wind” – to direct them. Problem is, it is not always the Wind of God that blowing!
- Lack of knowledge of the Word.
- You can recognize deception by division. It is partiality (cliques) in the Body of Messiah. A person who prefers cliques is under the influence of demonic oppression¹⁰. The Spirit of God is the Spirit of Unity and the Spirit of Truth (John 17:11, 21-22).

Romans 16:17-18 “17 I appeal to you, brethren, to be on your guard concerning those who create dissensions and difficulties and cause divisions, in opposition to the doctrine (the teaching) which you have been taught. [I warn you to turn aside from them, to] avoid them. 18 For such persons do not serve our Lord Christ but their own appetites and base desires, and by ingratiating and flattering speech, they beguile the hearts of the unsuspecting and simpleminded [people].”

If there are people who have been subject to deception, then the answer is not deliverance. They must be brought to a point of confrontation by presenting them with the Truth.

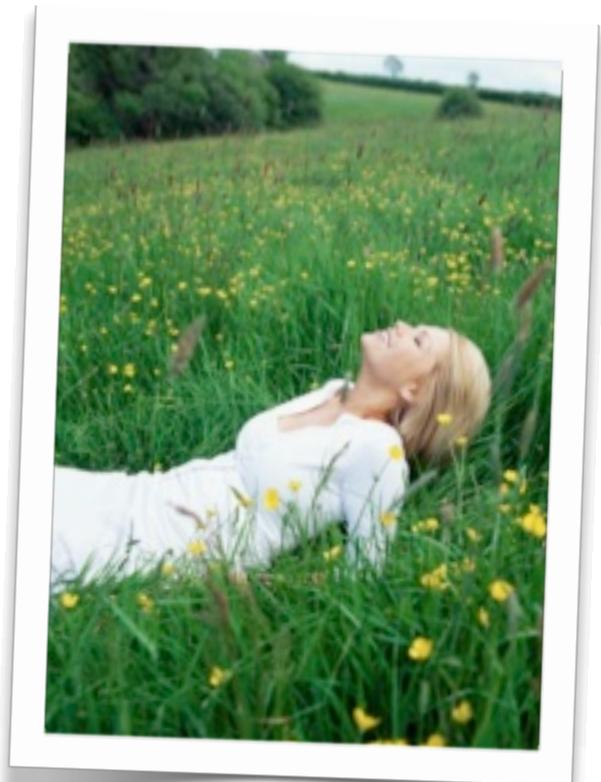
Passivity of the mind:

Passivity is not an inactive mind – where you are not thinking about something specific, your mind rests, but you can concentrate again and form thought patterns. Passivity is an inactive mind for long periods of time – such as a mind “dumbed down” by drugs, alcohol, worldly lusts, and so forth.

A peaceful mind can:

- Can focus.
- Can resist.
- Can choose and sift thoughts.

A normal mind can think about something specific [mind rests], but you can concentrate again and form a thought pattern. A passive mind is a mind out of control. It thinks continuously, in all directions. Whenever you want to think/concentrate, it feels like an iron band around your mind, or clouds of cotton wool that you want to remove. A passive mind can also be caused by extreme stress and exhaustion – you become too tired to think or decide.



¹⁰ Additional Scripture references: Galatians 5:20; 1 Corinthians 11:18-19; Titus 3:10; 1 Timothy 4:1; James 3:14-16; 2 Peter 2:1.

“He allows his reasoning ability to go into a state of lethargy and welcomes any thought that springs up in that state of lethargy ... If man does not want to use his intelligence, neither will God do it, but evil spirits will. They require an empty brain and a passive will ... If one allows his mind to stop functioning: thinking, seeking and deciding, and not test and control his experiences and actions according to the Bible, he invites satan to penetrate his mind and to deceive him.”¹¹

You have to train your mind to test all commands. You must learn to discern and sift your thoughts.

We see that Ezekiel reasons with God:

*Ezekiel 4:12-15 “12 And you shall eat your food as barley cakes and you shall bake it with human dung as fuel in the sight of the people. 13 And the Lord said, Even thus shall the children of Israel eat their defiled bread among the nations to whom I will drive them. 14 Then said I, **Ah, Lord God! Behold, I have never defiled myself.** From my youth up even till now have I not eaten of that which dies of itself or is torn in pieces; neither did there ever come abominable flesh into my mouth. 15 Then He said to me, Behold, I will let you use **cow’s dung** instead of human dung, and you shall prepare your food with it.”*

The disciples studied the Scriptures:

*Acts 17:11 “11 Now these [Jews] were **better disposed and more noble** than those in Thessalonica, for they were entirely ready and accepted and welcomed the message [concerning the attainment through Christ of eternal salvation in the kingdom of God] with **inclination of mind and eagerness, searching and examining the Scriptures daily to see if these things were so.**”*

Depression.

Depression is like sinking sand. It is a flood of negative thoughts that lead you to focus on yourself and all attention is given to your circumstances – you then believe that they are bigger than God – you have a huge pity party!

A sense of hopelessness, discouragement and despair overwhelm you! The enemy’s plan is to heap up so much hopelessness and despair upon you that your inner strength is drained – you are always tired – you do not have courage for anything else.

If your mind is not passive, you will be able to take these thoughts and resist them. A normal mind can focus, resist, and choose and sift thoughts. However, a passive mind will eat up everything, believe everything – this causes confusion and restlessness. It is like a naughty child, a passive mind needs discipline – God’s Word.

- **Causes of passivity:**
 - Idleness – inactivity up to the point where you lose control.
 - Exhaustion – stress – burn-out (too tired to think).

¹¹ Quotes by Watchman Nee

- Illness – lie in bed with no stimulation.
- Emotional problems – the mind gets stuck on patterns of worry you cannot control, you stay focused on the problem.
- Alcohol and drugs.
- Certain types of music have a detrimental (hypnotic) effect on the sub-conscious – examples include Reggae and voodoo drums.
- TV, films, video/computer games have a narcotic effect and dull the mind so you do not resist. They also disrupt the learning process.
- **Definition of passivity:**
 - A condition in where you put your mind in neutral and you are not in control of what comes in. Like the wall of a dam that breaks and thoughts come in like flood waters – no control.
 - Passivity describes the opposite state of activity. For the believer it implies the following:
 - Loss of self-control – in the sense that a person controls all departments in his personal being.
 - A question to ask yourself is ... if you choose not to think of something, and try by an act of your will not to think of it, but yet those thoughts still force their way into your mind, are you in control of your mind?
 - Loss of free will – in the sense that the person exercises his will as the directive principle of personal control, in harmony with the will of God.
 - A question to ask yourself is ... are you bound in thought patterns and behavior that you would prefer to be free of?
- **Symptoms of passivity:**
 - Sudden thought flashes interrupting your thoughts or while reading Bible/ praying.
 - Sudden cutting off of thoughts while conversing/witnessing. (blank out).
 - Thoughts captivated by patterns of fear, worry, rejection, anxiety, and so forth.
 - Is the stove off? Are the doors locked? You have a compulsion to check!
 - Senseless unwise tendencies.
 - “You must take risks and walk by faith.”
 - “You are more spiritual than anyone else”.
 - Uncontrolled imagination.
 - Sleeplessness and disturbing dreams.
 - For example, sexual dreams can be as a result of a demonic marriage with a spiritual spouse.
 - Forgetfulness (this can also be as a result of shock), loss of memory, poor memory. You are always making lists.
 - Inability to communicate – quiet (it is too much effort to talk) or persistent talking (do not think what you say – talk any nonsense).

- Lack of concentration.
- Inability to reason – you may nod your head and blink your eyes but nobody's home!
- Poor judgment (Saul is an example of a mind out of control - believing lies, jealous.
- Double-mindedness, indecision, wavers.
- Passivity, when there should be action; procrastination and lingering.
- Hyperactivity, out of control. Cannot be restful.
- Excessive rashness and impulsiveness.
- If you have suffered from a passive mind with thoughts that oppress, drive and paralyze, you will have to resist them and do spiritual warfare before you will be victorious. Remember: it is a process and takes time ... it is not just a prayer.

God has created you to control your mind. He wants to bring you to a point where:



- Your thoughts are under control;
- You are not driven, but led by the Spirit of God;
- Peace reigns in your mind;
- Your mind is free to focus on God; and
- You are free to receive the Truth of God.



On the other hand, passivity will:

- Hinder you from spiritual growth – no victory;
- Hinder you from receiving the Word of God;
- Hinder you from hearing from God;
- Hinder you from meditation and study;
- (It may) cause deception.

Oppression is not being able to control my thoughts, which gives me over to any thought and/or wave of negative thoughts – rebellion, depression, heaviness, confusion, and so forth.

A Helpful tip ...

You may find this a helpful tip ... if you want to stretch your mind to be able to retain the Word of God and to improve

your concentration, it will be very helpful to listen to teachings over and over which will help you to receive more and more of the Truth of the Word. You will find that you will have more control over your thoughts and will start to live a life of victory!

The mind – section two:

If you get victory in your thoughts, you will have to maintain this victory in the other areas of your life. Moods and actions are manipulated by wrong thoughts. Satan will try to plant negative thoughts in our minds, which affect our EMOTIONS. For instance, you get up in the morning with negative thoughts that manipulate you for the rest of the day. Or just before church, you get a flood of negative thoughts – you are irritated, angry, rebellious, throughout the service. This causes you to lose your joy – this is dangerous territory! The flesh is actually reckoned with in your thought life.

REMEMBER: We will never reach the point where our mind will not return to the flesh if it is left alone ... weeds come up automatically.

The natural mind resists the knowledge of God. By reading the Word, we allow the Truth to penetrate every part of our mind. We will then walk a straight and steadfast road. Our emotions cause us to wander – up and down – this is why our emotions must be brought under the Rule of Messiah.

Truth is the key to a renewed mind. Truth can stop wrong thoughts from making a nest in your mind. Every temptation comes to you in terms of a thought. You should analyze every thought and know that:

- It makes sense (divorce, murder, and so forth – does not make sense!).
- It is reasonable.
- It is not used to manipulate your mood or actions.

God's Solution for a disturbed mind:

- Put on your armor (Ephesians 6) and prepare for war. The devil controls you by certain fixed thought patterns that must be broken down. You will enter into warfare, a battle ... but it is necessary to get your mind back so that you can do the thinking.
- Let your mind always meditate on the Word. A neglected mind will always choose to feed the flesh. If you neglect your daily Bible study, your mind will be drawn to the things of the world (if you neglect a garden, the weeds come up automatically!). To walk according to the Spirit means to always keep your mind upon the things of the Spirit. The Spirit brings forth LIFE and shalom [peace]. The flesh brings forth death. The mind will determine according to which one you walk.
- If your mind rejects the Truth, it will never reach your spirit. By meditating you prepare your mind for the Word of God – if you have it in your mind, it will sink into your heart.



Advantages of Bible meditation:

Psalm 1:1-3 **"BLESSED (HAPPY, fortunate, prosperous, and enviable) is the man who walks and lives not in the counsel of the ungodly [following their advice, their plans and purposes], nor stands [submissive and inactive] in the path where sinners walk, nor sits down [to relax and rest] where the scornful [and the mockers] gather. 2 But his delight and desire are in the law of the Lord, and on His law (the precepts, the instructions, the teachings of God) he habitually meditates (ponders and studies) by day and by night. [Rom. 13:8-10; Gal. 3:1-29; II Tim. 3:16.] 3 And he shall be like a tree firmly planted [and tended] by the streams of water, ready to bring forth its fruit in its season; its leaf also shall not fade or wither; and everything he does shall prosper [and come to maturity]. [Jer. 17:7, 8.]"**

Joshua 1:8 **"8 This Book of the Law shall not depart out of your mouth, but you shall meditate on it day and night, that you may observe and do according to all that is written in it. For then you shall make your way prosperous, and then you shall deal wisely and have good success."**

- Take for example, take one Scripture a week ... force your mind to meditate on this Scripture. Choose a Scripture that covers the area where you are weak.
- Take every thought captive. You must do it! (Ephesians 4:17, 18, 23; 2 Corinthians 10:5). Stop fantasizing and begin to live your own life. Cast down barriers. Examine the origin of your thoughts and actively resist the thoughts contradicting the Word of God.
- Amusement is addictive¹². Why do Christians backslide? To be a Christian is to walk by FAITH. We must constantly be reminded of the LORD by praying, reading the Word, and so forth. The Word is tangible (see and feel). If the Christian spends more time with the world, he begins to think as the world does. Things of the LORD then become boring, unreal, and dry. The more time you spend, the greater your appetite for the Word becomes.
- Activate your mind. God will not take your mind away, but the devil will.
 - Make a decision – “My mind belongs to me and I will use it. I will not allow any external force to rule or use my mind!”
 - Train your mind to take the initiative in every action that you take, do not depend on others.
 - Train your mind by thinking – start to think, reason, concentrate, remember and understand. Force yourself to do things that was difficult to do.
- Determine the state of a normal mind and fight for your freedom until you have succeeded. Don't stop!
 - Wars are won by fighting, not running away.



The TREES¹³ of the mind:

We must understand that thoughts are not just “empty” or “nothing”. They take up mental real-estate! As soon as you think something, that thought is forming¹⁴ a “TREE” in your brain – what scientists call a dendrite [they look almost like trees, shown left].

When our brains are healthy and focused [meditating and renewing our minds] on the LORD and His Promises, the “trees” formed in our mind our beautiful and green.

However, when we have NEGATIVE thoughts – FEAR, depression, anger, trauma, emotional pain, and so forth – our “trees” grow black and dead.

¹² For additional study, please see our book *“Gateways Of Influence”*, available from the website or for order from the office.

¹³ For additional study, please check out <http://drleaf.com/>.

¹⁴ If the thought is a re-occurring theme, the TREE that has already been formed will be strengthened and more established.

You see ... Our brains were wired for LOVE! When we think negatively, this sends our brain into chaos because our brain doesn't have "negative" chemicals – only "positive" chemicals. Our brain then has to use the "LOVE" chemicals in wrong amounts, which grow ugly black trees.

It is these black trees that keep our minds in bondage, stress, depression, fear, and so forth. These trees actually act like road blocks in our "thought highways".

What kind of "trees" are you growing and nurturing?

For most of us, our brain-forest is BLACK with maybe only a few small green trees. BUT there is HOPE! God has designed our brains to be re-wired – to be renewed! Each one of us are our own "brain-surgeon"!



When a NEGATIVE thought – a black tree – comes to mind, we have THREE choices:

1. **IGNORE** the thought and suppress it. This doesn't help since the tree remains a BLOCKAGE in our subconscious.
2. **ENTERTAIN** the thought and keep growing the black tree.
3. Or **MELT** down the tree by speaking, believing, and meditating on the LORD and His Word – growing a green tree instead.

This is the practical process of mind renewal – melting down the black trees by taking our thoughts captive, and by allowing God's Truth and Light to dispel our darkness.

How long does it take to melt down a black tree? Only twenty-one days! **Try it!**

REMEMBER: Counsellors cannot take your thoughts captive! YOU have to do this!

Characteristics of a liberated mind:

- Thoughts subject to Messiah Y'shua [Jesus Christ] (2 Corinthians 10:5).
- A mind tuned to your spirit (Romans 8:6).
- A mind that is free to:
- Concentrate,
- Observe,

- Remember,
- Reason,
- Understand.

REMEMBER: To renew your mind is to achieve the highest and best that God has determined for you.

How God speaks¹⁵:

- The Holy Spirit reveals the will of God to the spirit of man so that he can know what it is.
- Through his mind he understands the meaning of this revelation.
- With his will he enters into spiritual power.

REMEMBER: You cannot walk in a revelation until you understand it. Then you use your will. It lets the Truth function in your spiritual life.

Insight of the mind:

- The mind will remain darkened to the degree that truth fails to penetrate the mind.
- Satan penetrates the mind to the degree in which the mind has been darkened.
- A mind that is closed to Truth is a clear sign of deception.
- A passive mind gives free access to demonic powers.
- Revelation that comes through a passive mind is subject to deception.
- A disturbed mind is detrimental to your spiritual life (Isaiah 26:3; Philippians 4:6-8).
- All guidance from God is given through your spirit. This guidance gives us the opportunity to make a choice – we are always brought to the point of making a decision.
- The mind must not be controlled by emotions (2 Timothy 1:7).

Conclusion:

- Spiritual growth and the renewal of the mind are definitely linked.
- You are responsible to renew your mind (Ephesians 4:23).
- The renewing comes as you allow God's Truth to penetrate every area of your thoughts.

¹⁵ Principles by Watchman Nee

Dealing with un-Godly beliefs [lies] ...

Un-Godly beliefs are formed primarily from TWO sources:

- The natural of unredeemed mind.
- Negative experiences [hurts, pain] – most often those of our childhood.

Un-Godly beliefs [lies] from experiences:



A great source of our unGodly beliefs is childhood hurts, traumas, and negative experiences. These make a very strong impression on us. For example, the child whose father misses all of his ball games, all of his birthday parties, and is never there when he needs guidance, may form such beliefs as the following:

•“I am not important because my dad does not have time for me.”

•“My dad will not be there for me when I need him.”

Even more serious un-Godly beliefs are formed by the child, who trying to intervene as his parents are fighting, is told ... "Shut up you pip-squeak, we did not even have all these problems before you came along!" He concludes that:

•“Things would be better if I had not been born. My life is a mistake.”

- **“It is better to keep my mouth shut and my feelings to myself. If I express them I will just get in trouble (he learns to "stuff" or "hide" his feelings).”**

Even as a potter molds and shapes the clay, so our hurtful experiences mould and shape our beliefs. If the foundation of the belief system laid during childhood is misshaped and distorted, the life that is built upon that foundation will also be misshaped and distorted.

In addition, negative experiences occurring during the adult years can cause further un-Godly beliefs to be formed. The impact of problems in business, marriage, and church, or the experience of accidents, natural disasters, or tragedies, can cause us to believe lies about ourselves, others, and God.

Un-Godly Beliefs from the unrenewed [natural] mind of mankind:

The largest, most tainted, source of ungodly beliefs comes from the natural, unredeemed mind. These beliefs, often so seemingly logical and appealing, reek with worldly standards of man.

Today they are infused with ideals of worldly success, popularity, and the self-made man. They encourage us to "be in charge," "to do our own thing," or in the words of various cult organizations, "to create our own reality."

If God is mentioned, He is limited to the "God within," and He is more like a tool than LORD. These beliefs are like poison gas, unseen but lethal.

Surrounded by the beliefs that pervade our culture, we as Christians fail to detect how tightly they are woven into the fabric of our own partly sanctified minds.

It is the natural, unsanctified mind then, handling life's hurts and traumas, that is chiefly responsible for the un-Godly belief system that we all have. One thing that it does as it tries to protect itself from hurt is to wonder "what if?" It is not uncommon for the imagination to run wild, as we either fear/worry about terrible things happening to us or convince ourselves that we are no good or shameful.

Because of this belief system, God insists that our minds need to be renewed (Romans 12:2).

Additional forces that shape our beliefs:

While it is hard to differentiate between the various forces that shape our beliefs, the following sources are also very influential.

- **Family heritage.**

Just as certainly as our families pass on to us a special fishing rod, a set of old china, or the corner cupboard, our families also pass on their beliefs, for better or for worse. As one marathon runner smoothly passes the baton to another, so parents pass on to their children their beliefs. Families are belief shapers!

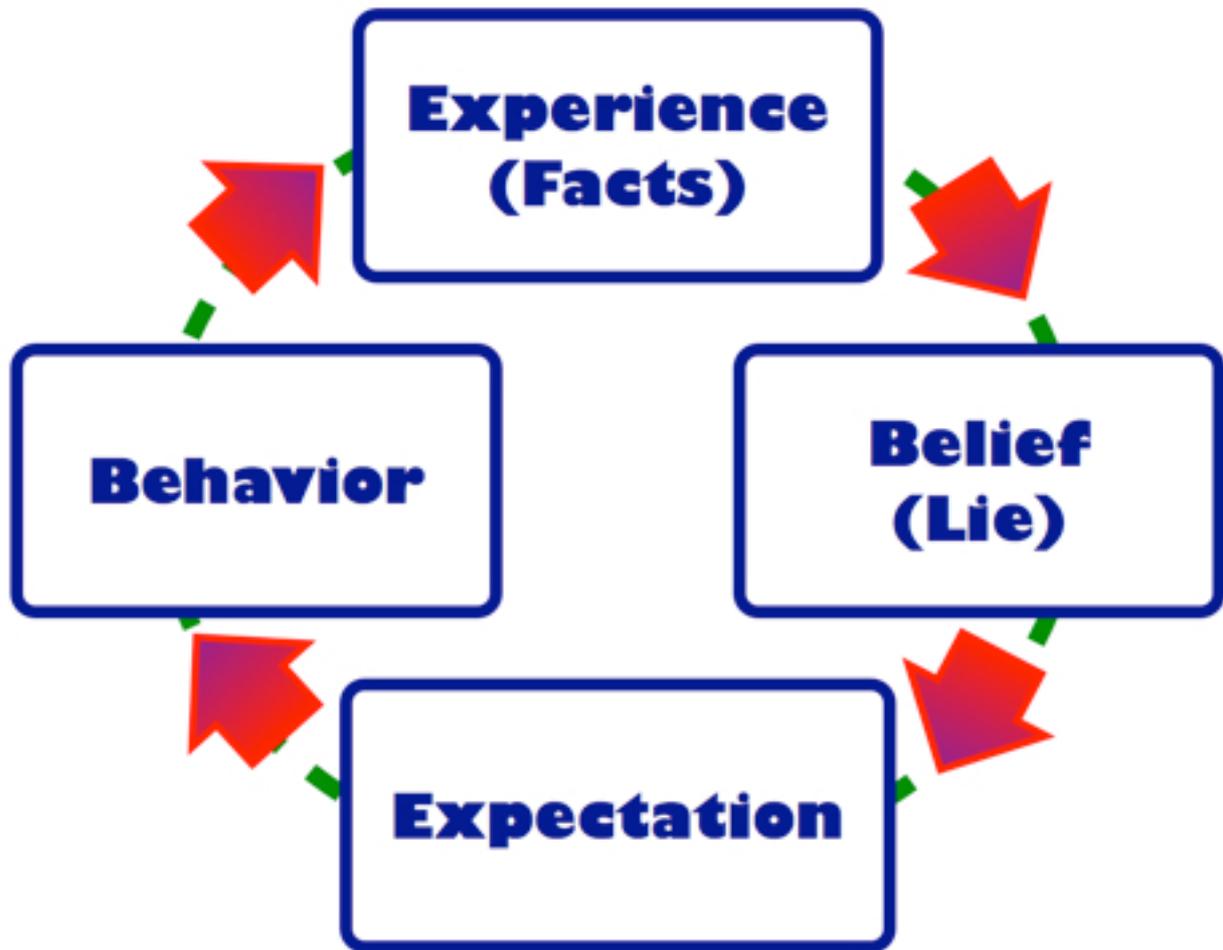
- **Repetition reinforces un-Godly beliefs.**

We are particularly influenced by our families' often repeated statements, especially ones about ourselves. Some families continually reinforce with such statements as "You will never amount to anything" or, "You are no good". In a friend's family it was, "Don't be a softie/sissie," meaning, "Do not be a coward."

These statements, often part of the child's daily diet, become the bone and marrow of his un-Godly belief system, a belief system that undermines his self-worth and ability to succeed.

The belief-expectation-cycle:

The above explanations can be diagrammed as the perpetual "Belief-Expectation-Cycle":



In this cycle, we see that experience leads to the formation of our beliefs.

- Our beliefs cause us to have certain expectations;
- These expectations govern our actions/behavior and they also "reach out" and effect others;
- Our behavior and other peoples' behavior directed toward us results in various experiences;
- And then these experiences further reinforce our old beliefs and cause new ones to be formed.

This cycle continues on indefinitely. The only way to stop the cycle for our un-Godly beliefs is to interpose the POWER of the TRUTH [Light] of God onto the cycle and bring it to a stop.



Then, as we begin to accept/experience God's TRUTH [Light] and let it change our beliefs, our expectations become positive, which lead to constructive behavior and good experiences. The same cycle that was killing us now begins to reinforce the new Godly Beliefs, further strengthening them. This helps us to build trust in God's Faithfulness to us, as He watches over His Word to perform it.

Quick summary:

Un-Godly beliefs result when the unredeemed mind attempts to make sense out of its contact with sin and the world, whether in our homes or in our culture. Un-Godly beliefs are also the result of emotional hurts and wounds. These beliefs are frequently passed down from one generation to the next, particularly in frequently repeated "put downs". God says, "Get rid of them!"

Results of un-Godly beliefs.

Our beliefs affect who we are, how we perceive ourselves, and how we relate to others, to the world around us, and to God. They determine how like Messiah we become, and even the quality of our walk of faith. They are like a vice-grip putting tight constraints on our lives, choking out the abundant life that Y'shua [Jesus] promises (John 10:10).

Un-Godly beliefs are like spiritual termites that quietly work behind the scenes undermining and eating away at that faith that has been established within us. They are going, "gobble, gobble, gobble," and eroding our foundations.

Un-Godly beliefs are, by definition, "unbelief". They hinder or block our faith in God and the TRUTH of His Promises. We hinder or shut off God's ability to bless us.

*Hebrews 11:6 "6 But **without faith it is impossible to please and be satisfactory to Him.** For whoever would come near to God must [necessarily] believe that God exists and that He is the rewarder of those who earnestly and diligently seek Him [out]."*

God doesn't "reward" unbelief or lack of faith. It is not too much to say, "We are what we believe," as the writer of Proverbs wrote:

*Proverbs 23:7 "7 **For as he thinks in his heart, so is he.** As one who reckons, he says to you, eat and drink, yet his heart is not with you [but is grudging the cost]."*

We use our un-Godly beliefs to justify our fleshly (old man) behavior (sin), rather than allowing the Holy Spirit to sanctify us.

*Romans 6:6-7,12 "6 **We know that our old (unrenewed) self was nailed to the cross with Him in order that [our] body [which is the instrument] of sin might be made ineffective and inactive for evil, that we might no longer be the slaves of sin.** 7 For when a man dies, he is freed (loosed, delivered) from [the power of] sin [among men]. 12 Let not sin therefore rule as king in your mortal (short-lived, perishable) bodies, to make you yield to its cravings and be subject to its lusts and evil passions."*

Even our beliefs about God Himself have the power to make our Christian life a fulfilling, growing experience ... or one that is stagnant, frustrating, and unfulfilling. How could we have joy if we believed the following:

- No matter how hard I try, it will not be enough to please God.
- God is waiting for me to make a mistake.
- God cares for others more than He cares for me.

These beliefs would undermine the very basis of any meaningful relationship with God. In extreme cases, un-Godly beliefs can result in a person having false or counterfeit identities. This occurs when he believes so many LIES about himself that his God-given identity is obscured or covered over.

This is probably always accompanied by demonic entities assuming the roles of the counterfeit identities. (Demonic identity personalities are not the same as dissociated or fragmented identities that have their origin from within the God-given identity.)

Un-Godly beliefs, whether based on the natural mind or on experiences of hurt can be crippling. They are the enemy of our faith. Because we have lived with them for so long and because they seem so natural, most of us are blind to them.

Common examples of un-Godly beliefs about ourselves:

- **Rejection, not belonging**

- I don't belong. I will always be on the outside (left out).
- My feelings don't count. No one cares what I feel.
- No one will love me or care about me just for myself.
- I will always be lonely. The special man (woman) in my life will not be there for me.
- I will isolate myself so that I won't be vulnerable to hurt and rejection any more.
- " _____ ".

- **Unworthiness, guilt, and shame.**

- I am not worthy to receive anything from God.
- I am the problem. When something is wrong, it is my fault.
- I am a bad person. If you knew the real me, you would reject me.
- I must wear a mask so that people won't find out how horrible I am and reject me.
- I have messed up so badly that I have missed God's best for me.
- " _____ ".

- **Doing to achieve self-worth, value, and recognition.**

- I will never get credit for what I do.
- My value is in what I do. I am valuable because I do good to others, because I am "successful".
- Even when I do/give my best, it is not good enough. I can never meet the standard.
- I will choose to be passive in order to avoid conflict that would risk others' disapproval.
- God doesn't care if I have a "secret life", as long as I appear to be good.
- " _____ ".

- **Controlling to avoid being hurt.**

- I have to plan every day of my life. I have to continually plan/strategize. I can't relax.
- The perfect life is one in which no conflict is allowed, and so there is peace.
- " _____ ".

- **Self-image.**
 - I am unattractive. God short-changed me.
 - I am doomed to have certain physical disabilities. They are just part of what I have inherited.
 - It is impossible to lose weight (or gain weight). I am just stuck.
 - I am not competent/complete as a man (woman).
 - “ _____ ”.
- **Personality traits.**
 - I will always be angry, shy, jealous, insecure, fearful,
 - “ _____ ”.
- **Identity.**
 - I should have been a boy (girl). Then my parents would have valued/loved me more, and so forth.
 - Men (women) have it better.
 - I will never be known or appreciated for my real self.
 - I will never really change and be as God wants me to be.
 - “ _____ ”.
- **Miscellaneous.**
 - I have wasted a lot of time and energy, some of my best years.
 - Turmoil is normal for me.
 - I will always have financial problems.
 - “ _____ ”.

Common examples of un-Godly beliefs about others:

- **Safety/Protection.**
 - I must be very guarded about what I say, since anything I say may be used against me.
 - I have to guard and hide my emotions and feelings. I can not give anyone the satisfaction of knowing that they have wounded or hurt me.
 - I'll not be vulnerable, humiliated, or shamed.
 - “ _____ ”.
- **Retaliation.**
 - The correct way to respond if someone offends me is to punish them by withdrawing and/or cutting them off.
 - “ _____ ”.

- **Victim.**
 - Authority figures will humiliate me and violate me.
 - They will just use and abuse me.
 - My value is based totally on others' judgment/prescription about me.
 - I am completely under their authority. I have no will or choice of my own.
 - I will not be known, understood, loved, or appreciated for who I am by those close to me.
 - “ _____ ”.
- **Hopelessness and helplessness.**
 - I am out there all alone. If I get into trouble or need help, there is no one to rescue me.
 - “ _____ ”.
- **Defective in Relationships.**
 - I will never be able to fully give or receive love. I don't know what it is.
 - If I let anyone get close to me, I may get my heart broken again. I can't let myself risk it.
 - If I fail to please you, I won't receive your pleasure and acceptance of me. Therefore, I must strive (perfectionism) even more. I must do whatever is necessary to try to please you.
 - “ _____ ”.
- **God.**
 - God loves other people more than He loves me.
 - God only values me for what I do. My life is just a means to an end.
 - No matter how much I try, I'll never be able to do enough or do it well enough to please God.
 - God is judging me when I relax. I have to stay busy about His work or He will abandon me.
 - God has let me down before. He may do it again. I can't trust Him, or feel secure with Him.
 - “ _____ ”.

Examples of the effects of un-Godly beliefs in specific areas.

Two examples in the areas of "Significance and Security" and "Negative Expectation" will show how destructive un-Godly beliefs can be.

- Significance and Security.

Our real significance and security is in God. If we only verbally agree with this, and do not believe it in our heart, we have an un-Godly belief. Concerning this, the Scripture says:

*Ephesians 1:6 “6 [So that we might be] to the praise and the commendation of His glorious grace (favor and mercy), **which He so freely bestowed on us in the Beloved.**”*

*Hebrews 13:5 “5 Let your character or moral disposition be **free from love of money [including greed, avarice, lust, and craving for earthly possessions]** and be satisfied with your present [circumstances and with what you have]; for He [God] Himself has said, I will not in any way fail you nor give you up nor leave you without support. [I will] not, [I will] not, [I will] not in any degree leave you helpless nor forsake nor let [you] down (relax My hold on you)! [Assuredly not!]”*

Rather than believing God, we believe that we will be disliked, rejected, or abused. Therefore, we must strive to find acceptance. We search for significance in many other places than God – in money, fame, sexual exploits, and so forth. Even though His Word tells us that we are created in His Image “for fellowship” and that He has a PLAN and a PURPOSE that will give us fulfillment.



As counsellors, when we see striving and little rest in a person's life, we have an important clue that un-Godly beliefs are in operation in the area of significance and security.

- Negative Expectation.

If we are full of negative expectations and fear about what is going to happen to us, we are not believing nor trusting what God is saying in His Word:

*1 John 4:4 “4 Little children, you are of God [you belong to Him] and have [already] defeated and overcome them [the agents of the antichrist], **because He Who lives in you is greater (mightier) than he who is in the world.**”*

*Romans 8:37 “37 **Yet amid all these things we are more than conquerors and gain a surpassing victory through Him Who loved us.**”*

*John 10:10 “10 The thief comes only in order to steal and kill and destroy. **I came that they may have and enjoy life, and have it in abundance (to the full, till it overflows).**”*

Christians expecting to fail, to have lack, to be mistreated by others, and so forth, or believing that whatever they do won't be adequate, who worry continually, or who are afraid of every new thing on the horizon (or what might appear on the horizon), are not walking in God's Provision or Promises:

*2 Peter 1:3 "3 For His divine power has bestowed upon us **all things that [are requisite and suited] to life and godliness, through the [full, personal] knowledge of Him Who called us by and to His own glory and excellence (virtue).**"*

When we as counsellors see a person living out of negative expectation, ministry for un-Godly beliefs is clearly indicated.

Higher Level of TRUTH than the facts.

In order for us to be transformed into the Image of God, what is in our mind has to be changed so that it lines up with God's Truth, not the facts of our experience. Here we are truly challenged.

First, there are the facts. Facts are what actually happened. For example:

- The wreck happened.
- The person had a disease.
- The business closed.
- The person confessed sin.

Facts are true, based on our experience in the here and now. BUT ... there is a higher level of truth than the facts. And that is God's Truth: what He says about the situation.

God's Truth is not seen by the natural man, who is looking at the facts, but by the spiritual man, who knows God's Transforming POWER. It is seen and embraced through faith.

*1 Corinthians 2:14-15 "14 **But the natural, nonspiritual man does not accept or welcome or admit into his heart the gifts and teachings and revelations of the Spirit of God, for they are folly (meaningless nonsense) to him; and he is incapable of knowing them [of progressively recognizing, understanding, and becoming better acquainted with them] because they are spiritually discerned and estimated and appreciated. 15 But the spiritual man **tries all things** [he examines, investigates, inquires into, questions, and discerns all things], yet is himself to be put on trial and judged by no one [he can read the meaning of everything, but no one can properly discern or appraise or get an insight into him]."***

But we are not just natural men. We are men and women whose spirits are alive, who have been born again. And we can discern (appraise) the spiritual truth that has to do with what God says about a fact or situation. By the power of His Spirit working within us, we can embrace His Truth.

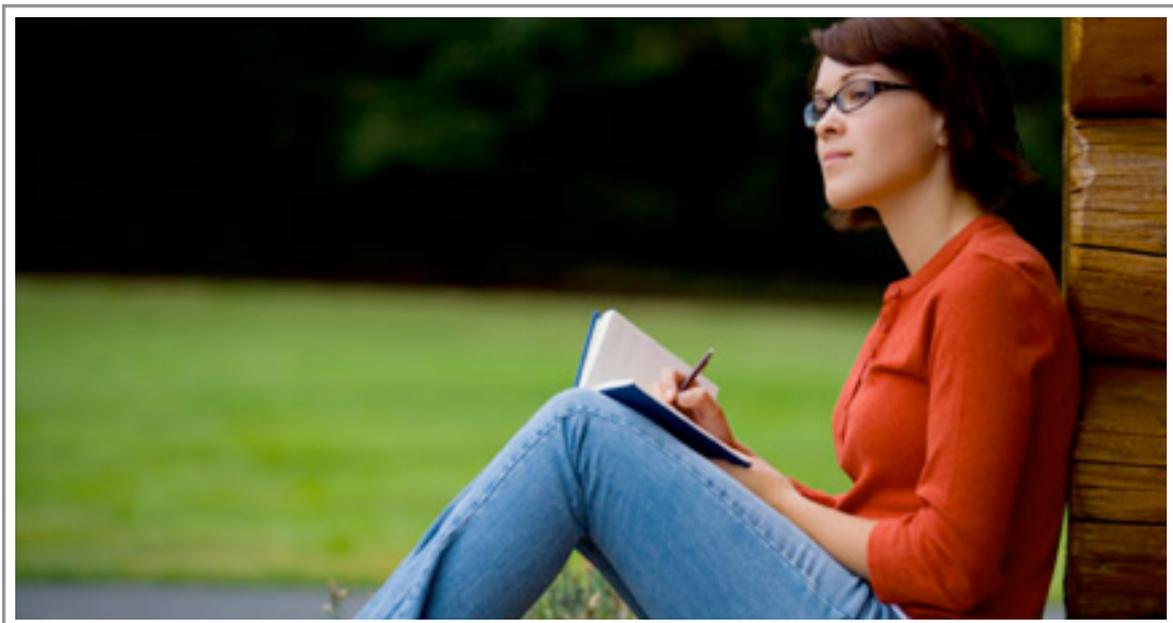
The following examples illustrate the difference between believing factual truth and believing God's TRUTH.

- Apparent Fact – “I’m a victim of difficult circumstances”.
- ***God’s Truth – “I am an over comer. I am more than a conqueror.”***
- Apparent Fact – I am just a nobody, going nowhere”.
- ***God’s Truth – “I chose you before the foundation of the world. My plans for you are good”.***
- Apparent Fact – “The leadership of this church can’t be trusted”.
- ***God’s Truth – “I am building My Church”.***
- Apparent Fact – “So much is changing, I can’t count on anything”.
- ***God’s Truth – “I am the same yesterday, today and forever. Put your trust in Me”.***
- Apparent Fact – “I am going through many trials and difficulties”.
- ***God’s Truth – “I will bring you through trials that I may mature you”.***

How to deal with un-Godly beliefs.

1. Define the un-Godly belief.

Express the un-Godly belief as a statement, usually declarative. It helps to make a stark, blunt, clear statement, to emphasize the reality of the unbelief. Usually the beliefs can be stated in two to three sentences. If the counselee can be honest with himself, he may be shocked at how much fear, resentment, and/or unbelief the statement contains.



2. Define the Godly Belief.

A good Godly Belief is a statement that agrees with what God's Word says is true. Again, this is usually a declarative statement. We express the Godly way of looking at the same concept/principle/belief that is revealed by the un-Godly belief.

Sometimes we write the Godly Belief for the counselee. At other times, depending on how the Holy Spirit leads us in assessing the ability of the counselee, we let the counselee write the Godly Belief.

We help him do this by discussing his thoughts and making notes of his prayers during the ministry time, as the Holy Spirit leads him in praying/affirming the new Godly Belief. We let him complete the writing of his Godly Beliefs after the counselling session.

3. Minister to the un-Godly belief.

Use the ministry steps in the next section to break the power of the un-Godly beliefs and to set the stage for the Godly Beliefs to come forth. Go through the process of forgiveness, repentance, and renouncing the un-Godly beliefs. Declare and receive the Godly Beliefs.

4. Use Scripture to support and verify that the new belief is Godly.

Pray and ask the Holy Spirit to lead the counselee to Scriptures that support the Godly Beliefs during his prayer time (at home). Instruct him to add the Scriptures to the Godly Beliefs and to include the Scriptures as a part of his prayer time. We want his faith to be solidly attached to the Word, and not onto our opinion.

5. Fine tune what has been written.

Instruct the counselee to rewrite the Godly Beliefs, to use words that really express what he knows that God wants him to believe. Have him fine tune and adjust the statement until it "fits" him.

6. Most essential for freedom.

Stress to the counselee that it is important to take seriously the forty day period needed to change any habit, if he desires to gain real freedom. Since his patterns of thinking are habits, it takes about this amount of time for the newly "planted" beliefs to be well rooted and to begin to manifest in his life.

Have him continue to pray that the Holy Spirit will plant the new beliefs deep into his heart. Have him continue to meditate on their truth and meaning. The point is not just positive confession, but rather to have his heart changed, so that he can begin to think, make decisions, and have expectations corresponding to a Godly Beliefs system.

Example – this is an un-Godly belief in the area of not belonging. The person for whom it has been written had been left and ignored by his father. He had never bonded with either parent.

- Un-Godly belief – “I am alone in the world, I have no one who cares. I have to make my own way.”
- Possible Godly beliefs –“I am not alone in the world, because God has given me Himself, my wife, and my family of God ...”
 - God cares, my wife cares, and my brothers and sisters in Messiah care for me and about me.
 - I can let go of having to make my own way, because I am God's child. He leads me, He establishes my path.
 - I belong completely to God my Father, Y’shua [Jesus] my Messiah, and the Holy Spirit my Comforter. I belong to my wife, as God has and is causing us to become one. I belong to the Body of Messiah, and they belong to me.

Helpful hints for writing Godly Beliefs.

The following are some helpful hints for writing Godly Beliefs in the categories of self, others, and God.



1. Godly Beliefs Concerning Self.

In this category, we might want to include statements such as "with God's help" or "by His grace He will enable me to ...", so that we don't have to face the entire transition from old to new in one step. Otherwise, our new Godly Beliefs could sound like a lie to us. For example, trying to help someone change from "I can never remember names" to "I always remember names."

Before the new Godly Beliefs begins to produce a harvest, while they are still not remembering names, the Godly Beliefs toward which they are headed would be a lie. For example:

•Un-Godly belief – “I will always be lonely”.

•Godly Belief - “With God's help, I will begin to reach out to others, and also to receive from them. He has designed me to fit into His Body”.

Sometimes, in beliefs concerning self, a Godly Belief amounts to a declaration (what I will decide to do), regardless of other people or situations. For example:

- Un-Godly belief – “I will always drift from job to job, and never find my real direction”.
- ***Godly Belief – “As I submit myself to God, He will direct me in the plan and purpose He has for me”.***

2. Godly Beliefs Concerning Others.

In a situation in which the un-Godly belief involves another person, we need to look at what God says is possible for that person, not how he is behaving now. For example:

- Un-Godly belief – “My husband always gets angry at me”.
- ***Godly Belief – “God can enable my husband to not only control the anger, but to become completely free of this bondage”.***

NOTE, that we no longer identify the problem with the person, but we separate him from the problem. We focus on what God says, on what God can do. The Godly Belief is a statement of faith.

3. Godly Beliefs concerning God Himself or His Word.

Un-Godly beliefs about God and/or His Word are very common. We must choose to believe what He says about Himself, rather than our fears or resentments toward Him. It doesn't hurt to remember that our beliefs about God are strongly influenced by our experiences and relationship with our father. For example:

- Un-Godly belief – “God heals others, but He won't (or can't) heal me”.
- ***Godly Belief – “God is no respecter of persons. He loves all of His children equally. His healing is for me”.***

In approaching un-Godly beliefs, we use the "Jeremiah" process of uprooting and tearing down before we can build and plant. The ministry process that follows is a method for uprooting the old, so that the ground is prepared for the new Godly Beliefs.

4. Practical application.

- Un-Godly belief – “You can't trust anyone.”
- Reaction – “But that's really true, I haven't been able to trust anyone! Are you going to tell me that I have to trust everyone? Because I just can't do that!”
- Response – We know that this feels true based on your life experiences. We're not denying the reality of what has happened to you.

- With this belief in place, you'll have to live a guarded life with no real, true relationships. It leaves you totally on your own, and it even prevents you from trusting God.
- **God's Truth** –*"I will NEVER leave you defenceless and without protection"*.
- **Step 1: Forgive the People.**
 - "LORD, I forgive the people who helped me form the ungodly belief that I can't trust anyone." Name each individual one by one and talk about what they had done to help form and establish the belief that the counselee cannot trust anymore.
- **Step 2: Ask Forgiveness.**
 - "LORD, forgive me for how I have participated in this un-Godly belief by isolating myself, by not ever sharing my real thoughts or feelings with anyone else and by not even trusting that You will answer my prayers."
- **Step 3: Forgive Yourself.**
 - "I forgive myself for believing this un-Godly belief."



"But what if I don't really feel like it inside?" This is not about feelings, its about faith and confession. As the new Godly Beliefs are fully established, your feelings will follow. Forgive yourself by faith and soon you will feel it in your heart.

- **Step 4: Renounce and BREAK the agreement with the un-Godly belief.**

- “I renounce and break agreement with the ungodly belief, ‘I can’t trust anybody. Now I choose to believe and receive my new Godly Belief _____.”
- Wait and ask the Lord what He wants you to believe.
- “I can trust the Lord to give me discernment and wisdom on who I can trust and to what degree. He will never fail me!”
- Go through each un-Godly belief step by step as laid out in our examples above.

Establishing TRUE identity vs. false identity.

A good idea is to have a black/white board and to divide the board in half. On the left write the heading False Identity and on the right, True Identity. Then write down every word that helped create the false identity. You can now move to the other side of the board – true identity. Under this heading write down the words that align with God’s Word and what He said about the counselee.



When the board is filled on both sides it is time for prayer. Stand on the left-hand side and renounce and break agreement with those words. As you do, erase each word.

“I renounce and break agreement with the false identity of:

- Broken,
- Bad,
- Afraid,
- Ashamed,
- “ _____ ”.

It's like stripping off old dirty rags from your past and having a new robe placed on you.

Isaiah 61:10 “10 I will greatly rejoice in the Lord, my soul will exult in my God; for He has clothed me with the garments of salvation, He has covered me with the robe of righteousness, as a bridegroom decks himself with a garland, and as a bride adorns herself with her jewels.”

“Now I receive, accept and choose to believe the True Identity. I receive, accept and choose to believe my true identity, that:

- I am mended.
- I am Godly.
- I am loved.
- I am courageous.
- I am worthy.
- I have double honour.
- I am cherished.
- I am part of the family of God.
- I am special, healed, trusting, and secure.
- “ _____ ”.



Counsellor's Prayer:

We curse all the fruit in _____ (counselee's) life from the un-Godly beliefs and the false identity. We pray that every habit and pattern of living and thinking will be changed to align with his/her new Godly beliefs. We take authority over the strongholds and every demon assigned to them. You have no right to _____ (counselee's) mind anymore. We bind all demonic activity and communication in the Name of Y'shua [Jesus].

FATHER, let _____ (counselee) new Godly beliefs and true identity take root, grow, and prosper in her life. We command your heart, mind, will and body to line up with the truth of your Godly beliefs and true identity, in the Name of Y'shua [Jesus].

FATHER, we ask You to give _____ (counselee) the faith and discipline to establish the mind of Messiah within him/her. We bless you _____ (counselee) in the Name of Y'shua [Jesus]!

VERY IMPORTANT! Make a list of the Godly Beliefs and True Identity for the counselee to take home so that they can read over them several times per day – for FORTY DAYS! Praying through and meditating on God's Truth for forty days – particularly in a specific area – will establish the Truth in the counselee through renewing their mind.

PRAYER: May the Holy Spirit illuminate your mind with revelation in hearing, discerning, writing, and ministering to un-Godly beliefs. May this practice bring understanding and clarity in all aspects of helping the Holy Spirit renew our minds. AMEN!



Dealing with depression ...

- How can one tell depression from discouragement?

Depression is by far the most common form of mental suffering. It is however, a poorly defined condition, which means different things to different people. We must be able to distinguish between the transient "depression" of someone unhappy about a recent disappointment and the severe crushing despair of one who has for many years lost all interest in life.

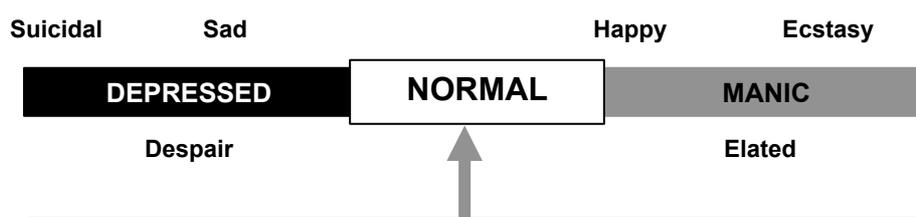
We choose to use the term "discouragement" for temporary mood fluctuations, which would be commonly referred to as the "blues" and would never be considered an "illness". "Depression" is reserved for prolonged disorders of mood, which require professional help.

It is not always easy to distinguish between these two conditions and it requires considerable training and experience. There is presently no blood test or X-ray that will diagnose mental illness. Understanding what a person is thinking and feeling is the only way to separate these conditions.

Discouragement is transient with an obvious cause and the person is still able to enjoy other unrelated activities. It resolves with time and supportive counseling. A discouraged person can still be hopeful, with good thought control and concentration.

Depression is usually very prolonged with unrelenting symptoms. It is often, though not always characterized by sadness. There is an inability to enjoy activities and all interests fade. There is general hopelessness and a lack of ability to control or steer thoughts. This is a much more disabling condition than discouragement.

Figure 1:



The Mood Control Centre should maintain mood in the normal range regardless of circumstances.

- What causes depression?

It is important to realize that forming a thought is as physical an event as blinking an eye or moving your arm. Nerve cells in the brain allow you to form thoughts in the same way that they permit movement. We only have full control of our thoughts when all the nerve cells are working properly to give us that control. This process is subject to malfunction like any other part of the body.

The brain is divided into regions or "control centers" that direct every activity of the body. The mood control centre is responsible for maintaining normal mood, which allows you to be relaxed, content, feeling in control, concentrating normally, clear headed and coping with stress.

There are very specific chemical substances called neurotransmitters, which are produced, by brain cells to regulate these body functions. If anything happens to disrupt the production of these chemicals, then the control centre will malfunction and symptoms or disability will result.

If for example, brain cells malfunction in the movement control centre, then you will have difficulty with movement. A stroke is an example of this kind disability. If the malfunction is in the mood control centre, then mood begins to fluctuate outside of your control or it slides into a depression, which will not lift.

It is now well established that mental illnesses are usually the result of an imbalance in the chemicals associated with mood control. This tendency to malfunction is usually inherited. Symptoms may just appear without reason or depression may come as a result of stressful circumstances that bring out the inherited tendency to have a mood disorders.

As a result of the discovery of the above facts, depression is now seen as a physical illness needing and responding to medical treatment.

- *Brain control regions.*

Due to the genetic nature of the condition, a triggering stress is not always needed. Sometimes depression just develops over years with no obvious cause, much like diabetes.

There is no doubt however, that stress can trigger a depressive illness in someone who already has the genetic potential for depression. If there is very strong genetic potential, then it will take very little stress to trigger an illness. If the genetic link is weaker, then more stress is needed to cause disability.

The treatment of depression is the same whether or not it was triggered by stress. If the chemical imbalance is present, it can be treated regardless of the cause. Think of it this way. If someone breaks their leg, they will need a cast. It doesn't matter if it was caused by a fall or a car accident; the treatment of the resulting disability is the same.

When the chemical imbalance is corrected, the person is then better able to deal with their stresses, usually with the help of a counsellor.

- *What are the symptoms of depression?*

Depression has a very wide variety of symptoms and each individual shows a different pattern. Generally speaking these people usually have been sad for prolonged periods without obvious cause. They have lost interest in most activities of life, which previously gave them pleasure.

They feel defeated, useless, hopeless, unable to pray, punished by God, and unworthy of anyone's love or God's forgiveness. They may feel that God has left them or is no longer listening to them due to unknowingly committing the "unpardonable sin."



They consider themselves to be a failure as a Christian and as a person. Plagued by guilt, they condemn themselves for not being able to "snap out of it". Some have increased irritability and will attack everyone around them as the likely cause for their unhappiness. They find it hard to relax or ever feel content. There is a diminished interest in sex or any kind of intimacy.

Depressed people often have great difficulty falling asleep due to persistent and uncontrollable racing of unpleasant thoughts or worries through their mind. Many will awaken at four a.m. and will be unable to fall asleep again because of the same racing of thoughts. Others oversleep and use it as an escape from an unpleasant reality.

Concentration on work, pleasure or reading becomes impossible while struggling with the continuous stream of unpleasant and depressing thoughts, which cannot be kept out of the mind.

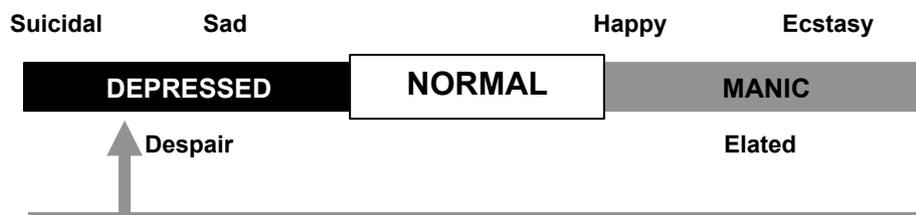
When reading they will see the words but have to reread the sentence many times before understanding what was said. It is hard for them to keep their minds on anything. Their memory seems to fail and it becomes very difficult to finish any project due to fatigue or lack of interest.

Fatigue becomes overwhelming in eighty percent of depressed people. Daily responsibilities which were previously easy and pleasant are seen as enormous undertakings. Everything becomes such an effort that all activities are avoided. A depressed person also finds it very hard to make decisions since their self-confidence is so low and concentration is so impaired. Anxiety becomes a continuous thought pattern, which cannot be turned off. The depressed person will worry about everything, even tiny details of life, which never before attracted their attention. Fifty percent of depressed people can't stop worrying. Intense fear and worry may induce unusual behavior patterns like repetitive hand washing to rid themselves of a sensation of being dirty. This is also known as Obsessive Compulsive Disorder (O.C.D.).

There may be a preoccupation with body symptoms and frequent visits to doctors with complaints that can never be diagnosed or treated. Chronic pain is often present and it hides the underlying depression.

Medical treatment is then directed at the pain so the mood remains untreated and the emotional disability continues undetected and untreated. Sixty percent of chronic pain patients have a medical depression but they may hide behind the legitimacy of pain to prevent the detection of a less socially acceptable condition.

Figure 2:



Chemical imbalance prevents the Mood Control Centre from restoring normal mood so thoughts slide into depression.

Socialization is difficult during depression and it becomes very uncomfortable to attend church. Depressed people find that they don't get anything out of church services and often complain that they "aren't being fed." They have multiple complaints about the Pastor or members. It is very common for them to change churches frequently in search of a congregation that will fill their needs.

Crying becomes a frequent event. There is a tendency to blame others, especially spouse, family members or God for their state of unhappiness.

All of the above symptoms by themselves are common and do not always indicate a mental illness. When however, a number of these signs are present continuously for over two months, then treatable illness must be suspected.

The onset of depression is often during the teen years but at that time the symptoms are dismissed as just an "adolescent phase". Most patients have been suffering for over ten years before they realize that help is available. The onset is so insidious that it goes unnoticed and the person and their family just adjust to the changes. It becomes the new normal for that person so they sense no need of corrective treatment.

Depression affects every part of our ability to think and feel. It clouds our personality and changes how we interpret events and how we relate to others. It magnifies physical pain, disrupts relationships, blocks communication and changes our eating and sleeping patterns. It also affects everyone around us in a negative way. There are very few illnesses known that cut such a broad path of devastation and disability. It is a very common condition but is often undiagnosed since it can be masked by chronic pain, fatigue, and burnout and there is no test to prove it.

What is contemplative prayer?

It is important to first define “contemplative prayer.” Contemplative prayer is not just “contemplating while you pray.” The Bible instructs us to pray with our minds (1 Corinthians 14:15), so, clearly, prayer does involve contemplation. However, praying with your mind is not what “contemplative prayer” has come to mean. Contemplative prayer has slowly increased in practice and popularity along with the rise of the emerging church movement—a movement which embraces many unscriptural ideas and practices. Contemplative prayer is one such practice.



Contemplative prayer, also known as “centering prayer,” is a meditative practice where the practitioner focuses on a word and repeats that word over and over for the duration of the exercise. While contemplative prayer is done differently in the various groups that practice it, there are similarities. Contemplative prayer involves choosing a sacred word as the symbol of your intention to consent to God's presence and action within. Contemplative prayer usually includes sitting comfortably and with eyes closed, settling briefly and silently, introducing the sacred word. When a contemplative pray-er becomes aware of thoughts, he/she is to return ever so gently to the sacred word.

Although this might sound like an innocent exercise, this type of prayer has no scriptural support whatsoever. In fact, it is just the

opposite of how prayer is defined in the Bible. “Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.” (Philippians 4:6). “In that day you will no longer ask me anything. I tell you the truth, my Father will give you whatever you ask in my name. Until now you have not asked for anything in my name. Ask and you will receive, and your joy will be complete” (John16:23-24). These verses and others clearly portray prayer as being comprehensible communication with God, not an esoteric, mystical meditation.

Contemplative prayer, by design, focuses on having a mystical experience with God. Mysticism, however, is purely subjective, and does not rely upon truth or fact. Yet the Word of God has been given to us for the very purpose of basing our faith, and our lives, on Truth (2 Timothy 3:16-17). What we know about God is based on fact; trusting in experiential knowledge over the biblical record takes a person outside of the standard that is the Bible.

Contemplative prayer is no different than the meditative exercises used in Eastern religions and New Age cults. Its most vocal supporters embrace an open spirituality among adherents from all religions, promoting the idea that salvation is gained by many paths, even though Christ Himself stated that salvation comes only through Him (John 14:6). Contemplative prayer, as practiced in the modern prayer movement, is in opposition to biblical Christianity and should definitely be avoided.

THE END-TIME BATTLE AGAINST THE MIND.

New Age prophetess and Theosophist, Alice Bailey, said in her books that the next great war would be in the field of **world religions**. She stated that the goals of the so-called new “Christ” included **restructuring Christianity and abolishing Orthodox Judaism**. The precise nature of this planned conflict may be gleaned from Alice Bailey’s writings:

“Years ago I said that the war which may follow this one would be waged in the field of the world religions.” Bailey said, “This war would not be one of external carnage and blood but it would be fought largely with **mental weapons and in the world of thought**; it will involve also the **emotional** realm, according to **idealistic fanaticism**.”

This inherent fanaticism (found in every reactionary group) will fight against the appearance of the coming world religion and the spread of esotericism (occult).

For this struggle, certain of the well-organized churches through their conservative elements (their most powerful elements), are already girding themselves. Fanaticism, entrenched theological positions, and materialistic selfishness will be found actively organized in the churches in all continents and of all denominations.

They can be expected to fight for the established ecclesiastical order, their material profit and their temporal rule, and already are making the needed preparation.

Bailey goes onto say, “The coming struggles will emerge within the churches themselves; it will also be precipitated by:

- The enlightened elements that exist in fair numbers already.
- And are rapidly growing in strength through the impact of human necessity.
- The filth will spread to thinking men and women everywhere who in a protesting revolt have **denied orthodox Christianity and theology**.

Notice the battle plans. The field of battle is in the **mental¹⁶ and emotional realm**. In the same book, Alice Bailey states three planned activities of the “New Age Christ,” one of which concludes:

- “The reorganization of the world religions if in any way possible so that their out-of-date theologies,”

¹⁶ For additional study, check out the “FutureQuake” and “Nowhere To Run” podcasts on DMT [the spirit-molecule] and pharmakia.

- “Their narrow-minded emphasis and the ridiculous belief that they know what is in the Mind of God may be offset in order that the churches may eventually be the recipients of spiritual inspiration.”
- Bailey is talking about a total restructuring of the Christian faith by changing it from God-centered too self-centered! Paul emphasizes this danger to the Church in his farewell talk to the elders of the Ephesians Church (Acts 20:17-35). The Church today desperately needs to recognize this danger as the crisis we face.

“For I know this,” Paul declares, “that after my departing shall grievous wolves enter in among you not sparing the flock. Also, of your own selves shall men arise, speaking perverse things to draw away disciples after them.” (verses 29-30).



The great deception is springing from the tares growing along a side the wheat in the Church. When wheat grows, the tares are indistinguishable until before the bloom. One has to be knowledgeable to discern the difference. The Holy Spirit will lead us into all truth if we are yielded to Him and His Word!

Heresy is a serious thing, and nothing but a humble walk with God by His Word can keep us in His grace and in harmony with our true brethren. A new Wind and Fresh Light from God’s Holy Spirit is therefore an important necessity. This He gives us daily as new situations arise.

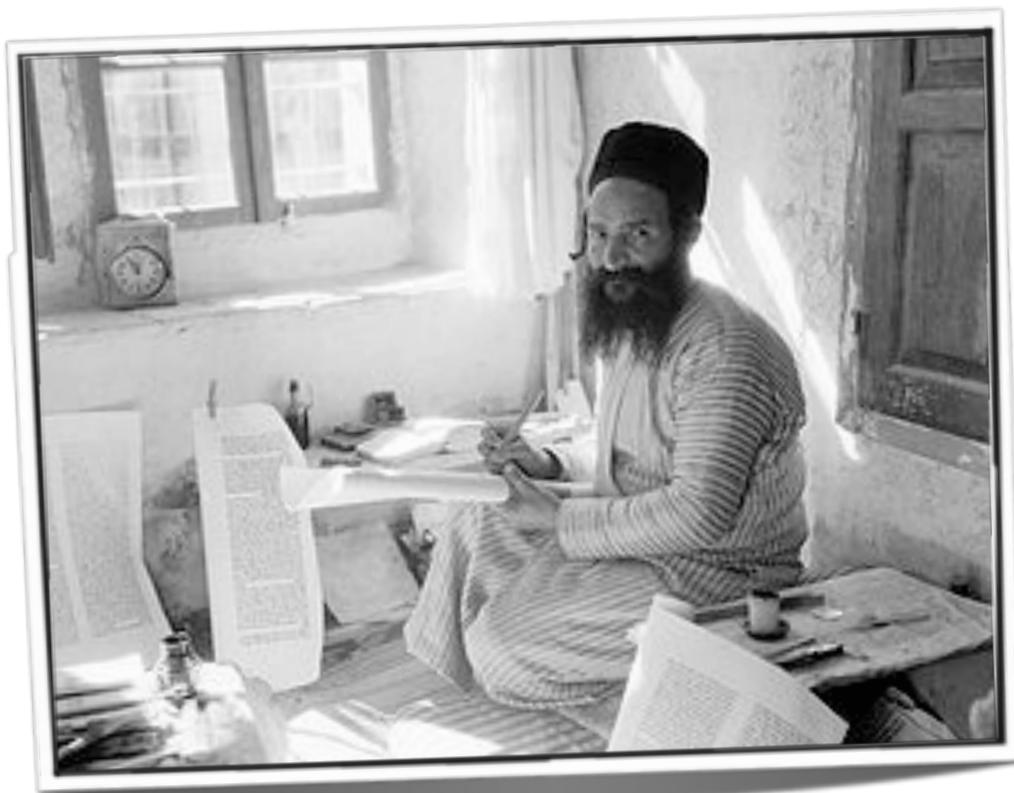
The (forces) demons of the pit have gone forth to deceive the whole world (Revelation 12:12). The consequence is that great upheavals are happening in the political and religious world. We must take account of these happenings, as they vitally affect the Church of Christ.

The Hebrew Language

The Hebrew Language ...

What's the context? It is so important to ask – and answer – this question, particularly when studying the Scriptures. We need to know what the meaning, understanding, culture, and value system of the text was in the language and time the text was written. Our modern-day mindsets cause us to define words within today's meanings, understanding, culture, and value systems ... however, this is often quite a way off from what was the original – and intended – understanding.

The Scriptures were written thousands of years ago in HEBREW, and in an Eastern-Semitic culture. If this is truth, then can we come to a different interpretation of any given passage?



In order to expand our study and understanding of the Word, we need to have a “crash course” in the original language the text was written, ancient Hebrew.

Ancient Hebrew has an alphabet of TWENTY-TWO letters. Obviously, words are written using a combination of these letters [note, there are no vowels]. However, what makes this language even more of an “adventure” is that each individual letter of the alphabet has a unique meaning, picture [symbolism], and number. This means, you can study and understand the plain text as is ... and you can study further by delving into the individual symbolism of the letters. Often, doing this kind of study brings out further meaning and richness to the passage. You will find that we have used this type of study – examining the picture-meaning of the Hebrew words – throughout our materials. We have found this such a blessing in our own understanding of the Scriptures, and trust you will enjoy it just as much! Truly, God's Word is ALIVE!

Ancient Hebrew¹⁷

Ancient Hebrew						
Early	Middle	Late	Name	Picture	Meaning	Sound
			El	Ox head	Strong, Power, Leader	ah, eh
			Bet	Tent floorplan	Family, House, In	b, bh(v)
			Gam	Foot	Gather, Walk	g
			Dal	Door	Move, Hang, Entrance	d
			Hey	Man with arms raised	Look, Reveal, Breath	h, ah
			Waw	Tent peg	Add, Secure, Hook	w, o, u
			Zan	Mattock	Food, Cut, Nourish	z
			Hhet	Tent wall	Outside, Divide, Half	hh
			Tet	Basket	Surround, Contain, Mud	t
			Yad	Arm and closed hand	Work, Throw, Worship	y, ee
			Kaph	Open palm	Bend, Open, Allow, Tame	k, kh
			Lam	Shepherd Staff	Teach, Yoke, To, Bind	l
			Mem	Water	Chaos, Mighty, Blood	m
			Nun	Seed	Continue, Heir, Son	n
			Sin	Thorn	Grab, Hate, Protect	s
			Ghah	Eye	Watch, Know, Shade	gh(ng)
			Pey	Mouth	Blow, Scatter, Edge	p, ph(f)
			Tsad	Man on his side	Wait, Chase, Snare, Hunt	ts
			Quph	Sun on the horizon	Condense, Circle, Time	q
			Resh	Head of a man	First, Top, Beginning	r
			Shin	Two front teeth	Sharp, Press, Eat, Two	sh
			Taw	Crossed sticks	Mark, Sign, Signal, Monument	t

¹⁷ http://elshaddaiministries.us/hebrewalphabet_old.html

Modern Hebrew¹⁸ ...

MARK	NAME	PRONOUNCED	TRANSLITERATION
א	Aleph	Silent letter	‘ (or none)
ב/בּ	Bet / Vet	b as in boy (no dot: v as in vine)	b / v
ג/גּ	Gimmel	g as in girl	g
ד/דּ	Dalet	d as in door	d
ה	Hey	h as in hay	h
ו	Vav	v as in vine; “consonantal vowel”	v
ז	Zayin	z as in zebra	z
ח	Chet	ch as in Bach	ch (or h)
ט	Tet	t as in time	t
י	Yod	y as in yes; “consonantal vowel”	y
כ/כּ	Kaf/Khaf *	k as in kite (no dot: ch as in bach)	k / kh
ל	Lamed	l as in look	l
מ/מּ	Mem *	m as in mom (sofit form)	m
נ/נּ	Nun *	n as in now (sofit form)	n
ס	Samekh	s as in son	s
ע	Ayin	Silent letter	‘ (or none)
פ/פּ	Pey/Fey *	p as in park (no dot: ph as in phone)	p / ph
צ/צּ	Tzade *	ts as in nuts (sofit form)	ts / tz
ק	Qof	q as in queen	k (or q)
ר	Resh	r as in rain	r
ש/שּׁ	Shin/Sin	sh as in shy (s as in sun)	sh / s
ת/תּ	Tav	t as in tall	t

* Has a different form when it occurs at the end of a word (sofit).