

Health Talks

“The Battle for Your Mind”

03: Faith, Feelings, and Imagination

We are told: “All who profess to be followers of Jesus should feel that a duty rests upon them to preserve their bodies in the best condition of health, that their minds may be clear to comprehend heavenly things. The mind needs to be controlled, for it has a most powerful influence upon the health. The imagination often misleads, and when indulged, brings severe forms of disease upon the afflicted. Many die of diseases which are mostly imaginary. I am acquainted with several who have brought upon themselves actual disease by the influence of the imagination.” 2 Testimonies 522. “Sickness of the mind prevails everywhere. Nine tenths of the diseases from which men suffer have their foundation here.” 4 Testimonies 443.

So how does disease happen in the mind? “Disease is sometimes produced, and is often greatly aggravated, by the imagination. Many are lifelong invalids who might be well if they only thought so. Many imagine that every slight exposure will cause illness, and the evil effect is produced because it is expected. Many die from disease the cause of which is wholly imaginary.” Ministry of Healing 241. If many might be well if only they thought so, many can be sick if only they think so!

We meet people who have been told by their doctors that they have only six months to live, and they live for six months and die. But you know medicine makes mistakes, in fact it often does! That's why if ever a person tells you that they were told they have only so long to live the first thing to say is, “Have you rejected that? Have you rejected it, because you need to reject it!” When a person believes that they will die, often they do! The more blind faith they have in the doctors, the greater is the effect on their mind! But the doctors are not God! Only God knows when one will die. Often the medical establishment are wrong, even on the diagnosis! We need to stop seeing our doctor as God and instead see God as our Doctor!

Proverbs 23:7, says, “**As a man thinketh in his heart so is he.**” As we saw, most people don't realize that happiness is a choice! It's a choice, and we have no right not to be happy! Feelings are a very bad guide to go by, because feelings change like the wind, isn't that right?

When there's been a loss, grieving is important. Unfortunately, five years later some people are still grieving. The Bible has encouragement for us when we suffer loss. “**But I would not have you to be ignorant, brethren, concerning them which are asleep, that ye sorrow not, even as others which have no hope.**” 1 Thessalonians 4:13. It tells us our loved ones are asleep and when Jesus comes He will wake them from sleep!

We mention these things because many are sick because of grief, anxiety, discontent, remorse, guilt, and distrust. In the Ministry of Healing, it says, “Grief, anxiety, discontent, remorse, guilt, distrust, all tend to break down the life forces and invite decay and death into the body!” Oh, but aren't these just feelings? Yes, they are feelings, and most people don't realize that we have more control over our feelings than we think we do!

As we learned, the frontal lobe part of the brain is where our reasoning powers reside. It's in the frontal lobe where our intellect is, where reason, judgment. or decision, takes place; and where our will is, and our will is the decision part of the mind.

In 'Steps to Christ' on page 47, is the best description of the will that I have ever read. "What you need to understand is the true force of the will. This is the governing power in the nature of man, the power of decision, or of choice. Everything depends on the right action of the will. The power of choice God has given to men; it is theirs to exercise. You cannot change your heart, you cannot of yourself give to God its affections; but you can choose to serve Him. You can give Him your will; He will then work in you to will and to do according to His good pleasure. . . Through the right action of the will an entire change can be made in the life." God's desire is that we *choose* to serve Him according to our reason, intellect and judgment.

The back part of the brain is where our feelings are, and the enemy of souls, the devil, tempts us through our feelings. The feelings make a bad boss; they're not bad in themselves, but they don't make a good boss. Whereas the front part of the brain is a very good boss, you see every decision that this boss makes, is made according to reason, intellect, and judgment.

When Jesus was tempted in the wilderness; He fasted for forty days, and the Bible says, "He was afterward an hungred." We can't imagine what it would be like to go that long without food. He did that to win the victory for us over appetite! We never need to allow hunger or appetite to get us to decide we 'have to' break any of God's laws!

The Bible gives a picture of another force, in first Peter 5:6 and onward, "**Humble yourselves therefore under the mighty hand of God,**" How do we humble ourselves under the mighty hand of God? It's a choice!

"Humble yourselves therefore under the mighty hand of God that He may exalt you in due time: Casting all your care upon Him for He careth for you." Notice the next verse! **"Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour: Whom resist stedfast in the faith, knowing that the same afflictions are accomplished in your brethren that are in the world."**

Now notice those two forces, the roaring lion, where does he tempt us? On our feelings, and then the gentle Savior, He is such a gentleman, He will never force, He stands at the door and knocks and says **"If any man hear my voice and open the door."** How do we open the door? We open the door by our decision.

Can you see how God appeals to us? He communicates with us, through our reason, intellect, and judgment, our frontal lobe. Isaiah 1:18 says, Come let us reason together! That's where it happens.

Philippians 4:6, 7. says, "Be careful [worried] for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus." Notice the thanksgiving, it's very important not to forget that!

1 Thessalonians 5:18, **"In everything give thanks!"** Do you know, this keeps our mind on track! "I've broken my leg, thank you Father!" I don't like it, but when I say thank you, I'm saying I don't like it, I wish it wasn't broken, but I believe that out of this broken leg God is going to teach me some things that maybe I would never have learned any other way! It's the way that you look at it. That's why happiness is a choice! Things are going wrong, start smiling, sing a hymn, or say, 'Praise the Lord!' When I praise the Lord my thoughts anchor in Him.

There's one more verse that gives another aspect to this. 2 Corinthians 10:4. 5. **"(For the weapons of**

our warfare are not carnal, but mighty through God to the pulling down of strong holds;)" Do you know what that means? The weapons aren't flesh and blood; they're not carnal, but they're mighty through God! **"Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;"**

Yes, we have the ability to do that! So when those wrong feelings impose into our mind, cast them down! Pulling down of strongholds; if there are negative feelings that are binding you, pull down those strongholds! Casting down those imaginations and every high thing that exalteth itself against the knowledge of God and bringing into captivity every thought to the obedience of Christ.

As we learned, these feelings are like a wild horse, and God has given us a bridle and He has given us reins! It's the frontal lobe! So when those feelings arise and they're not good, bind them up, bring them into captivity through the power of Christ. When you give your frontal lobe to God you have a power, a power that's beyond anything human, that'll give the ability to do that.

Notice this quote: "No outward observances can take the place of simple faith and entire renunciation of self. But no man can empty himself of self. We can only consent for Christ to accomplish the work. Then the language of the soul will be, Lord, take my heart; for I cannot give it. It is Thy property. Keep it pure, for I cannot keep it for Thee. Save me in spite of myself, my weak, unchristlike self. Mold me, fashion me, raise me into a pure and holy atmosphere, where the rich current of Thy love can flow through my soul." COL 159.

The devil tempts us through our feelings. James 1:13-15, says, **"Let no man say when he is tempted I am tempted of God, because God cannot be tempted with evil, neither tempteth he any man: But every man is tempted, when he is drawn away of his own lust, [that is our feelings] and enticed. Then when lust hath conceived, it bringeth forth sin: and sin, when it is finished, bringeth forth death."** No it is not God that is tempting you, it is another power, so when we give our will, this frontal lobe to God, we have a power that will enable us to conquer those feelings.

Many get into the habit of feeling sad and depressed. But we get can turn it around and get into the habit of feeling happy! We can get into the habit of praising the Lord! We can get into the habit of smiling, singing, and praising the Lord! it's a choice! it's a choice!

Galatians 2:20 says, **"I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh, I live by the faith of the Son of God, who loved me, and gave himself for me."**

Who loved me and gave himself for me! That means me, that means you, that is our gentle Savior! It's not hard to cast all your care upon Him. He knows how many hairs are on our head. He knows the way that we take. Trust Him! Give it all to Him! When we surrender all to God we've got that power!

Ephesians 6:10-13 talks about armor, **"Finally, my brethren, be strong in the Lord, and in the power of his might. Put on the whole armour of God, that ye may be able to stand against the wiles of the devil. For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places."**

For we wrestle not against flesh and blood! It's not a physical fight, and it's not against other people, but against principalities against powers against the rulers of darkness of this world against spiritual wickedness in high places. **"Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand."**

What does it mean, having done all to stand? It means we have a part to play in this, It includes the health laws! Are you well hydrated? Are you going to bed earlier? You're getting that technology out of your bedroom, or into the far corner? Are you eating nourishing food? Have you stopped the caffeine? Have you stopped using all refined sugars and chemical sweeteners? alcohol, cigarettes? Having done all, we've got to do our part! God gave us the mind, God gave us the reasoning, God gave us the body, but we have a part to play!

Verse 14. **“Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness;”** Truth is a mighty thing isn't it? So we're back to verse 15, 16 **“And having your feet shod with the preparation of the gospel of truth Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked.”**

What's the shield of faith? We can't see our Savior, but He has given us so much evidence, He could not do more than He has done for us, and without faith it's impossible to please God!

Did you know Satan is throwing fiery darts at you? Where does he throw his darts? Into your feelings! How can we stop those darts? With the shield of faith, believing God's promises, that Jesus loves us, that He died to save us!

Verse 17, **“And take the helmet of salvation, and the sword of the Spirit, which is the word of God:”** The sword of the Spirit is the Word of God, sharpen your sword every day!

Hebrews 4:12-16 says, **“For the word of God is quick, [alive] and powerful, and sharper than any two-edged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart. Neither is there any creature that is not manifest in his sight: but all things are naked and opened unto the eyes of him with whom we have to do. Seeing then that we have a Great High Priest, that is passed into the heavens, Jesus the Son of God, let us hold fast our profession. For we have not a high priest that cannot be touched with the feeling of our infirmities but who was in all points tempted like as we are yet without sin, let us therefore come boldly how boldly to the throne of grace that we might obtain mercy and find grace to help in time of need.”**

We need to take these spiritual weapons seriously, sharpen your sword! Read and memorize the Word of God. He gave us a brain that is able to store the precious Word of God in our mind, so that our swords are sharpened. Why would we waste our time and brain-power on worldly media and entertainment rather than the living Word of God? **“Whereby are given unto us exceeding great and precious promises: that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust.” 2 Peter 1:4.**

The Battle is for our Minds! Many diseases happen in the mind because people do not understand these things. They don't realize that there's an enemy out there; they don't realize about those fiery darts that he's throwing into their feelings! That's what he does, he accuses, we don't have to take it! Remember, having the shield of faith, because you can quench all those fiery darts, by rejoicing, by quoting scripture, by singing Psalms and hymns, and you can get into the habit of being happy! You can get into the habit of smiling; you can get into the habit of quoting scripture.

If this was properly understood and followed, diseases of the mind would be a rarity. It would be maybe someone fell and hit their head and damaged a part of their brain. That that'd be almost the only time we would see diseases in the mind. May we all make use of the defenses and tools God has made available to us all to “resist the devil” so he has to flee from us!