

The Bible, Science, your Thoughts and their consequences.

No information contained in this post should be viewed as medical advice. The reader should use their own determination on whether any medical condition they have requires professional medical advice.

There have been many scientific studies done proving the affects our thoughts have on people physically and mentally. But this shouldn't be a surprise to Christians, because the Bible has warned us about this.

Proverbs 18:21 "Death and life are in the power of the tongue..." In other words, every word you speak has the power to create life, happiness and health or death, sadness, and illness. And remember every word you speak is birthed from the thoughts in your own mind. It doesn't matter if you are speaking those words about you or someone else.

First, we will look at some of the research studies based on Science and then the repeated detailed scriptures the Bible gives us and how to implement them in our lives.

Nothing contained in this information should be viewed or interrupted as medical advice. You should make your own decisions about seeking professional medical advice if you feel it is warranted.

Information #1

Psychology Today article - Thoughts, Neurotransmitters, Body-Mind Connection

"Our thoughts influence our bodies directly..."

"... the body and mind mutually influence one another in a bi-directional fashion.

"...the mind is capable of immense effects on the body. The literature has demonstrated again and again that thoughts affect neurotransmitters, the chemical messengers that allow the brain to communicate with different parts of itself and the nervous system. Neurotransmitters control virtually all of the body's functions..."

"Therefore, our thoughts influence our bodies directly because the body interprets the messages coming from the brain..."

"For example, research shows that psychological stress affects our levels of catecholamines, which include the neurotransmitters dopamine, epinephrine, and norepinephrine."

“...chronic elevations in catecholamines suppresses the immune system, and suppression of the immune system raises the risk of viral infection and other diseases.”

“By managing our attitudes and stress levels, we actually control neurochemical transmissions in the body.”

Posted Jul 17, 2012 | Reviewed by Ekua Hagan

Guest blogger Talya Steinberg, Psy.D endorses positive psychology principles and teaches resiliency skills with Dr. Breazeale.

<https://www.psychologytoday.com/us/blog/in-the-face-adversity/201207/thoughts-neurotransmitters-body-mind-connection>

Information #2

From the book “Who shut off my brain” by Dr Caroline Leaf

“Every thought has a corresponding electrochemical reaction in your brain. When you think, chemicals course through your body in magnificent complex electrochemical feedback loops. These electro chemicals produce electromagnetic waves....”

“At anyone moment your brain is creating performing about 400 billion actions....”

“When you are happy your brain is releasing specific types of chemicals or neurotransmitters called endorphins....”

“When you feel sad, afraid or angry your brain releases different types of chemicals”

“In fact your brain can be compared to a prolific factory producing a variety of chemicals depending on what type of emotion you are experiencing.”

Depending on whether these chemicals are toxic to your body, the chemicals will either help you or harm you. If they are harmful, they create a host of health problems that will manifest in both the body and the mind.

Emotions that regularly release a torrent of destructive chemicals that will be the most damaging over time are: unforgiveness, anger, rage, resentment, depression, worry, anxiety, frustration, fear, excessive grief, and guilt.

Information #3

Mind/Body Connection: How Your Emotions Affect Your Health
Family Doctor.Com

Your body responds to the way you think, feel, and act.

Other signs of poor emotional health include:

- back pain
- change in appetite
- chest pain
- constipation or diarrhea
- dry mouth
- extreme tiredness
- general aches and pains
- headaches
- high blood pressure
- insomnia (trouble sleeping)
- lightheadedness
- palpitations (the feeling that your heart is racing)
- sexual problems
- shortness of breath
- stiff neck
- sweating
- upset stomach
- weight gain or loss

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This article was contributed by familydoctor.org editorial staff.

<https://familydoctor.org/mindbody-connection-how-your-emotions-affect-your-health/>

Information #4

Michigan Medicine - University of Michigan

“Your brain produces substances that can improve your health. These substances include endorphins, which are natural painkillers, and gamma globulin, which strengthens your immune system.”

“Research shows that what your brain produces depends in part on your thoughts, feelings, and expectations...”

“Negative thoughts and emotions can keep your brain from producing some of the chemicals that help your body heal.”

Current as of: August 31, 2020

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<https://www.uofmhealth.org/health-library/mente>

Information #5

Can Negative Thinking Make You Sick? Health.Com

...a growing body of research suggests that negative emotions and thoughts may also have links to other serious health problems, like heart disease.”

“Many negative emotions such as anger, fear, and frustration become problematic when those emotions turn into a more permanent disposition or a habitual outlook on the world,” explains Emiliana Simon-Thomas, PhD, science director of the Greater Good Science Center at UC Berkeley.

“Our thoughts and emotions have widespread effects on bodily processes like metabolism, hormone release, and immune function, Simon-Thomas says. One theory is that when you're stressed or depressed, cortisol levels increase, making your immune system less able to control inflammation, which could lead to disease over time.”

By Adam Hoffman

Updated June 26, 2015

<https://www.health.com/condition/heart-disease/can-negative-thinking-make-you-sick>

Now what does the Bible say about your thoughts.

Your thoughts control every word you speak. Have you ever heard someone say, they spoke without thinking? That is not possible. Your mouth does not have the ability of creating words. Every spoken word out of your mouth was birthed in a thought, that you allowed to take root in your mind at some point in your life.

Let's look at what the Bible says about our thoughts.

Proverbs 18:21 “Death and life are in the power of the tongue...” In other words, every word you speak has the power to create life, happiness and health or death, sadness and illness. And remember every word you speak is birthed from the thoughts in your mind.

It doesn't matter who the words are directed towards, whether you are speaking negative words about yourself or someone else. Every word you speak was birthed from a thought and it's those thoughts that are releasing potentially harmful neurotransmitters to flow through every cell in YOUR OWN body.

Luke 6:45 “A good man out of the good treasure of his heart bringeth forth that which is good; and an evil man out of the evil treasure of his heart bringeth forth that which is evil: for of the abundance of the heart his mouth speaketh.”

In other words, your heart is full of what your mind filled it with. And your mind is full of what your thoughts filled it with. It all boils down to what thoughts you allow to take root in your mind.

Ephesians 4:26 “In your anger do not sin”: Do not let the sun go down while you are still angry...”

Do you see the importance of the Bible warning us NOT to allow a negative thought to fester in our mind? It is not because it might stop you from sleeping. The Bible is warning us about the dangers of dwelling on the negative thought.

Unfortunately, most people even Christians believe they don't have any control over their thoughts. Maybe they tried a few times and were better for a few hours or days. But then they were overwhelmed with negative thoughts again and then they allowed them to fester in their mind and maybe dwelled on them rather than rebuking them. Without realizing it, they were watering and feeding those negative thoughts.

2 Corinthians 10: 5 “We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

The Bible is warning us and telling us to demolish, destroy, and rebuke any thought that goes against what God's word says. When it says arguments, it means any thought that disagrees with God's word. In other words, an argumentative thought in respect to God's word.

Are you thinking it's impossible to fight off every negative thought because you've tried before? Let me tell you what the Bible says.

Romans 12:2 “And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove (and know) what is [that] good, and acceptable, and perfect, will of God.

God created you, He knows how your mind works. He knows that satan and life's circumstances WILL absolutely attack you from time to time and after years and years of being on this earth, satan and life has had a lot of time to plant negative and harmful thoughts in your mind that have taken root.

It's not a matter of just ignoring those thoughts. That isn't good enough. Science says, they are still there releasing potentially harmful neurotransmitters throughout your entire body. The Bible doesn't say to ignore the negative thoughts. It says to destroy them, to demolish them, to take them captive and cast them out of your mind. But you can't stop there. Then you have to

replace those empty spaces with God's word. It is one thing to destroy a thought, it is another thing to strengthen yourself so that you can identify a negative thought in the future as soon as it enters your mind and immediately rebuke it and destroy it. This is done by memorizing scriptures to use as your weapons against the negative thoughts. But you can't expect to defeat those thoughts by just mouthing words. You have to mean it, you have to believe it, you have to have faith in those words.

God provided us complete victory over satan at the cross. But He knew as humans we could not effectively enforce that victory. So, He sent His own Spirit to live in every believer. His Spirit is with you EVERY second of the day. He doesn't leave and go visit someone in another country and then another country after that. God is omnipresent, He is everywhere. People have been wrongly taught to think God comes and goes and is only with you when you really, really need Him. In case you haven't realized it, you NEED God every second of the day and that is why He came to live in you when you accepted Jesus as your Savior.

God is not like a fantasy figure like Santa Claus that travels around the world making His rounds and if you're lucky He will be able to stop back by you in a month or a few years. That is not God.

Hebrews 13:5 says "God has said, "Never will I leave you; never will I forsake you"

Do you understand God sent His Spirit to live in you to EMPOWER you? God's Spirit empowers you to resist sin, and so His supernatural Fruit (which the Bible calls the Fruit of the Spirit) and His spiritual gifts can manifest IN you and THROUGH you and He can continue the work that Jesus started while on earth through you.

Let me prove that to you.

First, God sent His spirit to live in you. Your body is a temple for His Spirit.

1 Corinthians 6:19 says "Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God?..."

Second, you are empowered through the Holy Spirit to resist the temptation of sinning which is in complete opposition to the Holy Spirit's Fruit that God wants to manifest through you.

Galatians 5: 7-25

⁷You were running a good race. Who cut in on you to keep you from obeying the truth? In other words who tricked you, lied to you or manipulated you to go against God's word?

⁸That kind of persuasion does not come from the one who calls you. In other words, you were not tempted or deceived by God, but by satan working through other people.

⁹"A little yeast works through the whole batch of dough."

In other words, even the slightest thought of sin will take root in your mind and send out those potentially harmful and dangerous neurotransmitters that flow through every cell in your body.

¹⁶ So I say, walk by the Spirit, and you will not gratify the desires of the flesh. ¹⁷ For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. ¹⁸ But if you are led by the Spirit, you are not under the law.

¹⁹ The acts of the flesh are obvious: sexual immorality, impurity, and debauchery; ²⁰ idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions, (arguing) ²¹ and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

In other words the Bible is listing some sins that are referred to as acts of the flesh, you can look at those as satan's fruit. Thoughts relating to any of those and there are more are what we are referring to as negative thoughts that could release the potentially dangerous neurotransmitters throughout your body.

²² But the fruit of the Spirit is love, joy, peace, Patience, kindness, goodness, faith, ²³ gentleness and self-control. Against such things there is no law. ²⁴ Those who belong to Christ Jesus have crucified the flesh with its passions and desires.

In other words, if you truly belong to Jesus, you have defeated the desires of the flesh through the existence of the Holy Spirit living in you.

²⁵ Since we live by the Spirit, let us keep in step with the Spirit.

In other words if we have the Holy Spirit living in us, let us allow the Holy Spirit to flow through us.

God sent us His Spirit to empower us to continue Jesus ministry on earth.

John 14:12 says "Very truly I tell you, whoever believes in me will do the works I have been doing, and they will do even greater things than these, because I am going to the Father."

Look at the power in Jesus words. We will do the works He has been doing and even greater things than He has done. How? Because we ARE empowered by the Holy Spirit, the same Spirit that empowered Jesus on earth.

Now let's look at Jesus final words before ascending to Heaven. These are the words He left for all believers forever while they are on earth.

Mark 16:15-20 "He said to them, "Go into all the world and preach the gospel to all creation. ¹⁶ Whoever believes and is baptized will be saved, but whoever does not believe will be condemned. ¹⁷ And these signs will accompany those who believe: In my name they will drive out demons; they will speak in new tongues; ¹⁸ they will pick up snakes with their hands; and when they drink deadly poison, it will not hurt them at all; they will place their hands on sick people, and they will get well." ¹⁹ After the Lord Jesus had spoken to them, he was taken

up into heaven and he sat at the right hand of God. ²⁰ Then the disciples went out and preached everywhere, and the Lord worked with them and confirmed his word by the signs that accompanied it.

Those are some of the most empowering verses in the Bible. Jesus Himself in John 14:12 is saying YOU will do the same works He has done and even greater things because He is going to the father (and you will be empowered with the Holy Spirit, the same Spirit that empowered Him). And in Mark 16, Jesus shows us the power the Holy Spirit will manifest through us, along with His supernatural Fruit and Gifts which we already talked about.

You must start by making a conscious decision to identify any negative, harmful, bad sinful thoughts, and then make a conscious effort to rebuke and destroy them. Do not allow thoughts of Fear, Anxiety, Jealousy, Envy, Unforgiveness, Bitterness, Hatred, Lust, the Occult, Fits of Rage, etc. to dwell in your mind. Do not give them a second thought. Immediately rebuke and destroy them.

Say NO I will not give in to that thought. Say it loud, take authority over satan and repeat a Bible verse from your arsenal that speaks of God's authority, love and promises. State with boldness that the Spirit of God is living in you and so is His fruit and name each of them.

It is imperative you repeatedly do this during the day to build up your faith. Do it especially when you are feeling good to strengthen yourself. You can't expect to be lackadaisical about this and then when you are being attacked with a very negative thought magically just mouth some words and have them be filled with power. You have to develop your spiritual muscles. Someone that has sat on a couch watching tv for 18 hours a day for years isn't going to have much success if he wakes up one morning and decides he wants to run a 20-mile marathon. He has to develop his muscles and endurance.

Now let me share the most powerful thing about this. The Holy Spirit is already living in you. If you can come to terms with that, if you can really grasp, accept, and embrace that revelation, you will be set free through the Holy Spirit and His supernatural fruit and gifts will start flowing through you. That will empower you to resist the negative and sinful thoughts. This could happen in a few minutes, days, weeks or longer. It is up to you. NO one can do it for you. There is no magic formula, it is a matter of getting rid of your doubt and unbelief in the power of the Holy Spirit living in you and allowing your faith to dominate your mind. Doubt and unbelief will render your faith powerless and ineffective. It doesn't matter what is causing the doubt and unbelief. It could be you just really don't believe the Holy Spirit is living in you, or it could be you are having a hard time wrapping your mind around how can God possibly be in all places at the same time. STOP over thinking it, it is beyond what we can understand as humans. Remember what faith is?

Hebrews 1:1 says, "Now faith is the substance of things hoped for, the evidence of things not seen."

In other words, if you have to wait and have proof or completely understand the situation you do not have faith. You have doubt and unbelief.

The Bible is very BOLD on this subject:

James 1: 6-7 says “But let him ask in faith, nothing wavering. For he that wavereth is like a wave of the sea driven with the wind and tossed. For let not that man think that he shall receive any thing of the Lord.”

It can't be made any clearer than that. We have a responsibility to overcome the doubt and unbelief in the truths of the Bible. It is those doubts and unbelief's that are allowing the negative thoughts to survive in our mind. And science says negative thoughts are releasing potentially harmful neurotransmitters through our entire body.

A person who just accepted Jesus as their Savior a few weeks ago could be seeing the Holy Spirit manifest supernaturally in their life, while a believer that has been walking with God for decades might not. One of the most commonly asked questions is how can that be?

You will find the answer in the Bible. But let me give you an overview. The amount of time someone is a believer is not always a basis for the person's true relationship with God.

How many scripture verses someone can memorize is not always a basis for the person's true relationship with God?

How many verses are highlighted with all the colors of the rainbow in someone's Bible is not always a basis for the person's true relationship with God.

There is a difference between hearing or reading Bible verses as just receiving information or data, like in school and having it be a life changing experience.

Many Christians wrongly based someone's walk with God by how nice they are, how much they volunteer or how peaceful they are. That is not necessarily accurate. Being a strong Christian means IS the Fruit of the Spirit manifesting in the person's life.

Remember the Fruit of the Spirit is NOT about someone's personality or abilities, it is about God's supernatural manifestation.

Many Christians are spiritually at the same place they were years ago. They stopped growing spiritually, they have become stagnant and do not even realize it (and will argue to their death that they aren't). The problem is all of the negative thoughts that have taken root in their mind have blocked their ability to continue to grow spiritually. They might have made some changes after getting saved, but have NEVER addressed, rebuked, or destroyed the negative thoughts that have taken root prior to them getting saved and they are now strongholds.

A person's entire Christian walk can be explained in one parable. Most Christians have heard this parable before, probably preached at church, but have never heard the second part of the chapter that completely explains the parable.

Parable of the Sower in Matthew 13

"Then he told them many things in parables, saying: "A farmer went out to sow his seed. ⁴ As he was scattering the seed, some fell along the path, and the birds came and ate it up. ⁵ Some fell on rocky places, where it did not have much soil. It sprang up quickly, because the soil was shallow. ⁶ But when the sun came up, the plants were scorched, and they withered because they had no root. ⁷ Other seed fell among thorns, which grew up and choked the plants. ⁸ Still other seed fell on good soil, where it produced a crop—a hundred, sixty or thirty times what was sown.

⁹ Whoever has ears, let them hear."

¹⁰ The disciples came to him and asked, "Why do you speak to the people in parables?" ¹¹ He replied, "Because the knowledge of the secrets of the kingdom of heaven has been given to you, but not to them.

Did your ears hear what Jesus is saying? Are you allowing the Holy Spirit to anoint your hearing to hear more than just mere words, and to receive a life changing revelation? Let's continue.

¹⁸ "Listen then to what the parable of the sower means: ¹⁹ When anyone hears the message about the kingdom and does not understand it, the evil one comes and snatches away what was sown in their heart. This is the seed sown along the path. ²⁰ The seed falling on rocky ground refers to someone who hears the word and at once receives it with joy. ²¹ But since they have no root, they last only a short time. When trouble or persecution comes because of the word, they quickly fall away. ²² The seed falling among the thorns refers to someone who hears the word, but the worries of this life and the deceitfulness of wealth choke the word, making it unfruitful. ²³ But the seed falling on good soil refers to someone who hears the word and understands it. This is the one who produces a crop, yielding a hundred, sixty or thirty times what was sown."

Which ground best describes you? It's not about how you feel, how long you've been a Christian, how many Bible verses you can repeat or how many scriptures you have highlighted with every color highlighter under the sun, it's about the FRUIT that is manifesting from your life. That is how you truly determine what ground you are.

You are just minutes or days away from finally being set free from being a victim to the thoughts that enter your mind. You are just minutes or days away from being able to immediately rebuke any negative or sinful thought of fear, anger, jealousy, bitterness, anxiety,

unforgiveness, ect. and instead have the supernatural Fruit of the Spirit flow in you and through you to others. Remember the Fruit of the Spirit is not about your own personality traits, but God's supernatural fruit, His own nature and character of His Love, Joy, Peace, Faith, Kindness, Goodness, Patience, Gentleness, and Self-Control flowing through EVERY cell in your body.

Be Blessed and empowered, the Spirit of the almighty God is living in you. He is waiting for you to release His Spirit so His supernatural Fruit and gifts can manifest in you and through you.