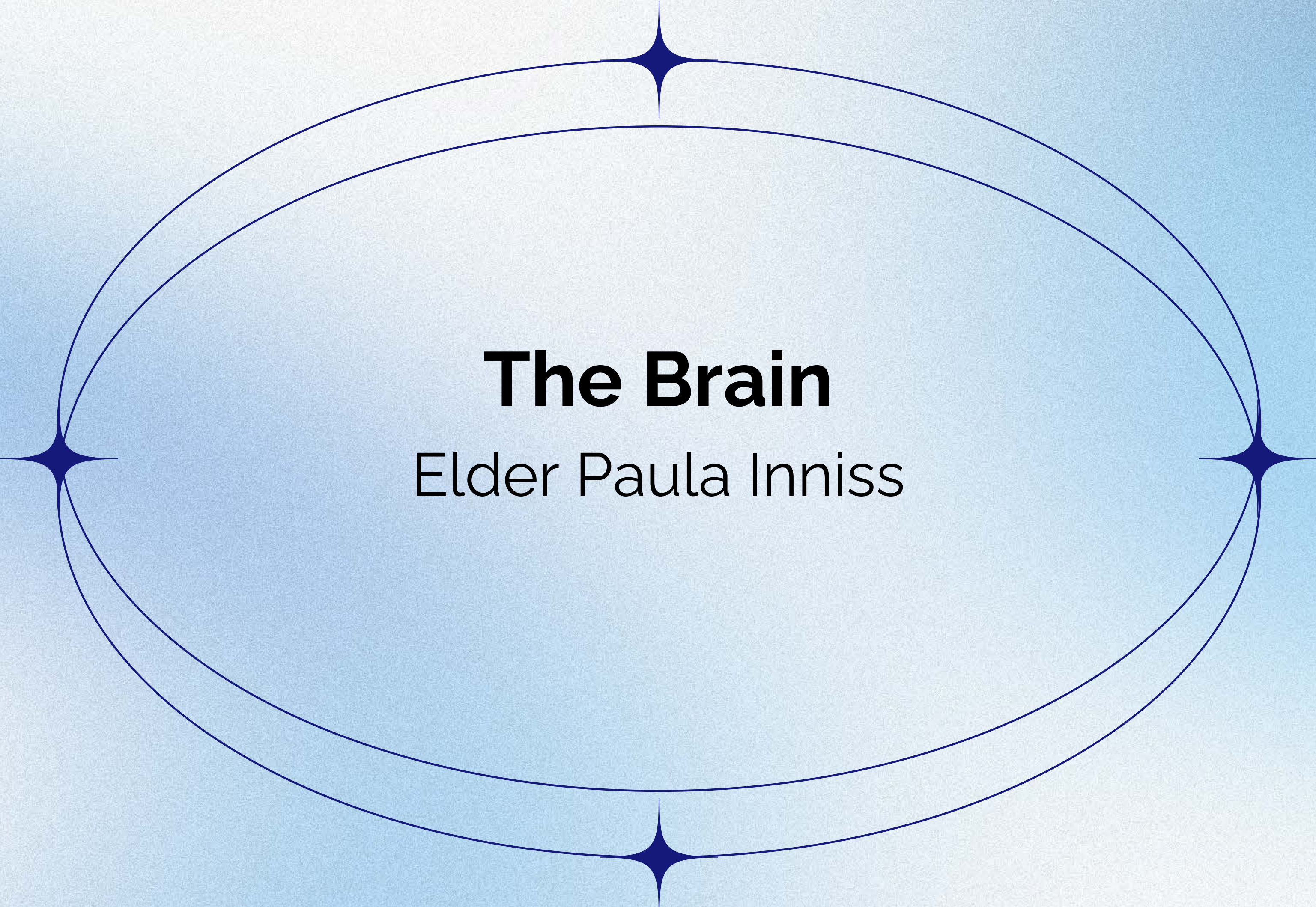




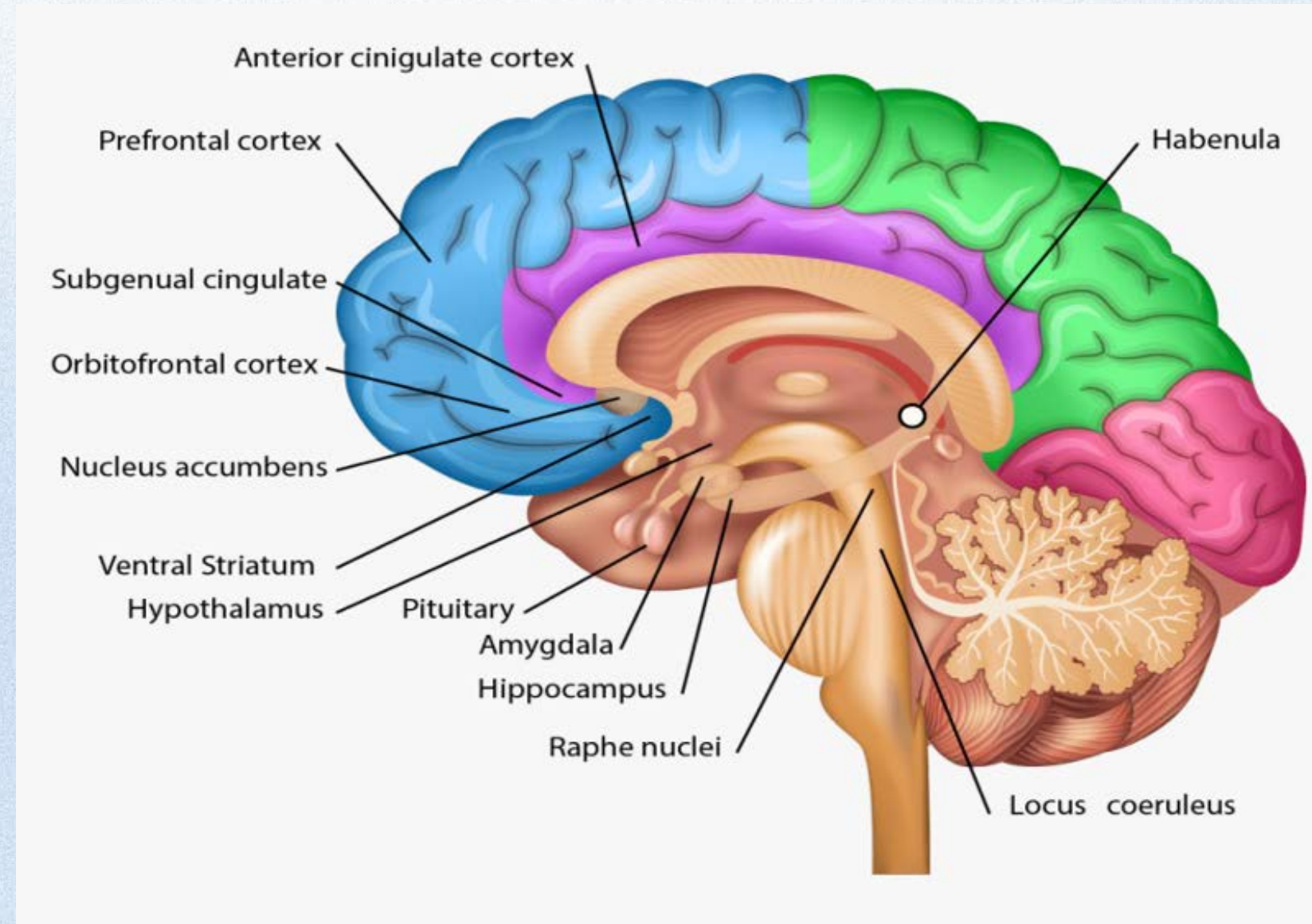


The Brain

Elder Paula Inniss

OUR BRAIN

**THREE POUNDS OF DIVINE DESIGN, THE BRAIN CONTROLS THOUGHT, EMOTION, MOVEMENT,
AND MEMORY**

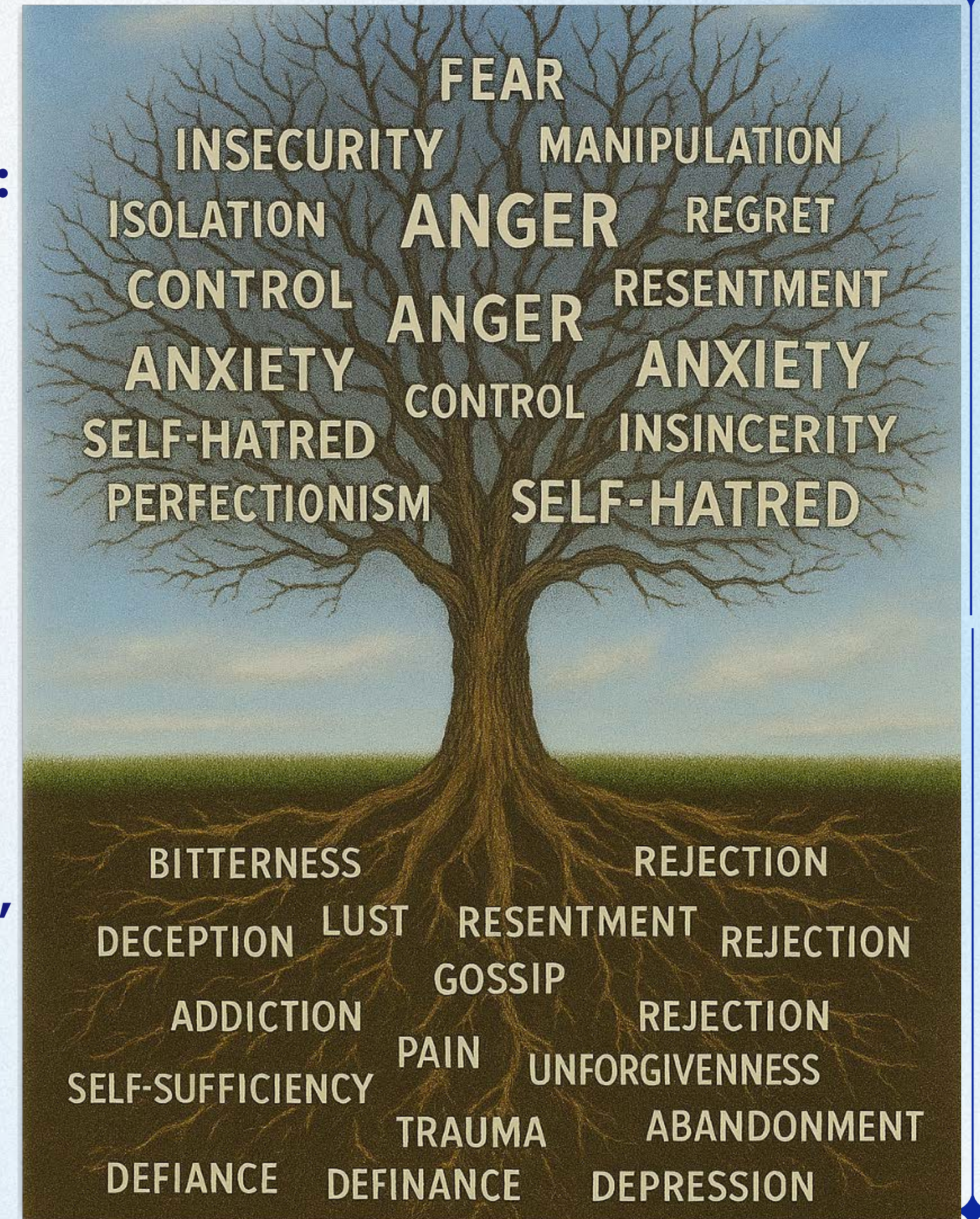


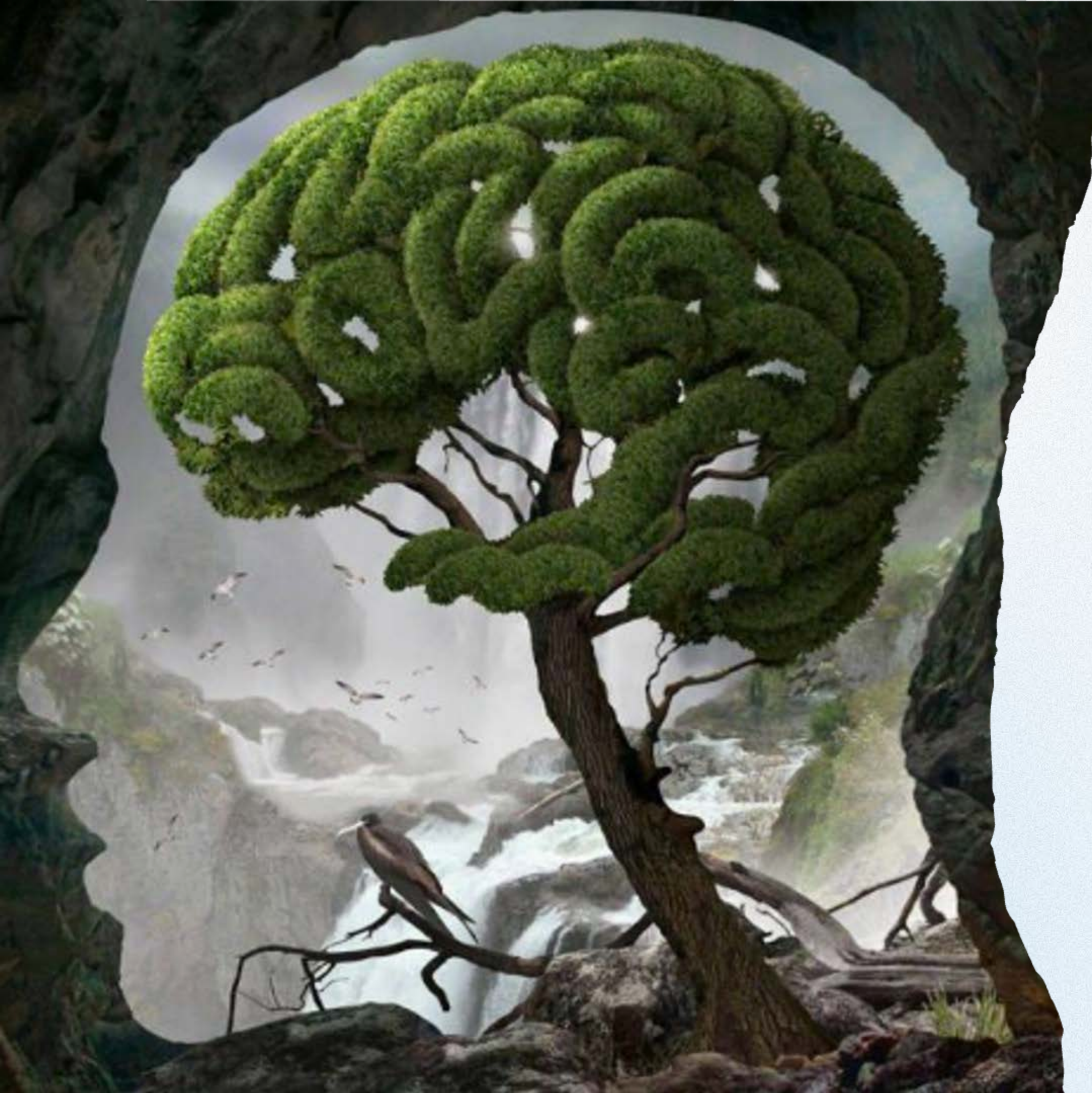
The brain is the hardware. The mind is the software — thoughts, beliefs, and spiritual perception. Romans 12:2 reminds us that transformation happens in the mind. The Spirit rewrites what the brain has recorded.

This is what the tree looks like when toxic thoughts take root. Instead of fruit or healthy growth, the branches are heavy with beliefs like:

- "I'm not enough"
- "No one loves me"
- "I'll never change"
- "I have to be perfect"
- "I'm a failure"
- "I'm alone"
- "I'm broken"
- "I can't trust anyone"

These thoughts are the visible symptoms of deeper spiritual and emotional roots — rejection, trauma, shame, lies, and fear. It's a powerful visual for showing how inner healing must go beyond behavior and reach the beliefs that shape identity.

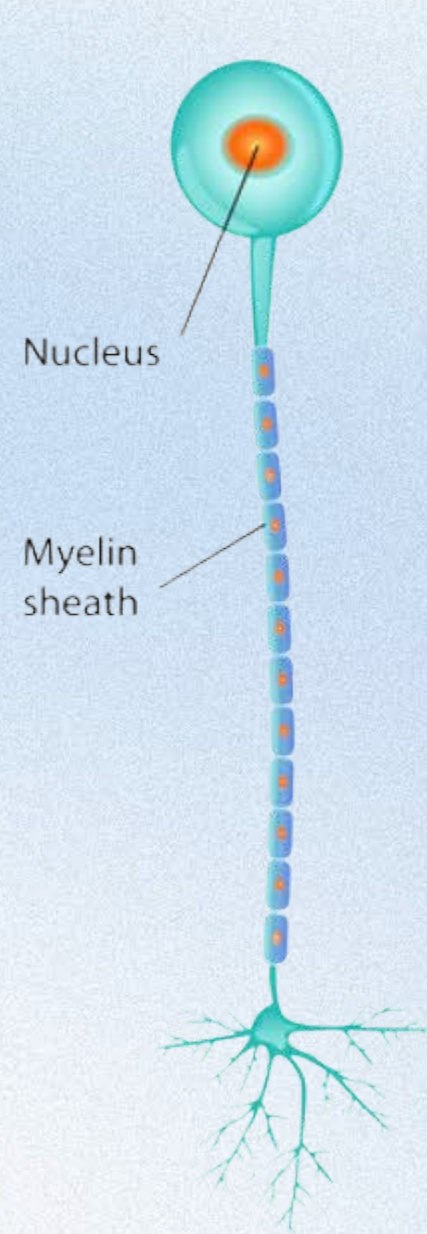




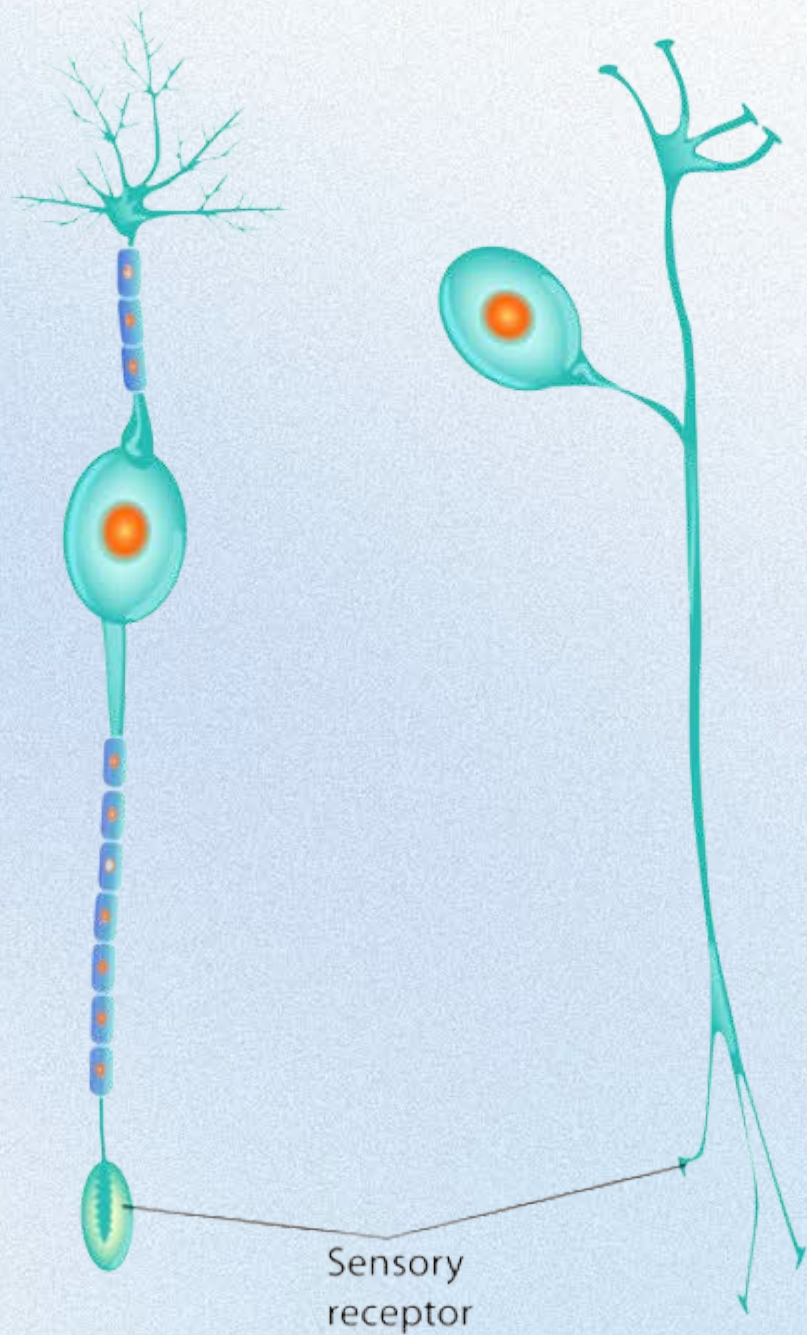
**•“Your mind is a garden.
What you plant — truth or
lies — determines the fruit.”**

**•Deliverance isn't just
uprooting weeds — it's
planting seeds that grow
into lasting freedom.**

Unipolar



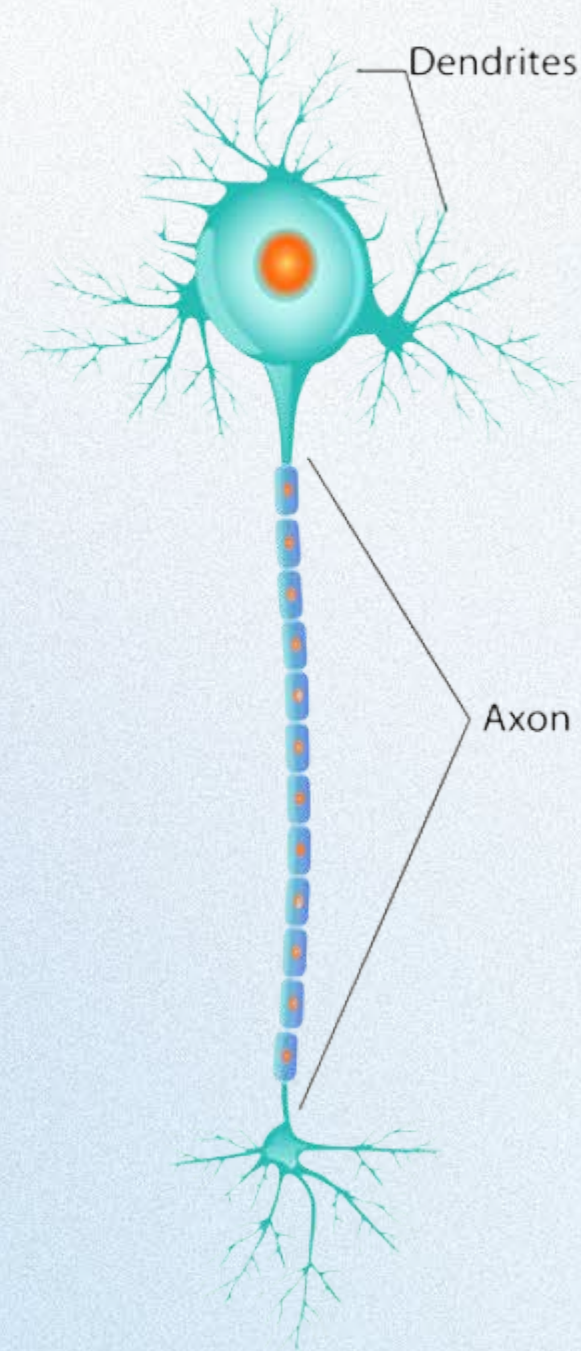
Bipolar



Pseudounipolar

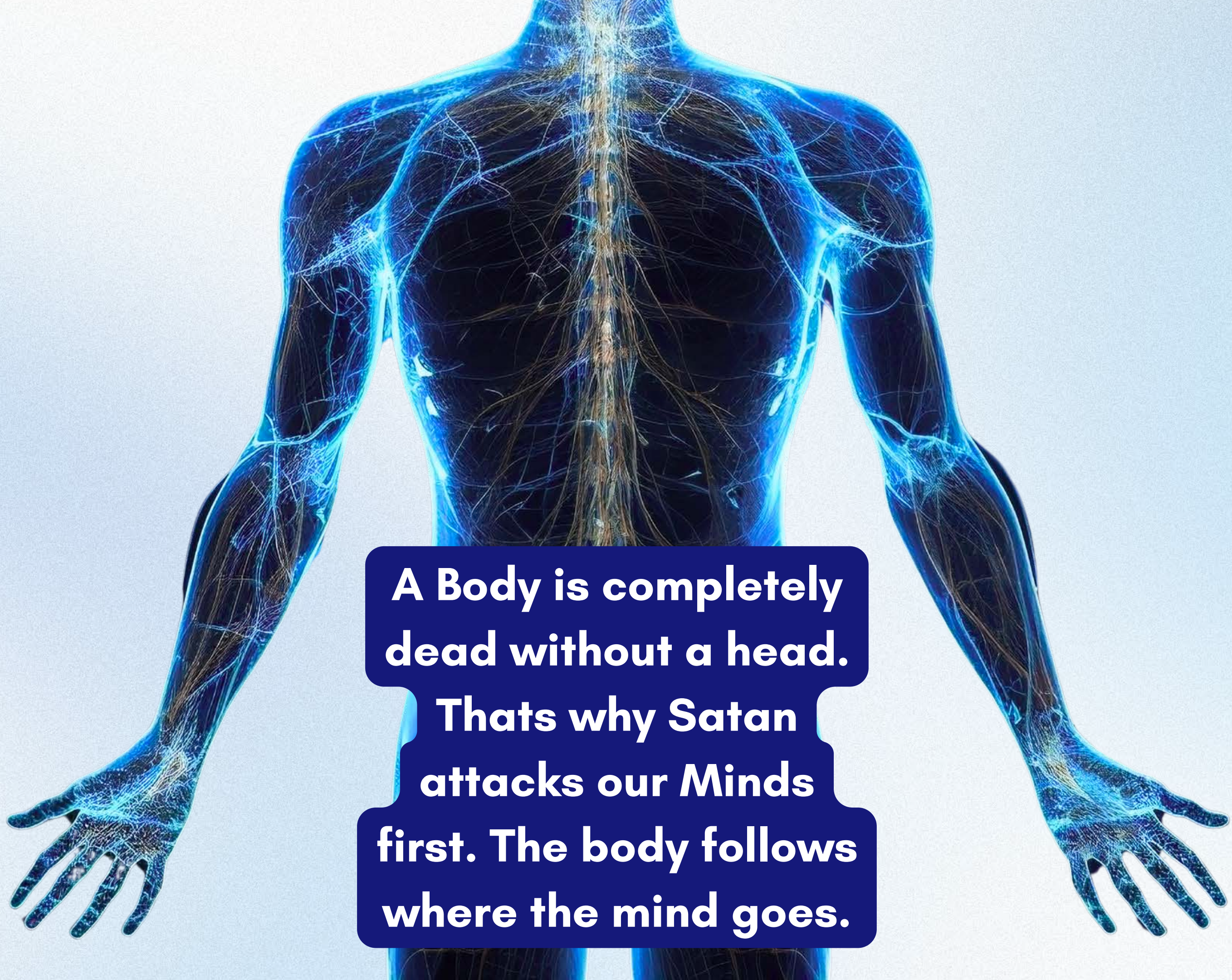


Multipolar



•Neurons send signals at lightning speed — over 100 billion in your brain alone.

•Teaching Point: Every thought is a spark. God designed your brain to be rewired by truth, healing, and love.



**A Body is completely
dead without a head.
Thats why Satan
attacks our Minds
first. The body follows
where the mind goes.**



Forgiveness

Elder Paula Inniss

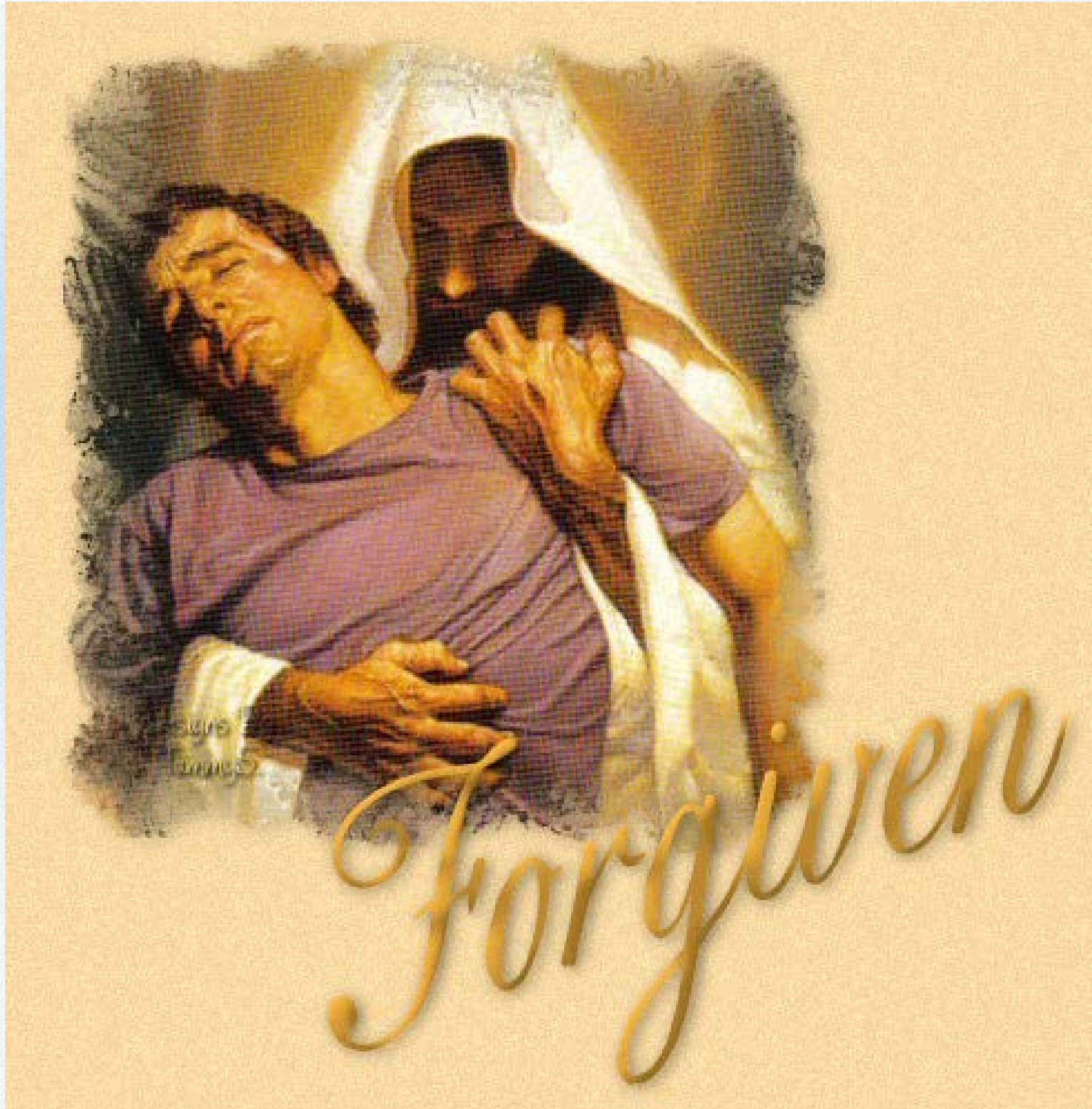
The Burden Of **Unforgiveness**



A person in a dark hoodie stands on a sandy path, looking out over a body of water. To the left is a lush green field. In the background, a large tree stands on the path. The sky is filled with dramatic, colorful clouds, suggesting a sunset or sunrise. The overall mood is contemplative and serene.

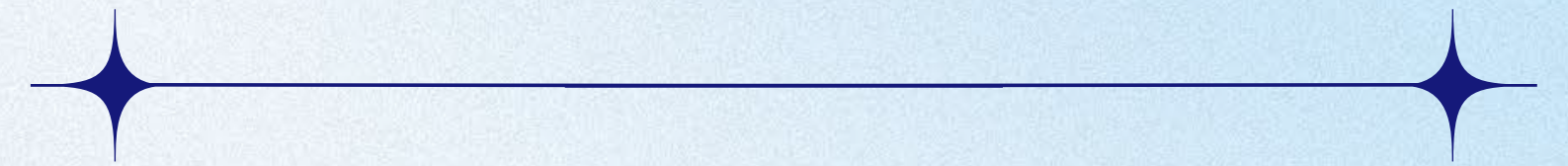
To Forgive...

or Not Forgive



FORGIVENESS

Forgiveness is the heartbeat of the Gospel. Jesus forgave us while we were still sinners (Romans 5:8).



When we forgive, we reflect God's nature and open ourselves to His healing presence.



Strongholds

**Spirit of Bondage
&**

Spirit of Infirmary

Pastor Tim Mole



Spirit of Infirmary



Spirit of Bondage



Strongholds:

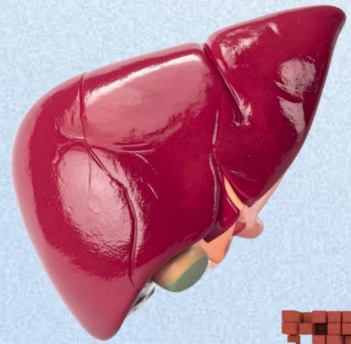
Spirit of Apollyon/Abaddon (Fear)

Pastor Monique Johnson

Spirit of Apollyon/Abaddon (*Fear*)

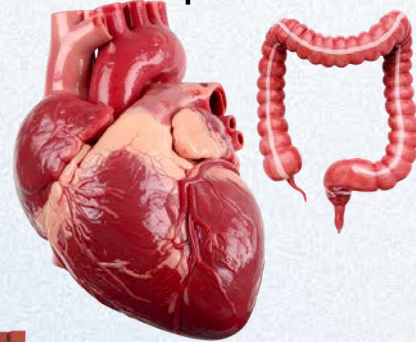
Liver/ Gallbladder

Anger & Frustration



Heart/ Small Intestine

Hate & Impatience

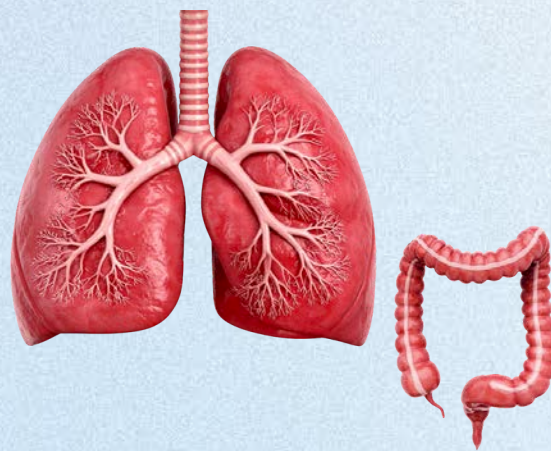


FEAR



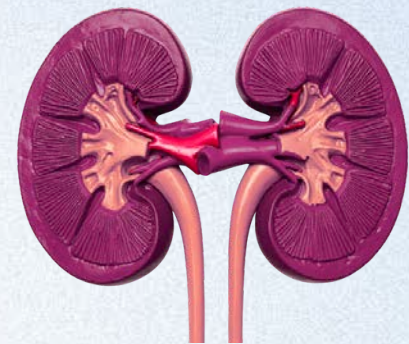
**Spleen/ Stomach/
Pancreas**

Worry & Anxiety



Lung / Large Intestine

Sadness & Depression



Kidney/ Bladder

Fear & Panic

Fear is not just an emotion; it's a spirit that brings torment. It weakens the body, compromises the immune system, and can even open the door to sickness.

Fear is sin because it reflects a lack of trust in God's perfect love, which casts out all fear.

How is the Spirit of Fear Manifested?

Emotional and Mental Manifestations

- Constant worry or intrusive thoughts
- Overthinking or replaying negative scenarios
- Insecurity or feelings of unworthiness
- Irrational fears or phobias

Physical Manifestations

- Tension and muscle tightness
- Weakened immune system (chronic fear/stress releases cortisol and suppresses immunity)
- Sleep disturbances (insomnia or nightmares)
- Digestive issues (gut-brain connection)
- Heart palpitations or shortness of breath.

Spiritual Manifestations

- **Doubt and Unbelief:** Fear undermines faith and trust in God's promises (**2 Timothy 1:7**).
- **Torment and Anxiety:** Fear often brings mental torment, keeping the mind restless and uneasy (**1 John 4:18**).
- **Paralysis in Purpose:** It can keep someone from stepping into their calling or obeying divine direction due to "what ifs."
- **Control and Avoidance:** When someone fears losing control or being hurt, they may try to control others or avoid situations altogether.
- **Isolation:** Fear often separates people from God, from others, and even from their true selves.



Mental Health & Self-Care

Bridget Edwards

Dual Certified Life & Health Coach



Mental health encompasses emotional, psychological, and social well-being. It affects how we think, feel, and behave in daily life, as well as how we handle stress, relate to others, and make choices.

Self-care involves taking intentional actions to nurture your physical, emotional, and mental well-being.



Mental Health

Mental health is the foundation for emotions, thinking, communication learning, resilience, hope and self-esteem.

VS

Mental Illness

Mental illnesses are health conditions involving changes in emotion, thinking or behavior (or a combination of these).

Self-Care Defined:

Self-care is the actions and practices that you can take to support your mental health, emotional health, physical health, and overall well-being.

Self-Care: The Basics

Self-care refers to all the things you do to take care of your physical, mental, and emotional health. Exercising, eating well, getting plenty of sleep, seeing your doctor, and brushing your teeth all count as self-care. Do things like listening to your favorite song to lift your spirits, catching up with a friend, and taking a mental health day when you need it. Recognizing what you need in the moment and taking care of those needs is key to self-care.

CARE



TAKE
CARE OF
YOURSELF



"Self-care isn't a luxury; it's a necessity. By nurturing your mental health, you empower yourself to live a fuller, more balanced life."

- *Unknown*

Paula Inniss Ministries

P.O. Box 2272

Cornelius, NC 28031

www.paulainnissministres.org

614-203-9802

704-987-2286