

Hey everyone,

Great services today! I believe this series is bringing deep healing and lots of positive feedback from our members. Be blessed and I love y'all.

MYESE!

Pastor Heard

Part 2: Soul Detox!

Texts:

Ephesians 2:6 (NIV) – *"God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus."*

Proverbs 4:23 (NIV) - "Above all else, guard your heart, for everything you do flows from it."

In our new "Soul Detox" series, today we are speaking on:

"Toxic Thoughts: How to Flush Out the Junk—for Good"

A. Thoughts have an amazing impact on your life and your world. Actions and emotions are actually determined by your thoughts.

1. **Joke:** Identity Crisis: "I'm a Moth"

A young man with identity problems walked into a dentist's office and asked, "Can you help me? I think I'm a moth."

The dentist said, "You don't need a dentist. You need a psychiatrist."

"Yes, I know," the man said.

"So, why did you come in here?" asked the dentist.

The man replied, "The light was on."

2. Practically everything in your life, whether good or bad, begins with a thought.
 - a. **John 1:1, 14 (NIV)** - "In the beginning was the Word, and the Word was with God, and the Word was God. [14] The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the one and only Son, who came from the Father, full of grace and truth."
 - b. The Greek word *logos*, which is translated "Word" also means *thought* or *idea*.
3. Your thoughts or ideas create your world.

B. I am truly fascinated by the amazing Emotiv EEG technology that uses a person's thoughts and brain waves to create incredible things.

1. Tan Le, the CEO of the company that has developed this amazing technology, explains a few of these astonishing developments.
 - a. A handicapped person can type, operate a motorized wheelchair, create their own music, and perform numerous, unbelievable actions with a simple thought.
 - b. Objects can actually be moved with the mind!
 - c. In case you're convinced that Play Station 4 or WII are 'the thing,' imagine being able to create characters and direct events with your thoughts. This is already being done!
2. In an exciting, highly publicized project, the University of Minnesota has successfully developed a toy quadcopter (a helicopter with four blades) that can be flown and controlled by thought, using the Emotiv EEG. It can be flown through a balloon obstacle course and successfully maneuver around each one.

3. Thought is also being used to drive cars and direct robots. The potential is unlimited!
4. Imagine flipping on the lights in your home or changing TV channels with a thought! It's actually happening right now!
5. (See YouTube: Emotiv Insight (start video at 34 seconds and play to 2 minutes 4 seconds – <http://youtu.be/eTGf2TkdvRw>).
6. If you're as fascinated with this as I am, you can learn more by listening to Tan Le's presentation at a TED Conference or by looking at some of the Emotiv EEG demonstrations on YouTube.
 - a. TED Talk (Technology, Entertainment, Design)
<http://youtu.be/fs2GDSYYCoA>
 - b. Disabled DJs create music with their minds.
<http://youtu.be/HyF4ZxGhPHw>
7. This is nothing short of mind-boggling! Of course, on the darker side, this technology can also be used for wrong purposes.
 - a. It has already been weaponized. A spy drone has been developed that can be directed by thought, computers can be operated by thought, and much more.
 - b. I suppose that someday they can spy on your thoughts. That's very scary! But if placed in the right hands and for right reasons, this technology could be life-changing!
8. My reason for mentioning this is to expose the enormous power of thoughts. If science can harness a thought to move a wheelchair or fly a quadcopter, could thoughts have already been creating the world in which you live—and you hadn't even realized it?
9. Thoughts are many times more impacting than anything we had ever imagined or believed!
10. God's Word instructs us to carefully monitor our thoughts by thinking only what is wholesome and good.

- a. **Philippians 4:8 (MSG)** - "Summing it all up, friends, I'd say you'll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious—the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse."

C. Why is God concerned that our thoughts only be wholesome and positive?

1. An uncontrolled thought life can create physical conditions that cause sickness.
2. Research shows that fear can trigger more than 1,400 known physical and chemical responses and activate more than 30 different hormones.
3. There are other compelling reasons to control your thoughts:
 - a. Toxic thinking has been proven to cause illnesses such as: diabetes, cancer, asthma, skin problems, and allergies—to name just a few.
 - b. For our own good, we should carefully control our thought life and detox our brain!

D. Thoughts can also become habit-forming and very difficult to break.

1. Research has proven that the composition of a negative person's brain and a happy person's brain are just alike. The only thing that makes them different is how each individual chooses to use their brain power.
2. The reason for this difference is that as a person thinks, chemicals produced by the brain form neurological pathways. These chemicals and hormones create a "neuro-wiring" for thoughts to occur.
3. No one is born "hard-wired" to think negative thoughts. But if you think negatively long enough, the brain begins to create negative wiring in the thought process. This is why changing thought patterns is so difficult.
4. It's also why we recidivate or go back to thinking old thoughts so easily. It takes a while to create new "wiring" patterns that make you think differently.

5. (Briefly relate my personal struggles with depression as a child and then a teenager).
- E. Last week we spoke about Jacob's difficulty in accepting God's elevation, even after his name had been changed to "Israel," which means "prince."
1. Jacob's major problem was struggling with negative thoughts.
 2. When I read his story in the Bible, all I can see is a man who has been extraordinarily blessed by God!
 3. But even though God had chosen, elevated, and greatly blessed Jacob, he never saw himself as being blessed or highly favored.
 4. As mentioned last week, his thoughts had become so toxic, even after God Himself had informed him on two occasions that his name had been changed from Jacob (thief) to Israel (Prince), whenever a problem arose, he immediately reverted to calling himself Jacob.
- F. Negative programming can become so deeply imbedded, it may require years to work through these issues.
1. Toxic thoughts can cause incredible pain.
 2. I believe Jacob's toxic thoughts resulted from being reared in a dysfunctional family.
 3. His father, Isaac, clearly favored Jacob's twin, Esau, and made no attempt to hide his feelings.
 4. His mother, Rebekah, felt such pity for Jacob, she attempted to compensate for her husband's rejection by doting on him.
 5. The result was a very insecure young man who never seemed to measure up to his dad's expectations and was further shamed by his mother's pity.
 6. Can you imagine the toxic thoughts he must have endured about himself?
- G. Jacob's beliefs about himself duplicated those of his father's. After all, wasn't his father the dominant authority figure in their home? Rather than questioning

what others think about them, children tend to accept what they see and hear as fact.

1. Why do you suppose Jacob used deception to obtain his brother's birthright and the blessing of his father that rightfully belonged to the first born son—not the second born? Jacob was living DOWN to his father's expectations!
2. **Proverbs 23:7a (KJV)** - "For as he thinketh in his heart, so is he."
3. By accepting who his father *thought* he was and by subconsciously living DOWN to his father's expectations, Jacob's relationship was also damaged with his ultimate authority figure—his Heavenly Father.
4. Since he seemed to matter so little to his earthly father, how could he think he mattered much to God?
5. I believe this could be God's reason for choosing Jacob over Esau. He wanted to prove the incredible potential that lies within those who are called "losers!"

H. How do we ordinarily relate with those who see no value in us? We never run **to** them; we run **away** from them! Jacob spent a lifetime running from God.

1. By closely examining Jacob's divine encounters, we find that **God** initiated all but two of them!
2. On his own, Jacob approached God in **Genesis 32:9** when he was absolutely terrified about meeting his brother Esau, and again when he considered moving to Egypt to meet Joseph, the son he had believed to be dead.
 - a. **Genesis 32:9-11 (NIV)** - "Then Jacob prayed, "O God of my father Abraham, God of my father Isaac, Lord, you who said to me, 'Go back to your country and your relatives, and I will make you prosper,' I am unworthy of all the kindness and faithfulness you have shown your servant. I had only my staff when I crossed this Jordan, but now I have become two camps. Save me, I pray, from

the hand of my brother Esau, for I am afraid he will come and attack me, and also the mothers with their children.”

3. Most people have the story wrong about Jacob wrestling with God. It was God who came to wrestle with Jacob!
 - a. **Genesis 32:24 (NIV)** - “So Jacob was left alone, and a man wrestled with him till daybreak.”
4. Not until God had broken his spirit and stripped away his self-sufficiency by dislocating his hip, did Jacob finally grab hold of God!
5. Most people believe this wrestling match was prompted by Jacob's hunger for God. But that wasn't true at all. To me, there is something sad about what happened.
 - a. **Genesis 32:24b (NIV)** - “Jacob replied, “I will not let you go unless you bless me ”
6. At the beginning, God wrestled with Jacob. But in verse 32, a man wrestled with him till daybreak. In an attempt to gain God's blessing, Jacob became the wrestler!
7. The problem is, more than 22 years earlier, God had already **given** him the blessing he was now seeking!
 - a. **Genesis 28:13-15 (NIV)** - “There above it stood the Lord, and he said: “I am the Lord, the God of your father Abraham and the God of Isaac. I will give you and your descendants the land on which you are lying. Your descendants will be like the dust of the earth, and you will spread out to the west and to the east, to the north and to the south. All peoples on earth will be blessed through you and your offspring. I am with you and will watch over you wherever you go, and I will bring you back to this land. I will not leave you until I have done what I have promised you.”
8. Toxic thoughts can prevent you from walking in or recognizing the blessing God has already declared over your life!

9. If your thoughts are twisted, you can be blessed, but unable to enjoy or receive the benefits.

I. A prayer to start your day:

“Lord, I praise You. I commit this day to You and receive Your guidance.

Cause me to be who You say that I am. I declare that I am an

“overcoming over-comer.” I will overcome whatever comes my way.

“Lord, this day, give me the mind of Christ! Let the words of my mouth and the meditation of my heart be acceptable in Your sight, O Lord, my Strength and my Redeemer. Heavenly Father, cause me to walk in Your ways and in Your paths, that Your will would be done in my life on earth, as it is in heaven.

“Lord, I thank You for the faith You have given me that overcomes the world and causes me to walk in victory. Today, as I speak what You have spoken, I set the course of my life with my words. I declare that I will not at all be defeated, discouraged, depressed, or disappointed. Today I will be filled with Your unspeakable joy and in all that I do, I'll experience the peace that passes all understanding.”