



You are Love, You are Loved

John 3:16 (NKJV)

¹⁶ For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.

Jesus is a perfect picture of who
you and I are.

Through his example, we see a
glimpse of who we are through his
resilience.

Resilience

the capacity to recover quickly from
difficulties; toughness

We are immersed in waves of energy.
These waves are waves of Love. Waves of
Energy translate to particles which
translates to cells that make up humans.

Per 2020 Nobel Prize winner Sir Roger
Penrose (Mathematician and Philosopher
of Science) from Oxford University

These Waves are good, they have
ethical values of love.

This love energy is coming from a
supernatural force, and we know
that supernatural force is...God!

Genesis 1:26 (NKJV)

²⁶ Then God said, "Let Us make man in Our image, according to Our likeness; let them have dominion over the fish of the sea, over the birds of the air, and over the cattle, over all the earth and over every creeping thing that creeps on the earth."

We are supernatural people,

99 percent of us is
supernatural...

1 percent is natural...

The spiritual nature of man was the basis of philosophy and science 350 years ago. Then, Newton's laws were discovered, and the scientific method was established. Newton said these laws give us an indication of the magnificence of the Creator. But his work was twisted to emphasize the physical and ignore the spiritual.

The scientific method deals only with what you can access with your physical senses. So, all your true nature – spiritual power, the power of choice, the effect you have on generations, the effect of the power of thoughts, creative power – is disregarded by this method of thinking.

We are called to be kings and
priests. God gave his best.

Matthew 5:48 (NKJV)

⁴⁸ Therefore you shall be perfect, just as your Father in heaven is perfect.

Our minds are powerful and designed to operate in love and soundness.

- The mind needs the brain. The brain is the physical organ.
- Our spiritual nature is 99% of who we are. It's our thinking, feeling and choosing.
- Our physical nature, our brain and our body, are 1% of who we are. Although, only a small part of who we are, the brain and body are important and must be taken care of.
- The connection between spirituality and science is strong.

Romans 12:2 (NKJV)

² And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what *is* that good and acceptable and perfect will of God.

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Renewing

ἀνακαίνωσις

anakainōsis

Thayer Definition:

1) a renewal, renovation, complete change for the better

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Mind

Thayer Definition:

- 1) reason in the narrower sense, as the capacity for spiritual truth, the higher powers of the soul, the faculty of perceiving divine things, of recognising goodness and of hating evil
- 2) the power of considering and judging soberly, calmly and impartially
- 3) a particular mode of thinking and judging, i.e thoughts, feelings, purposes, desires

Luke 22:44 (NKJV)

44 And being in agony, He prayed more earnestly. Then His sweat became like great drops of blood falling down to the ground.

We are called to go to the
cross, die on the cross and
resurrect.

Matthew 16:24 (NKJV)

**24 Then Jesus said to His disciples,
"If anyone desires to come after Me,
let him deny himself, and take up
his cross, and follow Me.**

2 Corinthians 5:17-19 (NKJV)

¹⁷ Therefore, if anyone *is* in Christ, *he is* a new creation; old things have passed away; behold, all things have become new.

¹⁸ Now all things *are* of God, who has reconciled us to Himself through Jesus Christ, and has given us the ministry of reconciliation,

¹⁹ that is, that God was in Christ reconciling the world to Himself, not imputing their trespasses to them, and has committed to us the word of reconciliation.

Humans have about 8,000 to 180,000 thoughts a day, we need to take them captive.

1 Thessalonians 5:17 (NKJV)

¹⁷ pray without ceasing,

2 Corinthians 10:5 (NKJV)

⁵ casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ,

God made us with a particular design that enables us to access and obey him through our spiritual nature.

We are designed to regulate our thoughts every 10 seconds. Therefore, 6 times every minute, we can consciously, deliberately and intentionally bring our thoughts into captivity to Christ Jesus. In Quantum Physics, activating our spirit to direct our mind is called the state of superposition.

Renewing our minds means we should talk to God or access the wisdom of God 6 times a minute. Our entire being is designed to do that. When we don't we mess up our brains, because we are not using the power of our minds.

Matthew 4:17 (NKJV)

17 From that time Jesus began to preach and to say, "Repent, for the kingdom of heaven is at hand."

How to keep your brain young and healthy

1. Detox your mind, brain, and body daily.
2. Build your brain daily.
3. Get enough sleep.

Dr Caroline Leaf

Deuteronomy 30:19 (NKJV)

¹⁹ I call heaven and earth as witnesses today against you, *that* I have set before you life and death, blessing and cursing; therefore choose life, that both you and your descendants may live;

Join a community

Research shows that the more we're involved in a social group, the less our risk of death is from all causes, while relationships of any kind can potentially improve our chances of survival by up to 50%.

Dr Caroline Leaf

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We need to enter into this season with a heart of repentance and reconciliation with God and ourselves.

We need to take the time to prepare ourselves for what God is about to do...

Ephesians 4:23 (NLT)

²³ Instead, let the Spirit renew
your thoughts and attitudes.

Psalms 119:37-38 (NLT)

37 Turn my eyes from worthless things,
and give me life through your word.

38 Reassure me of your promise, made
to those who fear you.

