

## THINK, LEARN AND SUCCEED GOD'S WAY

KENNETH AND GLORIA COPELAND AND DR. CAROLINE LEAF  
JANUARY 14-18, 2019

### DAY 1 – THE INTERACTION BETWEEN THE SPIRIT AND THE MIND

This week's special guest on *Believer's Voice of Victory* is Dr. Caroline Leaf. All knowledge is from God. Our minds are powerful and designed to operate in love and soundness. You can only interpret science correctly, if you interpret it spiritually. We are supposed to bring all our thoughts into obedience to Christ Jesus every day. God made us with a practical design that enables us to access and obey through our spiritual nature. The spiritual nature of man, according to science, is quantum, meaning beyond space and time—infinite—incredibly fast. Newtonian physics have been interpreted as seeing man only as physical, ignoring the spiritual part of man. God is the Designer of intellect.

### STUDY IT

- I. This week's special guest on *Believer's Voice of Victory* is Dr. Caroline Leaf.
  - Dr. Leaf has written a new book: *Think, Learn, Succeed: Understanding and Using Your Mind to Thrive at School, the Workplace, and Life*.
  - We are seeing that the knowledge and power of the new birth is taking a larger place in the scientific community. That's why KCM supports Dr. Caroline Leaf, because her research is affecting many people in the scientific world.
  
- II. All knowledge is from God.
  - God has promised us a spirit of power, love and a sound mind (2 Timothy 1:7).
  - A sound mind needs a healthy brain through which to work.
  - Your mind is part of your soul. If you have a problem in your mind, it's a health problem in the brain.
  - The rich man died and was carried into hell (Luke 16:23-28). His mind and memory were intact.
    - The rich man looked up and recognized Father Abraham. Abraham said, "Remember...." The rich man's memory was intact, even better than before, because he recognized Abraham, whom he had never met.
    - The rich man's brain was in the grave with the rest of his body. His mind was functioning even after death.
    - His emotions were intact; he cared about his family.



- III. Our minds are powerful, and designed to operate in love and soundness.
- The mind needs the brain. The brain is a physical organ.
  - Our spiritual nature is 99 percent of who we are.
  - Our physical nature, our brain and our body, are 1 percent. 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 and will help us understand the mind and the body.
- IV. You can only interpret science correctly, if you interpret it spiritually.
- Science talks about the nonphysical, and Scripture talks about the spiritual. They are equivalent.
  - To ignore science is foolish. To misuse science is equally foolish. To put science above The WORD of God is wrong.
  - Science is the “how-to” of spiritual principles. It teaches us how to use the powerful mind, how to renew our minds and how to bring our thoughts into captivity.
  - Your mind is your thinking, feeling, choosing area. It’s full of power, and its design is love.
  - The brain, the body and the mind are wired for love. We are created by God, who is Love, and our mind, by default, is full of love, power and soundness.
  - We are capable of operating in the love zone—where we think, feel and choose to succeed—to meaningfully make the impact we are called to make in the world. That’s our design, and we need to learn how to access it.
- V. We are supposed to bring all of our thoughts into obedience to Christ Jesus every day (2 Corinthians 10:4-5).
- The average person thinks about 50,000 to 180,000 thoughts a day (maybe more).
  - Every moment, we are to monitor and control our thoughts. That’s a huge challenge, and it’s impossible to the natural mind!
  - However, the mighty, spiritual weapons of our warfare make the challenge do-able. God will not ask us to do something He doesn’t equip us to do, so we can do it!
  - We have access, through our spiritual nature, to the wisdom of God. We must *choose* to follow His wisdom. We can access our powerful, spiritual nature, which links us to God (Acts 17:28).





- VI. God made us with a practical design that enables us to access and obey Him through our spiritual nature.
- Your mind and your brain are not the same thing. Your brain is part of your physical nature. Your brain is attuned to your mind. Your mind is much more complex than your brain.
  - We are designed to regulate our thoughts every 10 seconds. Therefore, six 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 a state of “superposition.”
  - “Renewing our minds” means we should talk to God, or access the wisdom of God, six 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.
- VII. The spiritual nature of the man, according to science, is quantum, meaning beyond space and time—infinite—incredibly fast.
- Professor Keith Ward of Cambridge University (theologian, philosopher, scientist) has research showing that quantum physics is the most fundamental and accurate of sciences. It displays the spiritual nature of man, and the power of man to have the effectiveness of choice (Deuteronomy 30:19). Our choices are powerful.
  - The science of quantum physics, along with the other sciences, shows the powerful, dynamic quantum nature of spiritual man that is constantly being fueled by God.
  - Bishop Barkley, a theologian and scientist, said the only reason we exist is because God is looking. Because God is looking at man, He supplies the energy we need.
- VIII. Newtonian physics have been interpreted as seeing man only as physical, ignoring the spiritual part of man.
- 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 know from Scripture the power of thought, which produces the power of the spoken word.





- The natural man is powerful. When scientists discontinued the study of the spirit man, they took our humanity away. They suggested we are only another form of an ape or we're automated like a computer. They teach people to completely ignore God—on purpose.
- IX. God is the designer of mind and intellect.
- There has been a massive reversal of trends. The Centers of Disease Control and Prevention (CDC) released information that shows people are living much shorter lives—15 to 20 years shorter—than they did 50 years ago. They are dying early from preventable, lifestyle diseases.
    - The current generation is declining because they are not using their God-given faculties.
  - We have diminished and are not using the dynamic, intellectual, profoundly intrinsically inspirational, creative nature of man, made in the image of a brilliant God.

## MAKE IT PERSONAL

Only God could create a being as wonderfully complex as a human.

Think about the limitations put on a person by studying only his/her physical being and ignoring his/her spiritual nature.

Write a few areas in your life that would be discounted by ignoring your soul and spirit. (Hint: emotions, choice...)

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### DAY 2 – WHAT IS A SOUND MIND?

God has not given us the spirit of fear, but of power, love and a sound mind. You need to renew your mind. To have peace and health, we need to get to know our spiritual nature. Mind sets contain power, and we can choose to activate them. We have the power to reconceptualize and redesign ourselves into the correct way of thinking. We need to learn how to access God's wisdom.

### STUDY IT

- I. God has not given us the spirit of fear. Fear is a spirit. Instead, we have the spirit of power, love and a sound mind (2 Timothy 1:7).
  - Everyone wants a sound mind, but you need a healthy, sound brain through which the mind functions. Renew your mind (Romans 12:2).
  - We have The WORD of God to replace the words that have come to us through the world. We have supernatural word replacement. Renew your mind to God's WORD.
  
- II. How do you renew your mind?
  - "Why take ye thought, saying...?" (Matthew 6:31). When you have wrong thoughts of unbelief, fear and unforgiveness, *and say them*, you damage yourself—spirit, soul and body—because that's not what God wants for you.
  - Use word replacement, and say what God says. You have not been given a spirit of fear, and you are not filled with fear; therefore, you don't have to take fear. You are filled with power, love and a sound mind. Take the thoughts of God, and speak the truth.
  - This is a continual process—a continual renewing.
  - People are dying younger than necessary because of primarily two things.
    1. Diet and exercise—not taking care of the body.
    2. Chaotic thinking in the mind—not bringing thoughts under control.
      - Our thinking has shifted over the years. Each generation faces some unique issues, and ours involve mind management. Problems caused by taking drugs that only mask issues, not dealing with toxic thoughts, not





building our brains, our lack of identity and the mislabeling of mental health issues have created a mass of chaotic thoughts.

- Mismanagement of the mind, poor mental health and lack of identity create chaos.
- People are constantly trying to push through chaotic energy.

III. To have peace and health, we need to get to know our spiritual nature.

- Bishop Barkley said, in effect, that we exist because of God. He supplies the energy for all existence.
- If we take the power God gave us to think, feel and choose—that generates energy through our brains.
  - If we don't think, feel and choose correctly, we generate the wrong energy (which is a distortion of the truth) and fear.
- We are wired for love, but we can learn to fear.
- When we think, feel and choose ungodly things, we shoot negative energy through the brain. It breaks down the brain and creates neurochemical chaos.
- The brain and body work together. They collectively are made of 75-100 trillion cells.
  - Every thought you think instantly affects the entire 75-100 trillion cells in the brain and body.
- There is a causative effect of the power of thoughts on the physical nature. Fear thoughts feed back into the mind, and set up negative feedback loops, so people live with uncontrolled thought lives and incorrect mindsets.

IV. Mindsets contain power, and we can choose to activate them.

- Dr. Leaf has identified 15 mindsets—like forgiveness, gratitude and happiness that are naturally wired into us.
- We can understand the science of what it means to be unique—the uniqueness of *you*. Learning to understand the customized way you think is how you activate the correct mindset. When you understand how you think, you know how to control your thoughts and stay in a forgiveness mindset.
- All day long you think, feel, choose and build memories. Get in the habit of thinking correct thoughts by accessing the wisdom of God. Science confirms that God's thoughts are above our thoughts, and we can align with them if we choose to.
- God's ways and thoughts are higher than ours (Isaiah 55:8-11) but He didn't leave us without hope.
- God said His WORD will accomplish and prosper what He desires. God's thoughts have been given to us in the Bible. This book is powerful because these are His thoughts, His mind; and because we are born-again, we can access them. We have the mind of Christ (1 Corinthians 2:16).





V. We have the power to reconceptualize and redesign ourselves into the correct way of thinking.

- Sir Roger Penrose, an Oxford mathematician, has done the mathematical and quantum calculations that show we are immersed in the potential of love.
- We can be aligned with God's wisdom. We can activate everything that is from God—everything that is Love.
- As we bring our thoughts into captivity (2 Corinthians 10:5), we can redesign ourselves by replacing our words with the wisdom of God. Or we can distort the truth through fear.
- Our thoughts are creating life or death—truth or distortion—purity or toxic chaos.
- Everyone gives off energy, but toxic energy is abnormal.
  - The normal energy is love. Perfect love casts out fear (1 John 4:18). Wrap healthy thoughts in words that have power.

VI. We need to learn how to access God's wisdom.

- It's Dr. Leaf's mission to help people change their minds, and that will bring change in the brain.
- Faith, hope and love are spiritual forces (1 Corinthians 13:13). Every decision we make needs to come from love.
- You have an intellect, so use it to speak your thoughts.
- Thoughts become spirit and are created with your faith. Your words are backed by God Himself, who is Love.
- Our goal: To be born again of the Spirit of God, with the mind of Christ, taking good care of the physical body, walking by faith and living by love, living a magnificent life.

## MAKE IT PERSONAL

Healthy thoughts create a healthy life. Write some of God's thoughts that will give you a sound mind, and you can use to replace toxic thoughts.

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### DAY 3 – HOW TO ACHIEVE A SOUND MIND

A love-filled, sound mind is the way we are to live. Dr. Caroline Leaf has identified several mindsets; one of which is the “thinker mindset.” Whatever you think about, you will create. You will see yourself differently. God created time, and we have God’s eternal nature. Every law in quantum physics is a spiritual law, because God extends beyond space and time. We are designed to be with others through relationships of God’s love.

### STUDY IT

- I. A love-filled, sound mind is the way we are to live.
  - Dr. Caroline Leaf’s book—*Think, Learn, Succeed: Understanding and Using Your Mind to Thrive at School, the Workplace, and Life*—gives insight into molding our minds into what God has intended for each of us.
  - The spirit of fear is the fear of death which is from the devil (2 Timothy 1:7).
  - A worry-filled or unforgiving mind is not a sound mind.
  - The mental health area has received increased attention and has created fear in our society.
  - Obsessive Compulsive Disorder (OCD) is not a scientific entity. It is just a description of intrusive thoughts.
    - Since science has chosen to ignore the spiritual side of man, it does not consider the conditions people deal with in their lives that lead to OCD behavior. Thinking about trouble leads to chaos, and death (James 1:13-15).
- II. Dr. Leaf has identified several mindsets; one of which is the “thinker mindset.”
  - We are designed to take time to be still and think. The brain and body need a time of rest.
  - Our minds and spirits are so powerful, they will continue to even push past their healthy capability until they become weak.
  - We need to learn how to switch off the external things that stimulate us, and turn on the internal mechanisms.
  - While we are resting our bodies, we can spiritually access the wisdom of God and mentally allow ourselves to dream. This resting exercise increases intellect,







- imagination and creativity, because we are accessing the wisdom of God. We can also get insight into intrusive thoughts such as worry, anger and stress.
- We need to think deeply—really get in touch with our spirit man.
    - You should spend at least 15 minutes a day letting your mind wander, imagine and create. Practice identifying intrusive thoughts and stop giving them so much of your time.
  - You need a forgiveness mindset. Tell yourself every morning what you are going to do. Take time to think and rest your brain, and choose to forgive as you go through the day.
- III. Whatever you think about, you will create. You will see yourself differently. You have this choice every 10 seconds.
- We need to access the wisdom of God, and let it transform us. You will speak what you think about. Take energy from the love zone. Speak to the mountain (Mark 11:23).
  - Joshua was getting ready to take the children of Israel into the Promised Land. The last time he was there he encountered giants. God told him to change his thoughts (Joshua 1:8). Don't think about the past or the fears it created. Think on God's ways. Meditate day and night on God's promises. Think of success, and you will have it.
  - The power of death and life are in words that demonstrate the condition of our spirit and soul (Deuteronomy 30:19).
    - We must learn to control ourselves through the wisdom of God.
    - We must connect with the correct power. It's a moment by moment choice.
- IV. Every law in quantum physics is a spiritual law, because God extends beyond space and time.
- The terms are non-locality and non-time—a connection beyond time and space.
  - God is always *now*. For example, there is *now* no condemnation (Romans 8:1).
  - Quantum physics carries this incredible sense of “now-ness.”
- V. We are designed to be with others through relationships of God's love.
- It's a waste of time and a door to toxic thoughts to lie in bed thinking of all the things you should or should not have done. That was then; this is now.
  - Guilt and shame keep the pain in the now.
  - More people are dying from the lack of love and loneliness than any other disease.
  - When we are alone, we get into toxic patterns, and eventually die.
  - The underlying basis of a toxic relationship is our reaction to people who have hurt us. To disconnect from the toxic relationship, we must forgive them. If we stay connected, the toxicity grows.



- Thank God He gave us the ability to repent, and to be cleansed from all unrighteousness (1 John 1:9).

## MAKE IT PERSONAL

Make this confession:

*I have a sound mind through the power of Christ Jesus. I choose to think the way God's WORD teaches me to think. I reject toxic thoughts, and I consciously turn my mind to think what God says about me and the situations in my life. This is my choice!*



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### DAY 4 – MAKING THE DECISION TO OPERATE IN LOVE

You can make quality decisions that you will not change. Our spirit is 99 percent of who we are. The brain and body are 1 percent, but they are still important. We need our physical parts to express our spirit. In the Garden of Gethsemane, Jesus modeled how we are supposed to deal with ourselves. It's important to teach people to control their reactions to negative experiences, so they can stay in the love zone. Your mind is under your control, and you choose your mindset.

### STUDY IT

- I. You can make quality decisions that you will not change.
  - Wake up in the morning and make decisions for that day.
    - The decisions to be slow to anger, quick to repent and quick to forgive.
    - Make a quality decision—I am going to walk in love, by the grace and help of the Spirit of God who lives within me.
    - This way of life is essential for a life of obedience to God.
  - Jesus literally bore your shame (Isaiah 53:4), because you cannot do anything about yesterday. Let yesterday be gone. Otherwise, you will live your life in condemnation, and that attitude will not change anything...it will just make things worse.
  - The brain is the go-between of the mind and the spirit; and living in condemnation kills your brain.
  - You are spirit, intellect and body. Your spirit must be in the top position. It's an integrated system, so you need a sound mind for the spirit to be in charge and the body to be healthy.
  - This business of shame and reproach, and living a life of shame because of the past, must be forgiven and forgotten. Get over it!
  
- II. Our spirit is 99 percent of who we are. The brain and body are 1 percent, but they are still important. We need our physical parts to express our spirit.
  - Make sure what you are expressing is who God wants you to be.
  - It takes diligent work to say, think and believe what God wants.
    - There's no quick fix or medication we can take to get this instantaneously.





- But believing, thinking and saying God's plan for our day—forgiving, walking in love, forgetting the past, resisting shame and all other works of the devil—will change us, and give us the life God has for us.
- III. In the Garden of Gethsemane, Jesus modeled how we are supposed to deal with ourselves.
- He faced the issue, went through the issue and rose. He didn't ask the disciples to take the issue—He asked for their support (could you not pray with Me?) (Matthew 26:38-40).
  - Deal with your issue, and get through it. Depend on people who support you through God's love.
  - Brother Copeland's ministry friend, Dean Sikes, ministers to school-age teens. He is shocked of how many teenagers contemplate suicide.
    - The root problem is loneliness. They want someone to listen to them. They believe they are alone, and that they don't have value. The pains of shame and guilt follow.
  - Society doesn't listen and help someone work through the issue. Instead, they treat the person more like an analytic problem.
    - They reduce the person's needs to a 15-minute evaluation, then label them with a mental condition, prescribe medication, and do not offer any hope.
  - In The Church, help is even harder to find. Problems are seen as a lack of spirituality, and the person is not given the love and attention God wants to give.
  - We must teach the spiritual truth and practical application of love.
  - We do want to watch our words and speak only God's words, yet it's important to allow a person to express their need.
    - A person should be able to go through their issues in the love zone—a safe place—work through it, and come out on the other side.
    - We need to bring thoughts out into the light where they are weaker, so we can deal with them, and get free.
    - We need to allow people to face things, then help them get over them.
  - Without hope and identity, people have no reason to live.
- IV. It's important to teach people to control their reactions to negative experiences, so they can stay in the love zone.
- The goal is to forgive, have gratitude, have happiness, live in love and walk through the day connected to God.
  - People need to learn to be alone with their thoughts, and not be afraid of them.
  - It takes time to learn to think and rest in the wisdom of God.
  - The book of Proverbs is a good guide to immerse ourselves in God's wisdom. Read Gloria Copeland's book, *Hidden Treasures: Abundant Living in the Riches of Proverbs*.





- V. Your mind is under your control, and you choose your mindset.
- The peace of God will keep your heart and mind through Christ Jesus. Here's what to think about: whatever things are true, honest, just, pure, lovely, of good report, virtuous, of moral excellence and praiseworthy (Philippians 4:6-8).
  - Even some people who know the Scriptures are just as broken as people who don't.
  - We need to see the connection between knowing God and being healthy in spirit, soul and body. We must be doers of The WORD and not hearers only, deceiving our own selves (James 1:22-24). Many have heard what to do to be healthy, but they're not doing it.
  - Obey Paul in what he instructed the Church: What you have seen and heard, do it (Philippians 4:9)!

## MAKE IT PERSONAL

Some quality decisions need to be made, and the No. 1 decision is to walk in love and forgiveness.

Write some things you can do to strengthen your love walk:

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### DAY 5 – GROWING AND DEVELOPING YOUR BRAIN

The world of science is catching up to Christianity, and the Church is growing in knowledge of God and the spirit realm. God's love is unbreakable, but adding layers of toxic thoughts on top of the love, makes it difficult to access. Berkley professor Henry Stapp, one of the greatest minds in terms of quantum physics, had a revelation of the spiritual nature of man. Man can make a choice. When you make a choice, you change the structure of your brain. There is more to humanity than what you see and hear.

### STUDY IT

- I. The world of science is catching up to Christianity, and The Church is growing in knowledge of God and the spirit realm.
  - Quantum physics talks about the spiritual fabric of understanding. Physical and mental things influence each other and are connected in the spirit.
  - Be obedient even in the little things. Don't violate the law of love (James 2:8), because you can tear up your spiritual fabric.
    - God's BLESSING will overtake you when you are obedient (Deuteronomy 28:2).
- II. God's love is unbreakable, but adding layers of toxic thoughts on top of the love makes it difficult to access.
  - The devil is trying to mess up love with thinking and talking unforgiveness. But one second of repentance destroys the devil and his work in your life.
    - God blots out your transgressions, and He remembers your sins no more (Isaiah 43:25).
    - Mercy endures forever (Psalm 118:1). With love thoughts and faith thoughts, you are being healed, and you are affecting others.
- III. Berkey professor Henry Stapp, one of the greatest minds in terms of quantum physics, had a revelation of the spiritual nature of man.
  - Quote: "The free choices made by the human players" [we know about choice], "can be seen as miniature versions of the choice that appeared to be needed at the creation of the universe. Quantum theory opens the doors to, and indeed demands the making of these latter free choices. This situation is concordant





with the idea of a powerful God that creates the universe and its laws and...bequeaths a part of this power to beings created in His image, at least with the regard to the power to make physically efficacious decisions on the basis of reasons and evaluations.”

- Simply put, Dr. Stapp is saying that quantum theory helps us understand that this universe was created by a powerful God, and humans are made in that God's image. We have this love, power and sound mind, with which we can choose life, death, blessing or cursing, and our choices have consequences.
- Dr. Stapp is saying this without having any background in the Scriptures. He has seen through his research that it cannot be any other way. He has been attacked by the atheist scientists because he sees beyond the classical model of just the physical. He has a revelation of the spiritual nature of man. He believes all of quantum physics is based on man's ability to choose, and that is modeled after God.

IV. Man is the only living thing that can make a choice.

- Keith Ward says that 95 percent of scientists are asking questions about who man is, what is love and do we come from a supernatural source, who is God.
- The Bible is the story; science tells us how the story works. It's all God's creation. One must work with the other, so that we can function.
- Science helps us become doers of The WORD. Get knowledge, get wisdom, get understanding (Proverbs 4:7).
- We have the ability and right to choose (Deuteronomy 30:19-20). You choose so you and your descendants may live, love The LORD your God, obey His voice, and cleave to Him.
- He is your life and the length of your days that you may dwell in the land.
- God already made His choice—He chose you! He sees you perfect.
- God knows every person is only one choice away from making Jesus LORD of their lives.
- When the wickedness of the world comes to your mind, choose to believe God's WORD. Focus on Jesus. He loves you.
- God demanded that Brother Copeland care for his wife, not focus on whether Gloria loves and cares for him. He had to choose to believe God's WORD.

V. When you make a choice, you change the structure of your brain. It takes time.

- There is a time factor involved. In a meeting, you get on a “high” hearing The WORD of God in a group. You believe you can change to conform to The WORD of God you heard.
  - But most people will give up after three or four days. Then, they are looking for the next “spiritual high.”





- There comes a time when a person has to do his or her own praying, not depend on the prayers of others.
  - A time element is involved, because what is happening requires growth.
  - What you hope for is coming (Hebrews 11:1).
- VI. There is more to humanity than what you see and hear.
- Classical science says if it hasn't happened yet, it can't exist.
  - Thoughts are memories. To build a thought doesn't happen immediately. It takes at least 21 days of daily, consistent, deliberant, intentional focus on that thing.
  - Research shows that in order to be mind-healthy and brain-healthy, you have to build your brain every day. You wake up with the potential to grow and develop your brain.
    - If you don't grow, you get toxicity inside your brain, which can cause anxiety, depression, physical health problems and more.
    - You are designed to constantly build memory and develop knowledge, not just to store it, but to make it an active part of your life. This takes 63 days.
  - Meditation has an "alwaysness" component in the spiritual world. You get a revelation, and you are praying—it's called retro prayer or retroactive causation—where the substance and evidence already exists of the future.
    - In the spiritual world, the future has already happened. You don't have to beg God for the answers, or wait for the answers, because God-ness is always-ness.
    - The potential for the answer is already there. God's love is past, present and future.
    - You have to learn to blend time into eternity. You can only do this by stepping into the wisdom of God, and then you can recognize and access what's already in effect, and make it a part of your reality.
  - Meditate on godliness day and night (Joshua 1:8). If you continue meditating on God and His love for 21 days, you will begin to get revelation!

## MAKE IT PERSONAL

This awesome study with Kenneth and Gloria Copeland and Dr. Caroline Leaf can change your life. Please share with us what this teaching has meant to you. [Click here to share your experiences](#), or [contact us on Facebook™](#).

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