



## THE SCIENCE BEHIND THE POWER OF OUR IDENTITY IN CHRIST

KENNETH AND GLORIA COPELAND AND DR. CAROLINE LEAF  
JANUARY 21-25, 2019

### DAY 1 – YOUR MIND DETERMINES YOUR IDENTITY

Our guest this week is Dr. Caroline Leaf. To have a sound mind, you must have a healthy brain through which the mind functions and expresses itself. Your brain is about the size of your two fists, and it contains billions of microscopic parts. Each piece of information you gather, even as you are reading now, grows a branch. You can grow from a few thousand to a few million branches. One neutron can have 10 million branches. These branches multiply into more millions. God has designed that kind of power in our brains. If you keep saying the same thing again and again until it registers in your spirit, then it will begin to control your life. There is a blend between science and spirituality. Think of the principle called retroactive causation. Jesus is faithful and just (righteous) to forgive our sins.

### STUDY IT

- I. Our guest this week is Dr. Caroline Leaf. She is a cognitive neuroscience scientist specializing in the brain, and she is a Christian who is anointed by God.
  - It's vital to have God's view of a human, not just the scientific view or the common view, particularly when you are dealing with the spirit, soul and body (in that order).
  - Your soul is composed of your mind, will and emotions. Your spirit and soul live for eternity even after the body is gone.
  - In this life, if the brain is not functioning correctly, the mind cannot express itself, which severely hinders the spirit and the body.
  - Dr. Leaf had a clinical practice for 25 years and has done research on the brain for 30 years. Her research leads her to hold clinical trials working with other doctors and researchers to gather information.
  - In January 2019, she will begin a clinical trial to study non-pharmaceutical interventions for people with anxiety and depression.
    - In other words, she won't use medicine; she emphasizes mind changes. She took this approach in her practice. You can read more in her book: *Think, Learn, Succeed: Understanding and Using Your Mind to Thrive at School, the Workplace, and Life*.
    - She believes that if you get your mind right, your life will be right.





- II. Dr. Leaf gained extensive experience by working with the worst of the worst in South Africa. She has extensive experience working with broken and rejected people.
- One of the first things she saw in people who were damaged was that they thought they didn't measure up, and they weren't "good enough."
    - These negative thoughts took away their sense of purpose and hope, which was tied into their personal identity.
    - They determined there was no meaning in their lives, which led to tremendous inner conflict and confusion.
    - Then, they started becoming the failures that people told them they were.
  - The mind actually changes the reality of the brain.
  - If our brains are not working properly, then our minds cannot express themselves.
  - Our minds change the structure of the brain. That's the power we have from God. The mind of Christ changes the structure of the brain.
  - Therefore, if we think we are failures, we change our brains to become failures. That is why we have to renew our minds in God's WORD.
- III. To have a sound mind, you must have a healthy brain through which the mind functions and expresses itself.
- God has given us the spirit of a sound mind as well as a spirit of power and love (2 Timothy 1:7).
  - Jesus told of a rich man who died and went to a place of torment. Abraham said to him, "Son, remember..." (Luke 16:25).
    - The man's mind and emotions were with him even after the death of his body.
    - He became evangelistic, begging for help for his brothers who were still alive.
  - A person's memory is not in the brain. The memory *uses* the brain, but life's memories are stored inside the spirit of a person.
- IV. Your brain is about the size of your two fists, and it contains billions of microscopic parts.
- In our understanding of only about 10 percent of how the brain functions, we know it is made up of about 100 billion neurons, which compose about 20 percent of the brain tissue.
  - Each neuron in the brain processes at speeds of 10 to the 27<sup>th</sup> power; that is faster than 400 billion actions per second.
  - You transform what you are hearing, seeing, etc., into physical structures inside your brain.
  - When I say "you," it's your spirit and your mind that are taking what you are hearing and generating energy through the brain.





- The brain responds, genetic expression happens, and you actually, at that enormous speed, physically build little protein structures, little branches, on top of the neurons.
  - Whenever you get a revelation, scientifically you add a new branch in your brain, because it's a new thought.
- V. Each piece of information that you gather, even as you are reading/listening now, grows a branch. You can grow from a few thousand to a few million branches.
- During this broadcast, about 5,000 facts will be presented. As you listen, you will grow about 5,000 branches (one for each fact) in the brain, with each branch holding information.
  - The branches attached to the neutrons are made of proteins.
  - Inside of each neutron, very important structures called microtubules do a lot of activities, including helping you store things in your memory. When you meditate, they are activated.
  - You have about 10 million microtubules per neutron and there are about 100 billion neutrons in the brain.
  - Those little microtubules attached to the neutrons are made up of smaller particles.
- VI. One neutron can have ten million branches. These branches multiply into more millions.
- Each of those millions of microtubules are made up of little tiny proteins. They are rolled up like a sheet of little beads.
  - Each of the little beads, or proteins, are quantum biological computers. The spirit and the mind are working at quantum speeds.
  - These little beads operate like little quantum energy computers that we are building with our thoughts.
  - That's where our thoughts are stored, and they connect with the physical part. We have more of those little beads than we have numbers to count.
  - One little bead is more powerful than all the computers on the entire planet!
- VII. God has designed this kind of power in our brains.
- Once a person is born again, and their spirit is re-created and brought back to the level with God, then we have the mind of Christ (1 Corinthians 2:16).
  - The word *Christ* is the Greek translation of the Hebrew word *Messiah*, and both can be translated *anointed*.
  - We have the same anointing power available for our minds that Jesus functioned in while He was on the earth.





- When we get a revelation of what it means to get in a rhythm with the spirit, literally, we get our minds renewed (Romans 12:2), and begin accessing that kind of power.
  - We have science and we have a gut instinct showing us that power.
    - We know, for example, if we are in a toxic mind set, we are grumpy, and the day goes wrong.
    - We know if we speak unkind words to someone, we feel bad. *We feel* the impact.
  - We, as humanity, know that life and death are in our tongues (Deuteronomy 30:19), and that we can break someone or build someone with our words.
- VIII. If you keep saying the same thing again and again until it registers in your spirit, then it will begin to control your life.
- The spirit takes the mind and commands it to produce your thoughts.
  - Jesus introduced this concept when He said, the sower sows The WORD. These are they by the wayside where The WORD is sown (Mark 4:14-15).
    - He compared the field to the earth where plants grow (Mark 4:26-29). The seed grows; the farmer doesn't know how. When the seed produces, he puts in the sickle and harvests it.
  - God created the ground to grow. It has that function within itself.
    - That's the reason that if you put a wooden fence post into the ground, the ground does it's best to make it grow.
  - Jesus compared our spirit to a seed in the ground. You keep saying something, and it finally registers on your spirit. Your spirit takes that as an assignment. The spirit works with the mind to make it happen. It may be a cancer, or it may be wealth or healing.
  - You create your next reality.
  - You have so many thoughts, and you can't think them all at any one time. They are stimulated by the events of life.
  - When you are listening, you use your thoughts and memories to process what you are hearing.
  - When something moves from the unconscious to the conscious, it becomes malleable, which means changeable.
- IX. There is a blend between science and spirituality.
- We want to understand the principle that when you think, feel and choose, you grow.
  - Whatever you think about the most and focus on is growing inside you.
  - In quantum physics, they actually have a term called the quantum Zeno effect (QZE)—the repeated effort that makes learning take place.





- There is a spirit, mind, body connection and the response in the brain. As you are using your mind, you are actually creating this physical change.
  - You literally, like that fence post, are growing with every thought you think.
  - You are creating matter out of mind.
  - When you think, you have grown a thought that has life forever.
  - If it's a toxic thought, the way to get rid of it, is for it to be reconceptualized, acknowledged, repented for and redesigned.
  - Think of the advantage we have to know Jesus. His blood is affecting our past.
- X. There is a principle called "retroactive causation," which means we can see spiritually that the present, the past and the future co-exist.
- As you are praying, you are stepping into the Spirit of God. You are stepping into eternity, so you are actually transforming how the future plays out in the present, and how the past will play out in the future.
  - That's what prayer is actually doing. It's not begging God for something that already exists.
  - Prayer is accessing the ingredients of what does exist in potential form and transforming them into reality by the words you speak, based on the thoughts you are thinking, based on the power of the mind of Christ.
- XI. Jesus is faithful and just (righteous) to forgive our sins (1 John 1:9).
- We trust Jesus with the sins of the past when we confess them, and He cleanses us from all unrighteousness.
  - You cannot afford to be led by toxic feelings.
    - The moment you believe you receive Jesus' forgiveness, your thoughts are changed, which changes your words and faith is released. The toxic thoughts are then neutralized.

## MAKE IT PERSONAL

Dr. Leaf says that what we focus on is growing inside us. That's a wakeup call to monitor closely what we focus on. Write some things you find yourself focusing on, and The WORD of God with which you will replace those thoughts.

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## THE SCIENCE BEHIND THE POWER OF OUR IDENTITY IN CHRIST

KENNETH AND GLORIA COPELAND AND DR. CAROLINE LEAF  
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### DAY 2 – UNDERSTANDING YOUR IDENTITY

When you are born again, you have a spirit of power, love and a sound mind, so don't be ashamed. Dr. Leaf has worked with many people who were broken and taught them about their identity. Dr. Viktor Frankl, a Jewish psychologist and neurologist, developed a whole branch of psychotherapy concerning identity. The first thing Dr. Leaf does in her therapy sessions and lectures is to teach people to find their identity and learn the power of the mind to change their reality. It's a gift of God to know you are unique—a stand-alone design of God. If you know who you are, you become humble and loving like Jesus. We are influenced by healthy waves of love or by toxic waves.

### STUDY IT

- I. When you are born again, you have a spirit of power, love and a sound mind, so don't be ashamed (2 Timothy 1:7-8).
  - It's not scriptural to put yourself down.
  - The Bible says don't think more highly of yourself than others. Think soberly about yourself since God has given you the measure of faith (Romans 12:3).
    - The moment you were born again, you were given a measure of the same spiritual force that put the planets in place.
  - You don't have any business being ashamed about anything. Jesus was the only person who lived a perfect life.
  - When you give God the tools to work with, He will renew your mind, and shame will be a thing of the past.
  
- II. Dr. Leaf has worked with many people who were broken and taught them about their identity.
  - She helped them look for the uniqueness of what makes them valuable and to see the power of who they are. They can do something no one else can do.
  - She helped them get a glimpse into the power of the mind of Christ that can work within them.
  - The concept Dr. Leaf uses is to help a person see that they mean something; there is hope.





- III. Dr. Viktor Frankl, a Jewish psychologist and neurologist, developed a whole branch of psychotherapy concerning identity.
- Dr. Frankl was imprisoned in the German concentration camps for three years during World War II and realized that the camps were designed to dehumanize people and strip them of their humanity.
  - His treatment was based on this one concept: Identity gives someone purpose and hope.
  - He said the people who were able to survive and reach out to others, had a sense of identity.
- IV. The first thing Dr. Leaf does in her therapy sessions and lectures is to teach people to find their identities.
- She lets them talk and express where they feel pain, so they know someone hears them.
  - Dr. Leaf developed a seven-hour profile to help understand a patient's identity: It reveals who they are, and how they uniquely think, feel and choose.
  - Because the way you think, feel and choose is unique to you, no one else can build the thought that you just built. It has an eternal spark that will transform your brain, create matter and transform the world.
  - From the information, she makes them a graphic depicting how they think, feel and choose, showing that they are unique and have an identity.
  - She builds a relationship with them, and gives them an inside look into their identity.
- V. Dr. Leaf teaches the power of the mind to change a person's reality.
- As a therapist, she doesn't start with the person's issues.
  - She starts by finding out who they are and by peeling off debris and toxicity from their thinking to get down to the core of who they are, giving them purpose and hope.
  - When they realize their identity, they have resiliency and strength. Their brain starts to be transformed, their neuro transmitters start changing, their blood chemistry starts changing, and they begin activating genetic switches that will help increase their resilience.
  - A person's brain is wired for love. By this stage of therapy, all the activation of love occurs on a neurophysiological level.
  - Now that the toxicity is no longer their identity, they are much more open to explore why they have inner conflict.
- VI. Dr. Leaf has divided toxicity into two categories.
1. Category 1 toxicity: the bad choices we make.
  2. Category 2 toxicity: the traumas of life we can't control.





- There is something we can control in both categories—our reactions.
  - If you don't know that your identity is one of power, if you don't know there is hope, if you don't know that your unique way of thinking, feeling and choosing is wired for love and your problems are not your destiny, you get stuck in toxicity and shame.
  - The Scripture says if you know you have love, power and a sound mind, you don't have to be ashamed (2 Timothy 1:8).
  - From a position of power, soundness and love, you now have the strength to deal one by one with toxic issues and work through rewiring your brain based on renewing your mind and accessing the power of love to do that. It doesn't fail.
- VII. It's a gift of God to know you are unique, a stand-alone design of God.
- It's a wonderful breakthrough when someone realizes: they are not a failure; they have an identity; they are not hopeless; but must learn to cope; and they have power, soundness and love to combat any wrong they have done or that has been done to them.
  - You were planned, and there is a plan for you (Jeremiah 29:11).
  - When you understand the power of your mind to create realities, you understand that bad stuff happens, but there's a way of coping; when you understand the need for love and relationships, that we are designed to support and to help each other, then we can pull together as a community.
- VIII. If you know who you are, you become humble and loving like Jesus.
- Jesus is the model of how we are to function. He was the most humble, wisest, perfect and powerful person who ever lived.
  - If everyone operated in their love identities, there would be no more wars and conflict.
  - Hurting people hurt others; and if we can transform our identities to stop the hurting, we can have a large impact in our communities.
  - A man in the U. S., Dad Truelove, was tried, convicted and sent to prison for the rest of his life.
    - He found the principles of love, and began to teach the other inmates that love is the key. You have the love power to forgive.
    - He was so instrumental in helping the inmates that a pardon was procured for him. He was free, but he chose to stay in the prison to continue helping the inmates.
- IX. There is a science of love.
- At the subatomic level, the quantum level, there are packets of energy. God is the Source of all energy. God is Love.
  - Nobel Prize winners discovered that quantum gravity consists of waves of love.





- At the most fundamental level of our being we, as humanity, are waves of love. We are continually regenerating love.
  - We intersect other humans and interact with each other's love waves.
  - We are immersed in a gravitational force of quantum gravity.
  - Sir Roger Penrose has done the mathematical calculations showing that we are immersed in love.
  - They talk about this love as potential, and use the fancy word *Aristotelian* potential. (Aristotle was a Greek philosopher who spoke about man's potential to do good or evil.)
  - We are waves of love. We are enhanced by each other's waves of love, or we are broken by waves of toxicity.
- X. We are influenced by healthy waves of love, or by unhealthy waves of toxicity.
- When we make healthy decisions—when we think, feel and choose correctly with a mind of power, love and soundness—we add more love into the universe and the world around us, and the universes that we live within.
  - Heaven and earth don't run parallel. They intersect. When we step into the love zone, we are intersecting with heaven.
  - When we step into the love zone, we are stepping into the potential of wisdom. We have to live lives of love in order to access that power and utilize it correctly, or we will abuse it, make wrong decisions, and produce toxic fruit like war and disease.
  - When you distort good, you get bad. There are consequences. We create matter with our mind. We are love, we are living love, and we must learn to discern the truth.
    - Disease comes from man constantly, through the generations, distorting our genes.
    - Whatever comes through toxic waste through generations is wrapped up and sealed unless activated by your mind.
  - This separation from the toxic waste of generations is done by the power of your mind, working in faith toward God.

## MAKE IT PERSONAL

You are a unique creation of God, with a divine plan inside you.

Write what you can do to access that plan and start living it.

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## THE SCIENCE BEHIND THE POWER OF OUR IDENTITY IN CHRIST

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### DAY 3 – THE SCIENCE OF ROOTING YOUR IDENTITY IN LOVE

We have been talking about God giving us the spirit of a sound mind. Science must align with truth—God's WORD. When we don't deal with wrong decisions, toxic thinking and traumas by keeping things inside ourselves, it passes on to future generations. Quantum speed is much faster than the speed of light. We continually give off energy. That's why we connect with each other. If a person lives in a continual tsunami, he/she increases his vulnerability to disease by 75 to 98 percent. The mutated gene creates a pattern of thinking that comes down through the physical and the spiritual. We must get an understanding of who we are, and learn to choose correctly despite our circumstances. The current model of mental health doesn't want to acknowledge the effect of the spirit on the mind, brain and body.

### STUDY IT

- I. We have been talking about God giving us the spirit of a sound mind.
  - Jesus gave His life to get us out of the curse. We are supposed to be healed, delivered and prosperous.
  - Love is not punishment minded; it is reward minded (Hebrews 11:6). Remember, God is Love (1 John 4:8).
  - One of the hardest things for human beings to do is to renew the mind to the spiritual, unseen forces that surround us all the time.
    - Neither the angels of God nor the demons have a right to impose themselves on us, because God won't impose Himself on us.
  - When we learn by faith to close the door to the devil and resist him, he must flee (James 4:7).
  - When we open the door to Love Himself, we are not controlled by evil.
  - It's not just a response of action and reaction. Working with God has to do with the spirit, the soul and the mouth.
    - Thoughts spoken again and again produce results.
  - The love of God has power, and He changes things.
  - Every time we use our powerful minds, we create something.
  - When we think, feel and choose, something is happening. It's not just a thought.



- II. Science must align with truth—God's WORD.
- Dr. Caroline Leaf has determined to explain the 99 percent of man that is spiritual. That's important because the physical obeys the spiritual.
  - As humans, we are immersed in God's design, and we really don't understand it yet.
  - We operate in at least two dimensions: the spirit where things happen at quantum speeds, and the physical where things happen much slower.
    - The power of the one to influence the other is enormous.
  - The science of love at a fundamental level presents itself as waves of love. We have the energy of love to potentially transform ourselves to match the plan of God.
- III. When we don't deal with wrong decisions, toxic thinking and traumas by keeping things inside ourselves, it passes on to future generations.
- Whatever passes through into your DNA will damage your physical body, because it is recognized by your immune system as "not normal."
    - It leaves a wake of destruction. Eventually, our bodies break down.
  - These wrong decisions, toxic thoughts and traumas are similar to a tsunami.
    - A tsunami is created by movement on the ocean floor. It's like if you put your hand under the water and move your hand around, the water moves.
    - In an actual tsunami, the energy going through the water is moving at 450 to 500 miles per hour. There's nothing to stop it until it hits a physical barrier. The energy expressed on the other end of that force is water displacement.
  - In the same way, wrong thinking creates a tsunami all over your body. If it's toxic, it's damaging all of your 75 to 100 trillion cells in your brain and body at quantum speeds.
- IV. Quantum speed is much faster than the speed of light.
- The speed of light is measurable in the physical world—186,000 miles per second. It's bound by classic laws found in Einstein's theory of relativity of space and time.
  - Quantum is a totally different speed; it's almost an infinite speed. Quantum movement is estimated to be 10 to the 27<sup>th</sup> power—beyond even 450 billion actions per second.
  - Spiritual energy moves in quantum speed through our bodies all the time. In addition, there is physical energy that's moving in us at a much slower rate.
  - We always have these two interacting together. It's called "interactive dualism," an effect on our minds and brains.
  - The power of the mind of Christ is like a tsunami of love.





- V. We continually give off energy. That's why we can connect with each other.
- If we encounter someone who is operating with toxic energy and attitudes, we "feel" it.
    - We are aware of the cognitive dissonance, because the love wave has been disturbed.
  - When someone says something sharp to you, and you don't respond in the love of God, you create more toxicity.
  - In the negative direction, we can, with toxic thoughts, create tsunamis through our bodies, which create mutations in our cells.
  - God gave us science to understand the power of faith, the power of humanity.
  - The Bible tells us what to do. A gentle word turns away wrath (Proverbs 15:1, *TLB*). It's not always easy. You have to train yourself how to live.
    - However, you are connecting with the Spirit of God every 10 seconds. He will help you.
- VI. If a person lives in a continual tsunami, he/she increases his vulnerability to disease by 75 to 98 percent.
- These people can shorten their life spans every 12 months by 43 percent.
  - Worrying about something increases your chance of making that thing happen by 63 percent. These statistics show the power of the mind.
  - That toxic tsunami will damage your cells and create mutated genes in your life. You suffer, and then you die. What's worse, you pass it on to others just by being with them.
    - By your words and actions, you change other people's genetic expression.
- VII. The mutated gene creates a pattern of thinking that comes down through the physical and the spiritual.
- Many people who suffer abuse and grow up in an abusive situation, determine they will *never* be that way. However, very often, they end up acting just like their abusive parent.
  - Every physiological system in an abused child that responds a certain way is affected by this mutated gene. So, if the child had the flu one day, and was abused that day, the body remembers. The next time he is abused, he gets the symptoms of the flu, even though he doesn't really have the virus.
  - There is a very strong connection between the mind and the body.
  - Your body recognizes the abnormal dormant pattern as toxic. Your immune system tries to get rid of it.
  - If the chaos between normal and toxic is too much, it can cause autoimmune issues and cardiovascular problems, etc.
  - We must understand that we can be free of the sins of our fathers.





- The most powerful way a person can get rid of his father's sin, is to use his powerful mind to think, feel and choose correctly. Align with the Spirit of God, use faith to believe the Scriptures, rip out that toxic thing and eliminate it. That's how to break patterns.
- VIII. We must get an understanding of who we are, and learn to choose correctly despite our circumstances.
- Use the power of your mind to recognize that any negative circumstances are not your destiny and are not who you are. You can change; you can rewire; you can learn a new way. You have the power to control your actions, and you can learn to deal with trauma.
  - People deal with three major things: past decisions, consequences of their own wrong decisions, and trauma that happened to them.
  - Be encouraged. We can handle this. We are brilliantly wired, but we need the power of love in order for us to make right decisions.
  - Science shows us how to make changes and use the power of the mind.
  - Scripture shows us that we need a relationship with God, not the traditions of religion.
  - Relationships encourage you to change your perspective.
  - A relationship with God and Love gives you the ability to make the necessary changes—do the work.
    - The work is the recognition that you have the power to change.
  - Dr. Leaf has a tool to help: five steps how to transform our minds.
    - After someone has realized their identity, they need a hands-on tool to help them deal with things from the past, to cope on a day-to-day basis, and to deal with trauma, so they don't persist in toxicity and pass these problems on to their children.
  - If a person doesn't deal with toxicity, those patterns will destroy him/her.
- IX. The current model of mental health doesn't want to acknowledge the effect of the spirit on the mind, brain and body.
- Ignoring these parts of a person blocks his/her ability to move forward.
  - If we can teach a person about the power of faith and love, he/she can negate toxicity and move forward.
  - On a practical level, this is how you renew your mind:
    - You spend 45 to 60 minutes a day studying knowledge from the Scripture.
    - You also spend time learning how *you* function, and how *your* mind works.
    - You develop your mind and grow your intelligence through these principles.
  - Peter J. Daniels was an illiterate bricklayer. He determined to educate himself by reading the encyclopedia from cover to cover. Today, he is one of the most brilliant men in the world. He is born again and is a very wealthy, godly man.





## MAKE IT PERSONAL

Make this confession:

*I have the right to think, feel and choose whatever I want in every situation. So, I choose to think about my wonderful Savior, Jesus Christ. I choose to give Him praise, and to thank and appreciate Jesus for all that He has done for me.*



## THE SCIENCE BEHIND THE POWER OF OUR IDENTITY IN CHRIST

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### DAY 4 – 5 STEPS TO REWIRE AND DETOX YOUR BRAIN

The love of God has protected the Copelands throughout their ministry. Love is a guaranteed message that everyone will listen to. There's a five-step process that our minds go through to wire new information into the brain and make it a habit. You have options during the day to choose what you think about.

#### STUDY IT

- I. The love of God has protected the Copelands throughout their ministry.
  - They use God's weapons to force themselves to love and forgive at the beginning of every thought about a difficult situation.
  - They pray for those who persecute them.
  - Announce that you love your enemies as God loves them.
  - Determine to think thoughts of love and forgiveness toward people and situations, and don't let any thoughts that are not love stay in your mind.
  - In every problem, love will show you what to do.
  - Gloria says this scripture changed her life: "Love is not touchy, fretful or resentful..." (1 Corinthians 13:5, *AMPC*). If someone offends you, be quick to forgive. Then, *you* go free. Love never fails.
  - A merry heart is good like medicine (Proverbs 17:22).
  
- II. Love is a guaranteed message that everyone will listen to. People are hungry for the message of love. Love conquers all.
  - There is discipline involved in this process.
  - It's a deliberate, self-regulated choice to walk in love. You must make it a lifestyle and be constant all the time.
  - You must learn how to block the toxic and build your brain to go directly to love.
    - When you wake up in the morning, you have all these extra brain cells that you are supposed to think into action during the course of the day by learning.
    - You are supposed to study. You are always learning, so allocate time during the day to study. Study God's WORD, and study something else you are interested in.



- Keep the brain and the mind healthy.
- III. There's a five-step process that our mind goes through to wire new information into the brain and make it a habit; and there's a time period required to take things into our spirits.
- Make a conscious effort to do these five steps daily to focus, build your brain, and make an effort for your brain to work.
  - You can use the same five steps to detox your brain daily for about 7 to 16 minutes. That's long enough, because you are dealing with toxic thoughts and feelings.
    - Step 1 – Choose to focus on information that addresses the problem you are dealing with. Focusing opens your brain to learn.
    - Step 2 – Analyze the information you are receiving. Ask, answer, discuss, meditate and think about it. Do this a paragraph at a time.
    - Step 3 – Write down what you are learning. You force your brain in the direction you want it to go.
    - Step 4 – Check what you have written to make sure it makes sense.
    - Step 5 – What do I learn from this? What action do I take from this?
  - Within 21 days, you will have destroyed, redesigned, reconceptualized toxic thoughts to a healthy way of thinking.
- IV. You have options during the day to choose what you think about.
- It's your choice. Prepare yourself every morning to react throughout the day with love.
    - After 21 days, it gets easier. By day 63, you now have a habit that has gone from your mind, to your brain, to your spirit.
  - It's your responsibility to make the changes that will fix you.
  - Jesus had to break the force that came in with Adam's disobedience.
  - Thank God, Jesus broke the devil's power, and our freedom is so much more attainable than it was when the earth was under the devil's control.
  - We have Jesus' WORD, His Spirit, His Name, His science to move us from the theoretical to the actual!

## MAKE IT PERSONAL

Pray with Kenneth Copeland:

*Thank You, Father, for Your WORD, for the power of the Holy Spirit, giving us Your power, Your mind, Your WORD that empowers us and strengthens us; faith, hope and love living and abiding in us and through us, giving us the mighty victory of God. We thank You for it, in Jesus' Name. Amen.*



## THE SCIENCE BEHIND THE POWER OF OUR IDENTITY IN CHRIST

KENNETH AND GLORIA COPELAND AND DR. CAROLINE LEAF  
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### DAY 5 – DISCIPLINE YOUR MIND TO LIVE IN LOVE AND VICTORY

The science of love is exciting! Two major constraints stop people from mental healing: the excessive use of technology, and the way mental health is viewed. If we don't take time to think, we damage our brains, we make bad decisions, and that affects society. Management of mental health is a huge element in healing. This model works for basic illnesses like diabetes. It works for basic medicines, but it's not a model for the mind. You take away people's ability to tell their story, to express their emotion, and to deal and reconceptualize, and then you, in effect, dehumanize them. The mental health industry has spent billions of dollars on trying to find what they call "neurobiological correlates," or the genetic cause of mental health issues.

### STUDY IT

- I. The science of love is exciting!
  - We can break through toxic thinking through the science of love.
  - When speaking at conferences and to groups, Dr. Caroline Leaf teaches a disciplined approach to help people get free in their minds from toxic thinking, traumas and things that happen in life.
  - We have the power to realize the freedom Jesus bought for us through an intentional way of self-regulation.
  - Dr. Leaf's methods help us transform and rebuild long-term memories. It takes time, and it doesn't happen instantly.
  
- II. Two major constraints that stop people from mental healing: the excessive use of technology, and the way mental health is viewed.
  - Technology gives us access to information and ways of communication.
    - The negative aspects of technology are the toxic connections and attacks on our minds and brain.
    - Spending too much time on technology can damage the brain. Your brain merges with the environment you focus on.
    - What you think about the most grows. Our brains do what our minds tell it to do.



- The problem with technology is that we are continually gathering information, but not taking time to think about what it means.
  - We have gotten conditioned into the quick fix mentality.
  - We are taking away our ability to think and that physically damages the brain.
  - There's a direct link between how much time you spend on technology and the amount of depression and anxiety you experience.
    - Two and a half to three hours per day is a safe limit to spend on technology and social media.
    - The average person is spending up to eight hours per day, just looking at things on social media.
  - Technology influences our identity and how we perceive ourselves; it damages, changes and crushes us; and it contributes to our personal dissatisfaction.
- III. If we don't take time to think, we damage our brains and make bad decisions which ultimately affects society.
- Lack of time spent thinking also creates toxic waste in the brain, which shortens our life spans.
  - Toxic waste consists of proteins and chemicals that disturb the energy in the brain.
  - If we are not using our brains correctly, this toxic waste creates neurochemical chaos, which affects every cell of the body.
  - Cancer research now shows that 98 percent of cancer comes from how we use our thought life. Seventy-five to 98 percent of physical disease comes from our thought life.
  - Two to 25 percent of disease comes from exposure to toxins in the air and soil.
  - We don't understand 98 percent of the soil that covers the earth. Without the soil, there is no earth; there is nothing.
  - We need to be stewards of creation.
  - Dr. Leaf teaches people to be good stewards—stewards of how they look after their brains, their bodies, their food, and what they do to the earth, what they think about...all of this requires stewardship discipline.
  - Shockingly, people are dying 15 to 25 years than they did 50 years ago, even though we have access to more modern medical advancements.
  - Our shorter lifespans have to do with preventable lifestyle choices, including:
    1. How people are managing their minds, and how they are not removing toxic thoughts, bitterness and unforgiveness.
    2. What people are ingesting through our food and environment.





- IV. Management of mental health is a huge element in healing.
- The current model says that mental illness is a disease, and you are stuck with it the rest of your life. You are a robot. If you get a broken part, we will give you a chemical to fix it.
    - It says you are not a human with a brilliant mind and have circumstances that affect your life. It says you are a robot with no free will. Being human is an illusion.
  - We call this model a “neuroreductionist materialist model.” It’s completely against the model of Christianity, which is idealism that recognizes all humanity in its brilliance and ability.
  - If we ignore the spirit and the mind of man, and just look at the physical, which is what we call a “biomedical approach” or a “biopsychiatric approach,” we are saying you are only physical, and the spirit doesn’t count.
- V. The model that focuses only on the physical body works is adequate treatment for basic illnesses like diabetes and for basic medicines, but it’s not a model for the mind.
- It’s been used to diagnose mental illness without honest scientific evidence.
  - It has become an industry—an industry of changing and controlling people’s minds.
  - When you go for a mental health consultation, they ask a checklist of questions (which takes about 5 to 15 minutes), diagnose you, give you a label, and give you medication.
  - They don’t listen to your story or what you’re going through.
  - Perhaps, you have just lost a loved one, so you’re obviously depressed.
  - Depression is not a disease. It is an experience of the mind in response to what you are going through.
  - Bipolar depression, general anxiety disorder, schizophrenia—all these scary names are not diseases; they have no scientific foundation, and they are not chemical imbalances.
- VI. When you take away people’s ability to tell their story, to express their emotions, and to deal and reconceptualize, then you, in effect, dehumanize them.
- The mental health professionals will say you are a diseased, broken individual... but they will ignore the issues. Instead of treating the root, they will want to give you a brain-disabling drug to treat you—like antidepressants, antipsychotics, anxiety medications and stimulants (like Ritalin).
  - They literally disconnect the spirit of man from the physical body. They numb the brain like an anesthetic, and they damage the brain.
  - Over time, the damage to the brain is so severe that people become disabled because they can’t function. The tendency toward suicide increases.





- The average psychotropic medications (those named above), have an average of 1,800 to 3,000 side effects, and every single side effect is negative.
  - The reason people feel that they work is because they numb the pain for a season. But they cause damage to the brain.
  - Then, the pain comes back, and a negative cycle begins. People get put on multiple drugs. This is called “polypharmacy.” This is happening to children as young as 2 and 3. They also say a child can be diagnosed in the womb with depression!
- VII. The mental health industry has spent billions of dollars trying to find what they call “neurobiological correlates” or the genetic cause of mental health issues.
- They define what a normal brain should look like, and if person’s brain doesn’t look like their definition, they label them as diseased. It is a very unscientific method of treating mental health issues.
  - There is no “normal” brain. Everyone is unique. We must recognize the uniqueness of humanity and the uniqueness of a life experience, or we are going to destroy ourselves.
  - The use of pharmaceuticals to treat mental health issues has drastically accelerated.
  - There is a strong, causative link between the use of psychotropic medications and suicide.
  - Countries that cannot afford these medications have a lower rate of mental health issues, because they use the traditional approaches of listening to people’s story, love and support.
  - Dr. Leaf is on the Mental Health Initiative Committee in Washington, D.C. She has put forward a proposal that states the best place for treatment of mental health issues is in The Church. The Church understands the place of love from which to help people.
- VIII. Peter received faith by being born again, just like you (2 Peter 1:1-8).
- Peter didn’t have faith because he was an apostle, but because he was a believer.
  - He said that grace and peace will be multiplied to you through knowledge. You can’t believe past what you know. The WORD of God is the only information you can trust in your personal relationship with Jesus Christ.
  - Peter said that God will give you all things that pertain to life and godliness by giving you exceeding and great and precious promises, so you can partake of the divine nature.
  - All the promises in Christ are “Yes” and “Amen” (2 Corinthians 1:20).
  - If faith, virtue, knowledge, temperance, patience, godliness and brotherly love abound in you, you will receive what God has promised you.





- Jesus said that if you abide in Him and His words abide in you, you can ask what you will and receive it (John 15:7). When God's WORD registers in your heart, things start changing.
- Your life must be a constant application of faith, hope and love (1 Corinthians 13:13). In consistency lies the power.

## MAKE IT PERSONAL

We believe this study with Kenneth and Gloria Copeland and Dr. Caroline Leaf has been a benefit to your life. Please share with us how this teaching has helped you. [Click here to share your experiences](#), or [contact us on Facebook™](#).

You are invited to partner with us to preach the gospel of Jesus Christ from the top of the world to the bottom and all the way around. Click here to go to [kcm.org/partner](http://kcm.org/partner), or call us today at 1-800-600-7395. God bless you, and JESUS IS LORD!

