



YOUR BRAIN IS WIRED FOR LOVE, NOT FEAR

KENNETH AND GLORIA COPELAND AND DR. CAROLINE LEAF

DAY 1 – BRAIN SCIENCE AND THE BIBLE

Dr. Caroline Leaf is a neuroscientist who has studied the science of thought—how we think, how the mind changes the brain, how the mind is led by the Spirit and the relationship among the spirit, soul and body.

STUDY IT

- Everything in your brain and body is wired for the love, power and sound mind God has given you.
- When you get outside of thinking what God created you to think, then you're in a danger zone creating a stronghold of wrong thoughts and physically damaging your brain.
 - *And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise (Philippians 4:8, NLT).*
- With good thinking you can actually—through your mind—build healthy replacement thoughts and new brain pathways.
- Your brain controls your body—it accomplishes the will of your soul.
- Your soul implements the will of the spirit, and your spirit is led by the Spirit of God.
- When your mind prospers, your body and your spirit prosper, because it's with your mind that you choose to read and listen to God's Word.

Additional scriptures: 2 Timothy 1:6-7; Colossians 1:15-18; 2 Corinthians 10:3-5;
Romans 12:2; John 14:10, 8:26-28, 5:19; Isaiah 55:9-11;
Luke 16:19-25; 3 John 2

MAKE IT PERSONAL

Write the scriptures 2 Timothy 1:7 and Philippians 4:8 and put them in a place where you can read them several times a day. Reading and thinking about these will help your thoughts stay healthy and in agreement with God's Word and His plan.



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DAY 2 – YOU CAN CHANGE YOUR DNA

Science is a wonderful, tangible bridge for crossing between the spiritual and the practical realities of living. You are not a victim of your biology, nor are you destined to repeat the disasters or miseries of your ancestors. Learn to break the cycle of toxic thinking and release the full potential of your brainpower.

STUDY IT

- Your mind uses the brain, and your mind can physically change your brain.
 - *For God has not given us a spirit of fear, but of power and of love and of a sound mind (2 Timothy 1:7, NKJV).*
- The body is directed by the soul, which is directed by the spirit, which is designed to be led by the Spirit of God.
- The 75 to 100 trillion cells in your body are each impacted by your every single thought.
- The majority of the power of how you function is determined by your thought life.
- You're made in God's image, so it's natural for your soul to make good choices that are designed to be aligned with God.

Additional scriptures: Luke 16:19-25; 1 Peter 1:23; Genesis 6:3; Ecclesiastes 7:29;
Deuteronomy 30:19, 5:9; Isaiah 53:3-5; Revelation 22:2; James 1:21

MAKE IT PERSONAL

Pray this prayer:

Heavenly Father, I thank You for making me in Your image and likeness. You have designed my spirit, soul and body to respond and flourish in Your love. Now, Father, please teach me to think Your thoughts, so that my mind and my body will be healthy and in agreement with You at all times. Thank You, in Jesus' Name, Amen.



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DAY 3 – YOU ARE WHAT YOU THINK

Your mind is powerful and changes your brain through thoughts. God's Word tells you to think His thoughts— that means you have the power and authority to choose what to think.

STUDY IT

- You are designed to be in constant dialogue with God—in the love zone.
- When you have a toxic thought or make a wrong choice, your body's immune system recognizes it in the same ways it recognizes a virus or a physical wound and begins to try to contain the problem.
- If your mind thinks a fear-based thought, you move to the fear zone where you feel the change even in your physical body.
- When you find yourself in the fear zone, the first thing you should do is to be strong in God's Word and in the power of forgiveness.
 - *Be strong in the Lord and in the power of His might* (Ephesians 6:10, NKJV).
 - Repent, forgive and get rid of toxic thoughts, so they can't hurt you.
- The good news is that fear and its effects are not your destiny.
- The power of your thoughts can move you from the fear zone back to the love zone.

Additional scriptures: Philippians 4:6-8; Deuteronomy 30:19; 2 Corinthians 10:4-5;
Ecclesiastes 7:29; Romans 12:2; Psalm 112:1-8; Proverbs 18:14;
Mark 11:25; Matthew 9:6; Romans 10:9-10

MAKE IT PERSONAL

Say this daily:

I receive the power of God to change my thoughts and stay in God's love.

I choose to forgive any who offend me.

I refuse fear in any form!



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DAY 4 – WIRED FOR LOVE, NOT FEAR

You can't just think anything you want to think and stay healthy. Your thoughts are changing to either physically heal or physically damage your brain, which in turn will affect your body.

STUDY IT

- Love is natural to man—fear must be learned.
- There is a concept in science called “super position” where you can see and choose to listen, believe and react to situations in God’s way or the enemy’s way.
- You can't control the events and circumstances of life, because they are the result of other people's choices.
 - You *can* control your reaction to the events and circumstances of life, and in “super position,” that's what you're designed to do.
- You're a supernatural, born-again child of God sitting on this precipice—this super position—making decisions every two to seven seconds, to activate your thoughts toward God or toward the enemy.

Additional scriptures: Ephesians 3:18-19; Colossians 3:15-16; Galatians 5:22-23;
Job 1:10, 5; Psalm 112:7-8; Deuteronomy 30:19; James 1:13-15, 21;
2 Timothy 1:7; Proverbs 4:20-23; Philippians 4:7;
John 19:30, 5:1-9, 6:63; 2 Corinthians 10:3-5; Hebrews 11:1;
Matthew 6:31; Mark 4:14-15

MAKE IT PERSONAL

Think about the power and authority you have in super position. Write how this place of decision will affect your choices in relationships with your family members.



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DAY 5 – DON'T STRESS OUT

Your body uses good stress to help you focus, but negative stress is dangerous.

STUDY IT

- Stress can be a good thing to keep you focused and clear.
 - Your body reacts by your heart pumping faster, the blood vessels around your heart dilate and you have more oxygen pumping to your brain.
- Good stress can make you focused and cognitively alert, and you can rejoice in the Lord despite the circumstances.
- Reacting incorrectly changes the whole pattern.
 - The blood vessels around the heart constrict putting you at risk for a heart attack, and there's not enough oxygen going to your brain...that puts you at risk for a stroke.
 - That's why Jesus made it a commandment to forgive, so we can get out and stay out of negative stress.
- When you forgive, you have no more connection with the enemy or the tormentor.

Additional scriptures: Genesis 1:26; James 3:14-17; Luke 11:49; 1 Peter 2:24; Matthew 9:6; Deuteronomy 30:19; Ephesians 4:29-32; 2 Timothy 1:7; Mark 11:22-25; Proverbs 26:2; 2 Thessalonians 1:6; Matthew 5:44; Psalm 91; Numbers 32:20-22; 1 Thessalonians 4:13; Isaiah 53:4; Matthew 10:8; Galatians 6:6-8; Mark 4:14-15; John 14:10, 2:5

MAKE IT PERSONAL

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WORDS FROM THE LORD

DAY 1 – BRAIN SCIENCE AND THE BIBLE

KC: Today is a special day of revelation, saith the Lord. Open your heart, open your mind, for the things that I have for you today, most of you have never heard or thought of. So rejoice and understand that I am in the middle of it, saith the Lord of hosts.

