



HOW TO DETOX YOUR BRAIN

KENNETH AND GLORIA COPELAND AND DR. CAROLINE LEAF

DAY 1 – PUT JESUS ON YOUR MIND

The main signals that your cells respond to are your thoughts, so think about Jesus and see things from the perspective of God's Word.

STUDY IT

- Our 75- to 100-trillion cells each contain the full DNA complement.
- Each cell has about 1,000 “receptors,” or “doorways,” on the outside designed to open at specific times to receive what they need.
- If things in our brains are not working correctly, the “doors” on the receptors will rip off, and there will be cell chaos.
- When we think toxic thoughts our genetic expression explodes in a negative way.
- If we have years and years of responding negatively to life's events and circumstances, the brain cells' receptors are open to various diseases—we have put ourselves in the vulnerable zone.
- Think about God's Word day and night, and you will have success
 - *This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success* (Joshua 1:8, NKJV).

Additional scriptures: Matthew 11:15; 2 Timothy 1:6-7; 1 Thessalonians 4:15-18;
1 Corinthians 2:16; Isaiah 10:27; 1 Peter 1:23, 2:24; Romans 5:12;
Genesis 6:3; James 1:13-15; 3 John 2; 1 Thessalonians 5:23;
Romans 12:2

MAKE IT PERSONAL

Write an example of a toxic thought and compare it to what God's Word says on the subject.



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DAY 2 - SHIFT YOUR BRAIN INTO SUPER POSITION

It is possible to lead an emotionally happy and physically healthy lifestyle by simply learning to control your thought life. Begin your journey of mind renewal by the Word of God and switch on your brain to victory.

STUDY IT

- By being obedient to God's instructions, you are empowered to have strength; therefore you can direct your memory, your words and your brain toward His thoughts.
- All the instructions you receive from God's Word have a large, positive effect on your brain.
- Every time you choose God's way, you make the right decisions, and your brain sends the correct signals throughout your body, so that God's life is built in you.
- Your brain is designed to hear and obey God. When you do, you are operating in superpower thinking, in good decision making and rejoicing despite the circumstances.
- When you choose God's way, His energy that comes directly from the throne of grace fills your mind and body (Hebrews 4:16).
- Choosing God brings health, life, longevity, healing and change.

Additional scriptures: 1 Corinthians 2:16; Ephesians 3:10; Colossians 1:13; 2 Timothy 1:7; Joshua 1:8; Numbers 13:33; Deuteronomy 3:5; Joshua 2:9-11; 1 Corinthians 10:5; Proverbs 3:5-6, 4:20-23; Hebrews 11:1; Matthew 5:48; 1 John 4:18; James 1:21; Romans 10:17, 9, 12:2; Isaiah 55:8-11; Ephesians 5:26; Matthew 6:31; 1 Peter 2:24

MAKE IT PERSONAL

Determine one area of your life where you want to use God's wisdom. Write what thoughts you will think to agree with God.



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DAY 3 – WHAT'S ON YOUR MIND?

Use your God-given brain in the way it was intended by thinking the thoughts of God to the point that your spirit, soul and body are working as one supernatural unit.

STUDY IT

- A sound mind is a mind of love and power (2 Timothy 1:7).
 - If your mind is fear-driven and fear-controlled, it's not a sound mind.
- God says your body and your brain are holy and acceptable. All you must do is offer them to Him (Romans 12:1-2).
- Faith comes by hearing, and that's a process (Romans 10:17).
 - When you hear something, it goes into your short-term memory for 24 to 48 hours.
 - If you continue to think about it for at least three days, you have the beginning of a memory.
 - Every day that you think about something, you strengthen the thought until after 21 days you have built a long-term memory.
 - If you continue to think about it for 42 more days, it becomes a habit (Joshua 1:8).

Additional scriptures: Isaiah 55:8-11; Proverbs 1:20-23; Luke 6:45; 1 Peter 2:24;
Matthew 6:31; Romans 10:9-10; Mark 11:24; Hebrews 4:11-12;
John 6:63; 1 John 1:9

MAKE IT PERSONAL

Pray this prayer with us:

Heavenly Father, please Sir, I need Your help. Remind me to think Your thoughts. Help me to continue thinking and speaking Your Word until what You say and the power of Your words become a memory and a habit in my life. Thank You, Sir. In Jesus' Name, Amen.



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DAY 4 – THE DANGER OF TOXIC THOUGHTS

You are designed for the Holy Spirit to lead your spirit, your spirit to lead your soul and your soul to lead your body. Worshipping God creates a whole network in your brain to help fight negative stress and protect your memory.

STUDY IT

- The soul dominates the memory. Even the dead can remember.
 - *But Abraham said, "Son, remember that in your lifetime you received your good things..."* (Luke 16:25, NKJV).
- You can remember on purpose.
 - *Bless the Lord, O my soul, And forget not all His benefits* (Psalm 103:2, NKJV).
- If you misuse your mind, your brain and body will suffer.
- You can fix your memory by changing your brain.
- When you listen to the Holy Spirit, you have the almighty power of God moving through your mind that positively affects your brain.
- "Renewing your mind," means you are building new thoughts.
- Where you direct your attention, you stimulate growth and learning in the brain, so think about God's Word.

Additional scriptures: Matthew 11:15; Revelation 3:20; 2 Timothy 1:7, 13; Psalm 103:1-2; Genesis 1:26; Proverbs 18:21; Luke 16:22-25; Romans 12:2; Matthew 9:20-22; Proverbs 4:20-23; Isaiah 53:5

MAKE IT PERSONAL

Repeat this confession with Kenneth Copeland:

This is my mind and nobody can make me think anything I don't want to think. I have authority over my mind, and I choose to think God's thoughts.



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DAY 5 - HOW TO DETOX YOUR BRAIN

A memory comes up from the non-conscious mind to help understand current thoughts and information received from the five physical senses. The conscious mind re-conceptualizes and redesigns the memory, or the thought, to match the Word of God; therefore your mind is being renewed.

STUDY IT

- It's through the conscious mind that you make changes in your thinking.
- Toxic thoughts combined with toxic choices bring chaos to the brain.
- Memory loss comes from one of three types of damage to the brain:
 - Bad choices – voluntary damage to the brain.
 - Trauma – involuntary damage to the brain.
 - Unhealthy chemicals and diet.
- You can control your reactions that will determine the health of your mind, brain, body and spiritual development.

Additional scriptures: 2 Timothy 1:7; 2 Corinthians 5:17; Luke 16:22-25; Romans 12:2; 1 Corinthians 2:16, 9:24; John 16:13; 1 John 1:9; Mark 11:25; John 10:1-4, 6:63; Romans 8:1-2, 10:17; James 5:14; Lamentations 3:22-23; Genesis 1:26, 11:6; Ephesians 6:10; 2 Corinthians 10:4-5; Mark 9:23; Matthew 13:9, 15; Galatians 6:6-8; John 10:10; Mark 4:14-17

MAKE IT PERSONAL

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