

ENCOUNTER



— SCHOOL OF MINISTRY —

# **Walking Out Your Freedom And Healing**

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**Class 8 - Session 1**

**Q4. Inner Healing and Freedom**

2 “Do not be conformed to this world but be transformed by the renewal of your mind, that you may demonstrate what is the will of God, what is good and acceptable and perfect.” -*Romans 12:2*

*When we think and conform our thought life to God's thought life (truth), we can expect to become more like Jesus and thus more easily demonstrate the kingdom of God around us.*

There are 1400 chemical responses to fear and stress in the brain.



We have countless variations of genes that can switch on or off depending on our **thoughts and lifestyle**. Toxic thoughts switch off DNA codes that lead to healing and turn on genes you have that may be predisposed to a disease or illness. Positive thoughts switch on genes that heal and that override any 'bad genes' you may have.

“Some health experts now speculate that perhaps as much as 70 to 85 percent of all diseases and illnesses are stress-related.” -Seward, *“Managing Stress: Principles and Strategies for Health and Well Being”*

3 “For though we live in the world we are not carrying on a worldly war, 4 for the weapons of our warfare are not worldly but have divine power to destroy strongholds. 5 We destroy arguments and every proud obstacle to the knowledge of God, and take every thought captive to obey Christ.” -2 Corinthians 10:3-5



15 “If your brother sins against you, go and tell him his fault, between you and him alone. If he listens to you, you have gained your brother. 16 But if he does not listen, take one or two others along with you, that every word may be confirmed by the evidence of two or three witnesses.” -*Matthew 18:15-16*

*Do we have the humility and love to fight toxic thoughts towards loved ones? What about towards ourselves?*

4 “Finally, brethren, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence, if there is anything worthy of praise, **think about these things.**”

*-Philippians 4:8*

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