

BEE

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John 8:32

“And you shall know the truth, and the truth shall make you free.”

John 8:36

“Therefore if the Son makes you free, you shall be free indeed.”



Galatians 5:1 (AMP)

“In [this] freedom Christ has made us free [and completely liberated us]; stand fast then, and do not be hampered and held ensnared and submit again to a yoke of slavery [which you have once put off].”

(NLT) *“Now make sure that you stay free...”*



Jesus didn't come to just give us eternal life He came to give us **victorious life.**

1 Thessalonians 5:23

Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ.



Definition “Merriam-Webster”

Emotion:— a strong feeling (such as love, anger, joy, hate, or fear); a conscious mental reaction (as anger or fear) subjectively experienced as strong feeling usually directed toward a specific object and typically accompanied by physiological and behavioral changes in the body.



We Are a 3-Part Whole



We are spirit, have a soul and live in a body

The subconscious mind is a like a big memory bank that stores all of your previous life experiences, your beliefs, your memories, you skills, all situations you've been through and all images you've ever seen.

This information that is stored in your subconscious mind always affects your behaviour and actions in different situations.



Focus on your breathing.

Take several deep breaths.

That is your conscious mind taking over from your subconscious mind.

Your subconscious is said to be a million times stronger in your life than your conscious mind or will.



Since emotions are triggered by the unconscious mind its impossible to stop them but knowing that the conscious mind processes thoughts, which are the primary trigger for emotions, you can easily control your thoughts and in turn your emotions.



Caroline Leaf “The Gift In You” 143

“...an attitude is a cluster of thoughts with an emotional flavour, and every type of emotion has one of two roots — **love or fear**. Love and fear are the root emotions, and all other emotions grow from these. ... these two **cannot coexist**, that at any one moment we will be operating in one or the other.”

Caroline Leaf “The Gift Ib You” 146

“Science is showing that there is a massive ‘unlearning’ of negative toxic thoughts when we operate in love. The brain releases a chemical called oxytocin which literally **melts away** the negative toxic thought clusters so that rewiring new non-toxic thoughts. ... Love literally wipes out fear.



Caroline Leaf “Who Switched Off My Brain” — page 20

“Emotions such as hate demand more and **more space** physically in the brain ... Like weeds they grow in abundance crowding everything else out. ... Memory and emotions like body and mind, are inseparable.”



God made you an emotional being.

You create your emotions.

God holds you accountable for your emotions.

Deuteronomy 28:47-48

“Because you did not serve the Lord your God with joy and gladness of heart, for the abundance of everything, therefore you shall serve your enemies,



1 Peter 1:22

“Since you have purified your souls in obeying the truth through the Spirit in sincere love of the brethren, love one another fervently with a pure heart,....”

Soul “*Psuche*”:— the soul, the seat of the feelings, desires, affections, aversions (our heart, soul etc.)



James 1:21

“Therefore lay aside all filthiness and overflow of wickedness, and receive with meekness the implanted word, which is able to save your souls.”

“Rhuparia” :— to make filthy, befoul, to defile, dishonour

“Kakia” :— malignity, malice, ill-will, desire to injure, wickedness, depravity

Psalm 56:3 “Whenever I am afraid, I will trust in You.”

Psalm 100:2 “Serve the Lord with gladness; Come before His presence with singing.”

Psalm 42:11 “Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Saviour and my God.”



1 Thessalonians 5:16-18

***Rejoice always**, pray continually, **give thanks** in all circumstances; for this is God's will for you in Christ Jesus."*

Philippians 4:4

***Rejoice in the Lord** always. I will say it again: **rejoice!**"*



1 Peter 1:7-9

“...the revelation of Jesus Christ, whom having not seen you love. Though now you do not see Him, yet believing, you rejoice with joy inexpressible and full of glory, receiving the end of your faith—the salvation of your souls.”



5 Ways To Confront Toxic Clusters

1. Action

I can't run ... I can't lift ... I can't do math ... I can't speak ...

Philippians 4:13

“I can do all things through Christ who strengthens me.”



2. Mentoring

A trusted source. What that person says goes directly to your subconscious without any filtration.

For better, for worse. **Good person!**

Philippians 3:17

“Brethren, join in following my example, and note those who so walk, as you have us for a pattern.”



3. Belief System

This information will go directly to your subconscious mind, program it and turn to solid beliefs.

2 Timothy 3:16

All Scripture *is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness,...*



4. Meditation

The subconscious mind learns by repetition and not by logic. Adding strong belief to what you focus on and it will have more impact.

Romans 10:10 *“For with the heart one believes unto righteousness, and with the mouth confession is made unto salvation.”*



Joshua 1:8

“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.”



5. Love

“All you need is love.” **The Beatles**

“Love literally wipes out fear.” **Leaf**

1 John 4:18

“There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love.”

1 John 4:8 *“God is love.”*



John 16:33

“In the world you will have tribulation; but be of good cheer, I have overcome the world.”

The next event in there lives was Jesus being arrested, beaten and crucified.



Two disciples walking away from their destiny

Luke 24:13-26

“Jesus Himself drew near... ‘as you walk and are sad?’ ... But we were hoping that it was He who was going to redeem Israel. ... O foolish ones, and slow of heart to believe in all that the prophets have spoken!”

Psalm 35:9

“And my soul shall be joyful in the Lord; It shall rejoice in His salvation.”



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