

Series: Divine Healing Series

Title: Session 14 – How to Believe

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How to Believe

1. We Received All the Faith

- The Bible says that all believers receive at salvation the same gift of Christ (everything God is as potential), and the same full measure of faith in their new spirit. It is the same measure for everybody. However, we are to learn how to release more and more of that faith, from the spirit through the mind to the physical body and the outward world, until we actualize everything Christ is.

2 Peter 1:1 (NKJV)

¹Simon Peter, a bondservant and apostle of Jesus Christ, to those who have **obtained like precious faith with us** by the righteousness of our God and Savior Jesus Christ:

- Peter here addresses to all those believers that received the SAME kind of precious faith as they did.

Ephesians 4:7 (NKJV)

⁷But to each one of us grace was given **according to the measure of Christ's gift**.

- Actually, the above verse is rendered better in other translations as "...according to the measure of the gift of Christ." Every believer was given grace according to the proportion or the measure of Christ. Every Christian has the whole measure of Christ inside. They just need to activate it and make it work.

Ephesians 2:8–9 (NKJV)

⁸For **by grace** you have been saved **through faith**, and that not of yourselves; **it is the gift of God**,
⁹not of works, lest anyone should boast.

- In this passage, many Christians believe that the gift of God refers only to grace and not to faith. However, I believe both grace and faith are the gift of God. In 2 Peter 1:1 passage above, it says that we obtained the precious faith by the righteousness of our God, we didn't produce it ourselves. When someone hears the message of the gospel, the Holy Spirit tries to convince that person of sin and bring conviction or faith from the outside. The moment the person yields to that faith and conviction and receives salvation, then the Holy Spirit recreates the human spirit into a spirit of faith.

2 Corinthians 4:13 (NKJV)

¹³And since we have **the same spirit of faith**, according to what is written, "I believed and therefore I spoke," we also believe and therefore speak,

- Notice 2 things in the passage above. First, the new recreated spirit is a spirit of faith as it is a spirit of holiness, of power, of love, of self-control. The new spirit has all the faith of God. Second, all

believers have the same spirit of faith.

Galatians 2:20 (KJV 1900)

²⁰I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh **I live by the faith of the Son of God**, who loved me, and gave himself for me.

- The believer lives by the faith of God Himself, that means he has in his spirit the God-kind of faith.

Romans 12:3 (KJV 1900)

³For I say, through the grace given unto me, to every man that is among you, not to think of himself more highly than he ought to think; but to think soberly, according as **God hath dealt to every man the measure of faith**.

- God has given every believer the same and the whole measure of faith at the moment of salvation. If we had been dealt different measures of faith, then some of us would have had reasons to think more highly of themselves. However, if everyone was dealt the same measure of faith, then nobody has any reason to think more highly of themselves than others. And that's exactly what Paul is saying to think soberly of ourselves, based on the fact that God dealt to every man THE measure of faith.
- Every believer has faith. The initial release of faith is smaller, because is related mostly to what Jesus has done in the past at the cross (took away your sins) and to the future life, the fact that you escaped hell and you're on your way to heaven. That's usually the level of knowledge and revelation you have at the beginning. However, that faith is released more and more as you grow by knowledge of the word, worship, fasting, prayer, and exercise.
- The church is always involved in a war between the kingdom of God and the kingdom of darkness. Although Jesus won the war at the cross, we are still involved in the fight of faith, of enforcing what Jesus did at the cross. Sickness is an enemy we need to destroy.
- Example: although slavery was abolished in America at one point (the law decree was given), there were still pockets of resistance that needed to be crushed and it took almost 100 years until that law became a reality everywhere. The same with communism in Romania. Although communism fell in 1989, it took over 30 years for people to begin to be free of communism in their minds.

2. The Progressive Release of Faith

- The Bible talks about little faith and great faith OR about weak faith and strong faith.
- Little faith vs. Great faith – can refer to the level of knowledge, revelation and understanding of the word of God in your mind. How much do you know about your inheritance? Based on your knowledge of the Son of God, your faith can be limited to just a few areas of your life, or more extended. For instance, you could have greater faith in the area of finances because you heard a lot of teaching on the subject, but less faith in the area of healing, because you don't know too much about it.
- Weak faith vs. Strong faith – can refer to how established you are, and how strong is the conviction and confidence you have in the truth of the word of God that you possess.

- Your heart consists of the unconscious part of your mind (the subconscious), and of the spirit. Faith happens in the heart, mainly in the unconscious mind, in your gut. The heart is like a court of law where multiple witnesses testify before a conviction (or faith) is formed on a subject. This is one reason why the Holy Spirit is called the Helper.
- The main 2 witnesses in a believer are: (1) the physical body with the 5 senses and (2) the inner witness of the Holy Spirit. Other witnesses are: past experiences that had an impact on you, people that you trust, etc. When you hear the word of God, the inner witness of the Holy Spirit testifies to your heart (unconscious mind) that what you hear is the word of God. That is, because the word of God and the kingdom of God are unseen, they don't appeal to the witness of the senses. The people in the Old Testament that followed God (like Noah, Enoch, Abraham, Moses and the people of Israel etc) didn't have the inner witness of the recreated spirit, so to them God spoke more through visible and audible ways, which appealed to the witness of their 5 senses in order to believe Him.

Romans 10:17 (NKJV)

¹⁷So then **faith comes by hearing**, and hearing by the word of God.

- What is the word of God or the word of Christ or the word of grace that produces faith when you hear it? That word of God consists of all the laws that God has decreed, and put in place in the spiritual realm, which apply to you as a new creation. This refers to all the promises that God has spoken about you, and which have effect here on earth. That includes: peace, joy, prosperity, blessing, healing, victory, success, etc. Whenever you hear a sermon or a teaching, if it hasn't produced faith in you (confidence, hope, joy, boldness), it was not the word of God.
- What is faith? It's a complete conviction in the heart about the things that God has spoken about you, and that apply to you in His word. It's a confidence and a boldness in the unseen reality of you, in the truth about yourself. You have to be more convinced about the spiritual reality than what you see and feel. When you hear the word, the inner witness of the recreated spirit testifies to the heart about the authenticity of the word, and then the heart becomes convicted and your whole mind aligns itself to the spirit.

Jude 20 (NKJV)

²⁰But you, beloved, building yourselves up **on your most holy faith**, praying in the Holy Spirit,

- What is your most holy faith? The whole faith that you received at salvation. Then you build yourself (meaning mainly your mind) to align itself with the spirit of faith inside, so that more faith and power is released through you.

1 Peter 5:10 (NKJV)

¹⁰But may the God of all grace, who called us to His eternal glory by Christ Jesus, after you have suffered a while, **perfect, establish, strengthen, and settle you.**

Galatians 4:19 (NKJV)

¹⁹My little children, for whom I labor in birth again **until Christ is formed in you,**

- Example – How many of you know that there is a big difference between learning theoretically how

to drive a car and actually driving it? In the beginning, it takes more effort to learn to drive a car and you need to be conscious of a lot of things. However, as time passes, driving becomes part of your nature, you don't even think about it at conscious level, it has penetrated the subconscious. The same applies to musical instruments, is one thing for someone to tell you how to play piano and actually doing it. That is how we make the word of God part of ourselves.

- We always need to become perfected, established, strengthened and settled in our minds and hearts according to the spirit of faith inside.
- Faith comes and flows freely by hearing the word of God and filling yourself up with it.
- Faith is strengthened by saying the word of God, meditating on it, and acting on it on a regular basis.

Ephesians 4:11–15 (NKJV)

¹¹And He Himself gave some to be apostles, some prophets, some evangelists, and some pastors and teachers,

¹²for the equipping of the saints for the work of ministry, for the edifying of the body of Christ,

¹³till we all come **to the unity of the faith** and of the knowledge of the Son of God, **to a perfect man, to the measure of the stature of the fullness of Christ;**

¹⁴that we should no longer be children, tossed to and fro and carried about with every wind of doctrine, by the trickery of men, in the cunning craftiness of deceitful plotting,

¹⁵but, speaking the truth in love, **may grow up in all things into Him** who is the head—Christ—

- The above passage says that God has given to the church teachers and pastors to equip saints, to work on their knowledge of faith. It seems there is a unified and consistent body of faith to which all believers must arrive. In this process, we all have pieces and gaps that need to be filled and corrected. We are to put flesh to the Christ inside of us, and build it into a perfect man, to the measure of the stature of the fullness of Christ. We are to grow INTO HIM. He is fully inside of us in our spirit, but then our minds grow into Him.

3. Mind Renewal – Brain's Neuroplasticity

- We should not be afraid of science, because science and spirituality ultimately will never contradict. In fact, science already explains a lot of things from the Bible. And the latest research the last couples of years (especially on the brain and mind) explain God even more.
- God designed you to be able to change your brain. Until a few years ago, the science world believed you cannot change your brain. Whatever you were born with, you need to work with it, deal with it, and in many cases medicate it. However, now they discovered that you control your brain, your brain does not control you. You are not a victim of your biology. They say that as a normal human being (without Christ), you cannot control the events and the circumstances of your life, but you can control the reactions to those events and circumstances. As a Christian you can also control the circumstances of your life from the realm of the spirit. But this is what neuroplasticity is: the brain's ability to reorganize itself by forming new neural connections throughout life.
- For instance, if you hear news that a lot of people are getting sick with Alzheimer and you receive a thought of fear that you might get Alzheimer as well, just by receiving the thought and meditating

on it, you increase your chances of actually getting it with 65%. If you also speak it out, then you increase your chances of getting even greater. Recent research shows that 98% of cancer causes start in the thought life, and only 2% are biological.

- Every word that you speak is a quantum package of energy. This is not New Age weird stuff. The New Agers have been doing this for years, but they stole it from God. You can use some of the powers of creation without being a Christian, but when you become a Christian as well, and use these principles correctly, then it brings God glory. When you become God's son, you also receive Christ's authority to function in the spiritual realm, and way more power through the Holy Spirit.
- Without God, those principles work only for a season and then they collapse. But with God, they last, they are more powerful. It's time to take back what the New Agers, the Buddhists, the Secret advocates have used for years to their advantage, but without God.
- The brain houses the result of the mind; it cannot generate a mind. They are 2 separate things. The mind is with one foot in the physical world through the brain and one foot in the spiritual quantum world through the recreated spirit.
- The human person is a triune being: spirit, soul and body.
 - Spirit = intuition, communion/fellowship, conscience
 - Soul = intellect, emotions, free will = mind (basically the soul is the mind)
 - Body = physical substance we can see
- The mind consists of conscious mind and unconscious mind. The unconscious mind (or the subconscious) runs 99.9% of our lives, and it has storage space for 3 million years. The conscious mind is awake only during the day, but the unconscious mind is awake 24/7. You deposit/plant thoughts into the unconscious mind through the conscious mind, and then the unconscious mind controls everything. The conscious mind does 2000 actions per second, but the unconscious mind functions at a whole new quantum level with quantum speeds of over 400 billion actions per second. The conscious mind can be aware at the same time of only about 47 things, but the unconscious mind much more. The emotions and feelings are under the control of the unconscious mind. Actually, the flow is the following: the thoughts in your conscious mind (and your words), go to unconscious mind, and then in there they generate the corresponding feelings, either of joy, peace, and love, or anxiety, unrest, worry, fear.
- The neurons in your brain look like branches in a tree. As you listen to me right now, you form new branches in your mind, and proteins that hold the information as temporary memory. Thoughts have substance in your brain through proteins. That is how you remember some of the stuff that you heard. Then if you refresh that information long enough or act on it, there are some special cells who will slowly carry that information into the unconscious mind, where the long-term memory is, and where the belief system is.
- When we allow thoughts of fear, anxiety, worry, stress in our conscious mind, they also generate branches and proteins, but toxic to the brain. When our spirit was recreated in Christ (1 Corinthians 5:17), we were made perfect and complete (Colossians 2:9-10):

Colossians 2:9–10 (NKJV)

⁹For in Him dwells all the fullness of the Godhead bodily;

¹⁰and **you are complete in Him**, who is the head of all principality and power.

- We were designed by love, and for love. We were designed to function in the love zone, which is eternal life, joy, peace. We were designed even from the beginning, but much more in the new creation, to be addicted to love. This is our default mode of operation, the normal. But we still have wrong programming of the unconscious mind from our old nature with toxic thoughts and feelings. The body cannot handle toxicity in the brain for long. That is why it gets sick. Our thoughts affect our body and our cells.
- When you worship God and pray in tongues, you release joy, peace, you move into the love zone, and you increase your capacity for the miraculous. You get in sync with the spiritual quantum world.

1 Corinthians 6:17 (NKJV)

¹⁷But he who is joined to the Lord is **one spirit with Him**.

- The Holy Spirit is one (connected) with the human spirit, and the human spirit communicates directly (or at the level) with our unconscious mind, towards the conscious mind, and then to the body and the outside world. Your spirit can control your soul, and your soul control your body. The body does the will of the soul and of the spirit. Thoughts precede words and actions.