

**Series:** Divine Healing Series

**Title:** Session 15 – Faith Releasers

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## How to Believe

### 3. Mind Renewal – Brain’s Neuroplasticity

#### Colossians 2:1–3 (NKJV)

<sup>1</sup>For I want you to know what a great conflict I have for you and those in Laodicea, and for as many as have not seen my face in the flesh,

<sup>2</sup>that their hearts may be encouraged, being knit together in love, and attaining to all riches of the full assurance of understanding, to the knowledge of **the mystery of God**, both of the Father and of Christ,

<sup>3</sup>**in whom are hidden all the treasures of wisdom and knowledge.**

#### 1 Corinthians 2:16 (NKJV)

<sup>16</sup>For “who has known the mind of the LORD that he may instruct Him?” But **we have the mind of Christ.**

- In Christ are hidden all the treasures of knowledge and wisdom, and we have full access to that. Before being saved, our human spirit is dead and disconnected from God. Our subconscious mind is on its own. However, the moment we are born again, our spirit is recreated and the unconscious part of our mind (the inner man) is directly connected to the mind of Christ, and to the fullness of God. The mind of Christ becomes one with our mind at the subconscious level, and then through there, with the help of the Holy Spirit, flow ideas, guidance, inspiration, power, life. That is how we have access to Christ’s knowledge and wisdom. And praying in tongues stimulates and stirs up that free flow of rivers of life.

#### Romans 12:2 (NKJV)

<sup>2</sup>And do not be conformed to this world, but **be transformed by the renewing of your mind**, that you may prove what is that good and acceptable and perfect will of God.

- Humanly speaking, without any help from the Holy Spirit, in order to really make a change in your life and renew your mind, it takes a full 63 days. It takes 3 cycles of 21 days minimum to change a thought pattern, that is to renew a thought: 1 cycle to replace the thought, and 2 cycles to stabilize it. And we are supposed to do that for the rest of our lives. We can fix about 17 areas of our thought life per year. 17 changes in a year is more than many people do in their lifetime. That is why Paul many times talks about being established in Christ, or Christ being formed in you. But with the Holy Spirit’s help, I believe we can change our thought patterns and renew our minds even faster.

#### 2 Corinthians 1:21 (NKJV)

<sup>21</sup>Now He who **establishes us with you in Christ** and has anointed us is God,

#### Colossians 2:6–7 (NKJV)

<sup>6</sup>As you therefore have received Christ Jesus the Lord, so walk in Him,

<sup>7</sup>rooted and built up in Him and **established in the faith**, as you have been taught, abounding in it with thanksgiving.

#### Galatians 4:19 (NKJV)

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

- There is a stage when you become aware of what God has given you, and you start replacing your old thoughts about your identity with the new thoughts from the word of God. But that is not enough. Then you need to refresh it on a regular basis, until it becomes you, part of you, and you're established in it.

#### **Philippians 2:12 (NKJV)**

<sup>12</sup>Therefore, my beloved, as you have always obeyed, not as in my presence only, but now much more in my absence, **work out your own salvation** with fear and trembling;

#### **Ephesians 4:22–24 (NKJV)**

<sup>22</sup>that you put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts,

<sup>23</sup>and be renewed in the spirit of your mind,

<sup>24</sup>and that you **put on the new man** which **was created according to God, in true righteousness and holiness.**

- Renewing your mind with the word of God one thought at a time is what working out your salvation, and putting on the new self means.
- Through the conscious mind (in the frontal lobe), you have the ability to detach from yourself, and become an observer of yourself, analyze your behavior, and the programming of the unconscious mind. When you do something you weren't designed to do, you can detach from it, look at it as your old programming, and decide to start sowing different seeds in your conscious mind, so that you would alter your unconscious mind, and consequently change your toxic programming. Any negative thought, feeling or behavior is not you, but your old programming. The real you is made up in God's image, in righteousness, and in holiness.

#### **James 1:21 (NKJV)**

<sup>21</sup>Therefore lay aside all filthiness and overflow of wickedness, and receive with meekness **the implanted word**, which is able **to save your souls.**

#### **Proverbs 4:23 (NKJV)**

<sup>23</sup>**Keep your heart** with all diligence, for out of it **spring the issues of life.**

- The word of God is already implanted in your spirit. It just needs to come out, and be unlocked by renewing your subconscious mind with the word of God (receiving and believing the word). Once the word you read, meditate on, and personalize becomes a conviction/belief in your unconscious mind, that is what allows the power of God to flow, and save your soul and body (healing) here on earth.
- That is why the Bible insists so much on guarding and keeping our hearts with all diligence, because from there we create our reality, and our world. Our heart is the inner man encapsulating the unconscious mind and the spirit.
- Just because the brain is neuroplastic, be careful not to try to replace bad thoughts with good thoughts, and change yourself through human efforts. That is definitely possible to some degree, but it's more difficult and it's not permanent. Instead replace the old thoughts and habits with what the word of God says, and with faith in that word, which will release the supernatural power of God for change.

## 4. Faith Releasers

### 2 Corinthians 10:4–5 (NKJV)

<sup>4</sup>For **the weapons of our warfare** are not carnal but mighty in God for pulling down strongholds,

<sup>5</sup>casting down arguments and every high thing that exalts itself against the knowledge of God, bringing **every thought into captivity** to the obedience of Christ,

- The fight of faith is a battle of the mind to stay on the word. And the divine weapons for the warfare are: the word, praise and worship, prayer in tongues and fasting.
- How does the word, praise, fasting, and prayer assist in growing your conviction?
  - The word
    - First, you get accurate knowledge and revelation about what to believe and how to believe, and about what exactly applies to you, and what you can expect to happen anytime, anywhere.

### Philemon 6 (NKJV)

<sup>6</sup>that the sharing of your faith may become effective **by the acknowledgment of every good thing which is in you** in Christ Jesus.

- Second, regular meditation on the things above (memorize, speaking) acts directly on your conscious mind by keeping fresh (and refreshed) the promises of God, and indirectly on your subconscious mind, which generates feelings and emotions accordingly, it allows the power of the Spirit to be stirred up.

- Praise and worship

### Ephesians 5:18–19 (NKJV)

<sup>18</sup>And do not be drunk with wine, in which is dissipation; but **be filled with the Spirit**,

<sup>19</sup>**speaking** to one another in psalms and hymns and **spiritual songs, singing and making melody** in your heart to the Lord,

- Ephesians 5:18 – it's a drug for you to relax and rest. It's like wine or drugs. It generates joy, peace, relaxation, and stirs up the spirit. It starts consciously and then it affects the subconscious, and the feelings. It cleanses you from all the negative blocking feelings generated by what you see and hear in the outside world: worry, fear, anxiety, tiredness, etc. It brings feelings of confidence and boldness and creates a platform for our mind to believe the word, and act on the word easier, so that the power of the Spirit from within us can be released.

### John 4:23 (NKJV)

<sup>23</sup>But the hour is coming, and now is, when the true worshipers will worship the Father **in spirit and truth**; for the Father is seeking such to worship Him.

- The Father must be worshipped in Spirit (speaking and singing in tongues) and in truth (confessing and singing the personalized truth about God and you).

### Romans 14:17 (NKJV)

<sup>17</sup>for the kingdom of God is not eating and drinking, but righteousness and **peace and joy in the**

## **Holy Spirit.**

### ○ Prayer in tongues

#### **Jude 20 (NKJV)**

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

- Jude 1:20 - It bypasses the conscious mind (the reason) and builds conviction about the word of God directly into your subconscious mind. Research has shown that when you pray in tongues, your frontal lobe where the reasoning takes place, has no activity. When you speak in tongues you speak mysteries from God to your own mind and to the spiritual world. It speaks mysteries in the spiritual realm that affect your spirit, your mind and your body in a positive way. The Holy Spirit has a chance to witness directly to your heart and subconscious about the word of God. That is why you get built in faith, in conviction. Example: In movies, agents who are activated by hearing a random sound sequence.
- Speaking in tongues also speaks about your future. You intercede for others.
- The more you pray in tongues, the further the Spirit of God emanates from you, so that even when you pass near someone, they can sense the Spirit of God. In Acts 5:15-16, it wasn't Peter's shadow which healed, but the spirit's emanation of life from him.

### ○ Fasting:

- Regular fasting weakens the flesh, the reasoning, and strengthens the mind according to the spirit. It strengthens the determination, the sober-mindedness. You are many times tempted to eat and you say no. That self-control then leaks into other areas. It will be easier after that to not give in to what you see or feel and stand on the word that you know in other areas as well. Example: the David principle.
  - When you fast all kinds of thoughts like the following come to your mind and you have to block them so that you won't yield to them: "you know you cannot last too long, so why torment yourself, just give up and eat", "you know you cannot do this on a permanent basis, so why even try", "nobody sees what you're doing and nobody praises you, so why bother", "your body needs food to function well, otherwise you will be cranky and weak all day."
- All these 4 above are helpers to stimulate and refresh your conviction about the word. They help you focus the mind. They bless God's heart, but they also work mostly on you and increase the release of your faith. Healing and casting demons or raising the dead are not affected directly by these. You are affected, and you release more or less power.
  - If healing would come by how strong I am, how much I prayed, or fasted, then I should pray: be healed in the name of Eduard. However, it is the name of Jesus that has the power and the reputation that you carry, not yourself. You just have the power of attorney.

- Prayer and fasting doesn't give you more power, it just releases more of the power that is already in you by peeling of the layers and blockages stopping it. If you put your faith in prayer and fasting, then there will never be a time when you feel that you prayed or fasted enough to be able to minister to the sick. It will always cause doubt in your mind.
- The Onion example: Christians are like onions. You go to the store, buy an onion, you come home and put it on the counter. No problem. It sits there, not a problem. Then one day you start peeling those layers off. The minute you start peeling them off, what happens? That aroma starts to spread. Now, that aroma which got stronger in the room, it was always there, but now it was just released. With born-again believers, God has put in us His Spirit, the same Spirit that was in Jesus and who raised Jesus from the dead. This Spirit is very powerful, but He doesn't grow in power, He always has the same power. So, the variation in power is caused by the human layers, the strongholds of the mind which are peeled off by prayer. You don't grow in power or anointing. What happens is what John the Baptist said: "You decrease, and He increases." You either have the power or you don't.
- It is more difficult until you get the first victories. But after you get a few victories, those create powerful markers in your mind that catapult and strengthen your faith. That is why we need to exercise our faith and press in until we get results. We can also do certain actions that help our faith like declaring, speaking to ourselves, etc.
- Usually there are 3 stages in healing ministry:
  - The battle until you get the first healing
  - Coasting – healing becomes normal
  - Hit a wall – then it means you have been entangled with life and you have to push through
- When you pray for a sickness and get results, your faith and conviction will increase in that area and for that sickness. It will be easier next time. But we want to increase faith for all sicknesses. So, we use David's principle of association or leaking analogy. Relate past victories to current situations.
  - The Lord was with me when I killed the lion and the bear (smaller things)
  - He will also be with me to kill the Goliath.
- You can also build yourself in faith by using the same principle of analogy and begin with smaller things (like headaches, fever, etc). Then slowly move on to more difficult things.