

LYME BRAIN

WHAT TO DO WHEN
YOU'RE GOING CRAZY



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Lyme Brain

What to do when you're 'going crazy'

Section 5

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The ULTIMATE Brain-Based Therapy

[re]new

“Do not be conformed to this world (this age), [fashioned after and adapted to its external, superficial customs], but be transformed (changed) by the [entire] renewal of your mind [by its new ideals and its new attitude], so that you may prove [for yourselves] what is the good and acceptable and perfect will of God, even the thing which is good and acceptable and perfect [in His sight for you].”

-Romans 12:2 (Amplified Version)

Everything else in this book speaks of organic causes to brain inflammation and dysfunction. To ignore the emotional/spiritual component is to ignore the soul and, in my humble opinion, may ignore the root cause of the disorder for many. Where science argues over the differences between the mind and the brain, I maintain that there are pieces of creation beyond our understanding and things that can only be comprehended through faith.

Ultimate brain-based therapy necessitates a renewal of the mind, not just a change in the brain. Dead people still have a brain, intact with every organic neuron, glial cell and neurochemical, yet their soul is absent. Renewing the brain is useless; ask anyone with a late-stage Alzheimer parent whose body is capable of many more years yet whose mind is gone, left sadly in a soul-less-like state. There are few things more heartbreaking. This chapter is about renewing one's mind and I challenge you to read it fully even if you have different spiritual beliefs. As in everything, you may glean helpful hints to change your life.

If you think that the following is just an esoteric game – think again. What is contained in this chapter IS the most powerful brain therapy! Neurologically, as mentioned in previous chapters, there is a complicated pathway that runs from your dorsolateral prefrontal cortex (DLPC) to the midbrain (Red Nucleus), to the cerebellum (Dentate Nucleus) and back to the prefrontal cortex. It is the MOST powerful pathway to stimulate the cerebellum and the prefrontal structures and it involves one thing – THOUGHT.

What you think about is powerful. Tens of thousands of books have been written about self-talk, goals and affirmations from every perspective imaginable. It's the "secret of the ages" that is no secret at all. It is simply the way God made us – He gave us a cortico-rubro-dento-cortico pathway that reinforces ANY thoughts into stronger highways.

Let me give you an example. Should I decide (in my DLPC) that the world is a horrible place and that life is meaningless, my thoughts revolve around such a decision. My brain fires this pathway described and it becomes paved, over time, into a 2-lane highway. Pretty soon, I am a depressed person easily able to equate everything in life through the filter of the paved pathways that say 'life is horrible'. I am literally becoming a self-fulfilling prophecy.

And it gets worse. As these neural pathways regarding recurrent thought patterns mold our personality, it affects another part of our brain called the Reticular Activating System (RAS) that is responsible for alerting (waking) our brain to necessary stimuli. A good example of this might be the last time you purchased a car (let's say it was a Toyota), you subsequently notice, over the course of the next few months, all the other Toyotas driving around. Your brain was occupied about the decision of buying a Toyota so that, unconsciously, your cortico-rubro-dento-cortico pathway was firing, reinforcing your decision on such a large purchase and now your RAS takes acute notice of all the Toyotas you encounter thereby justifying the wonderful decision you made!

Put this understanding into our previous example and the person that once ruminated on the thought that the world is horrible now only sees the horrible in everything! "People are mean, nobody cares, life's a bummer," is all this person notices as their Reticular Activating System simple 'turns-on' the brain to the pathways that have been paved.

Do you 'become your thoughts' as many self-help books proclaim? Well, maybe not, because most boys would become girls, but your thoughts are your most powerful ally or your most dangerous foe! What you think about becomes a pathway more easily traveled the more you think about it. This is the neural pathway of HABIT. When God said that sin comes from a "debased mind" (Rom 1:28) He wasn't being mean; He just knew the pathway! He also encouraged us by saying that we have a choice to, "live according to the Spirit (then you must purposefully) set your minds on the things of the Spirit." (Rom 8:5)

Even in the worst situations and the gravest conditions, even if everything in life is flying out of our control, there is one thing that we CAN control, though it takes conscious effort – our thoughts! We will ONLY, "be transformed by the renewal of your mind." (Rom 12:2) There is NO OTHER WAY!

Three Breakable Barriers

1. Addiction/Control/Co-dependency = trying to find purpose and pleasure from anything other than God's designed plan for you.

The emotional aspect of addiction manifests as a drive towards a destructive behavior that is erroneously supplying a need that can be found in or was already fulfilled with God's finished work. In earlier chapters we discussed the neural loops and chemical drives that make addictions so undeniable, but root, spiritual causes stem from unmet needs, lingering pain, and "heart holes" paved with external behaviors. I believe that brain-based therapy and Neurofeedback is essential for addictions but we must also fill the spiritual hole.

Those with 'control issues' simply subconsciously believe that exerting power OVER another brings peace. "Power-over" individuals simply squash others, many times thinking they are doing 'good'; they are 'fixing people'. I had a doctor in my office a few months back who was very ill and was seeing me as a patient. Some of his initial statement as he entered our busy office was to tell my staff what they should be doing. He pulled one aside and told her that he would 'coach her' on how to better arrange the bookcases so the 'energy was correct'. "Power-over" people have few boundaries when it comes to exerting opinion and when confronted, everyone else just "misunderstood" their intentions. Here are some telltale signs that you have put yourself in power over another though most with this problem will not be able to recognize it in themselves:

- You believe your needs are more important or you deserve to have them met before others.
- You announce what is going to happen rather than negotiate to consider the needs of others. You dictate your process rather than discuss all ideas.
- You give unsolicited advice about things not falling in your area of authority.
- You become angry and resentful if someone doesn't follow your advice or do things in a way you expect.
- You blame others when confronted or blame 'miscommunication' in order to avoid personal responsibility when hurting others.
- You view the other as incapable, pitiful, and in need of your rescuing.

- You imagine you know what is right for another without asking them.
- You think a lot of about what this person or group of people should and shouldn't do.
- There tends to be a trail of injured people behind and around you.

Co-dependency is wanting someone to do for you what you could/should do for yourself. A codependent relationship includes both a victim-player and a savior-player. Doctors, especially alternative ones, tend to develop codependent relationships with patients as they may be the only person that gives needed attention and fulfills unmet needs. This is the untold goal of all product sales. If Coca Cola can create a codependent relationship with the consumer, they meet perceived needs and produce buyers that 'cannot live without' their fix. Pharmaceutical companies thrive on codependency with ads that promise every desired feeling and apparent want.

Our office purposefully and deliberately attempts to protect both us and the patient from such relationships. Though cancer patients seemingly 'need' someone to guide and lead them through a scary and often dark time, it is our role to point them to their ONLY true hope. I am NOT anyone's savior; I am just another person occupying a destiny designed by the Creator for a specific purpose. I seek His wisdom to heal and depend on His Spirit flowing through me to accomplish anything. Patients don't need me; once they flip to needing me, I need to point them back to their Savior.

2. FEAR and JUDGMENT = the basis of man's inherited sin and what keeps us from experiencing all of God's blessings.

It is impossible, in the flesh, to live this life and *not* be tempted to judge every situation, every circumstance, everyone around us and even ourselves. It is engrained in our flesh to judge. Worse, we tend to believe that we are walking in wisdom by the way we judge people and things, when in reality we are doing nothing but creating a world of pain and conflict. We *create* the condemnation we wish to expel! The truth is that the majority of the emotional suffering you now experience is an outcome of your current set of judgments. Nothing outside of you has the power to hurt

you until you place a judgment on it and this includes others as well as disease, thoughts and emotions. It is the judgment, the value we assess on anything and everything that brings us pain, depression and anxiety. Judgment is the attachment of significance. Judgment is NOT an observation of *what* was experienced; judgment is our placement of *why*. If someone fails to repay a debt owed to me, the fact that a contract was breached is an observation; my thoughts of them 'cheating me', 'being irresponsible', 'being crooked', 'not caring' are judgments on my response to the observation of the facts as to **why** the deed was done. Making an assumption of motive is judgment and it now has power in my life based on the judgment I made.

The same is true when we judge any situation as 'good' or 'bad'. A diagnosis of cancer should inspire us to seek wisdom but we tend to judge. "What have I done to cause this? Why me? Is God angry at me? Is this a punishment?" These and other thoughts stem out of our need to cast blame; they are judgments as to 'why' instead of an observation of a fact – "I have cancer, now what am I going to do about it?" Just because it's human nature to judge and blame does not mean that doing so is in our best interest. It may seem that we throw the responsibility on someone else and even give us temporary reprieve, but ultimately we are the ones that carry the burden. Oh the pain that we would eliminate if we would just *observe* and stop judging!

I place an interesting question on my patient intake form that asks a simple question: Do you blame anyone for your current problem? Most people read into their possible answer and leave it blank but the truth is that *all of us do*, more times than we care to admit, blame someone for our current conditions. Whether we blame others, God, or ourselves, blame is a judgment rather than an observation. We can be in real physical pain and torment, suffer indescribable emotional anxiety and depression, or be dying of disease all based upon what we judge about present or past situations. Furthermore, difficult situations are always worsened when we judge the circumstance.

It may be important to define the difference between making right judgments (observations) and judging. Biblically commanded judgments do not define a reason why. They are observations that may change our subsequent action but leave the need to answer 'why' to God. This is especially difficult for people like me who have created a career of

investigating *cause*. It is my job to find out why a person is sick and then administer the correct medicine. While this is appropriate in healthcare, it is pathological in life's circumstances and relationships. It may be my Biblical responsibility to observe the doctrinal integrity of whom I choose to listen to, but it is not my job to pass judgment on someone for their current beliefs.

An example was observed recently. A patient of mine spoke to me about a church that they were attending and the legalistic manipulation that was taking place. Both she and her husband wanted to leave but were confronted by the pastor who told them that their real problem was a 'spirit of rebellion against authority'. He told them that they needed to 'submit to the leaders of the church and obey the church doctrines'. One aspect that stood out in our discussion was the pastor's demands that everyone spend at least one hour each day in their 'prayer closet' and witness to one person each day. He insisted that this was Biblical as it was fulfilling the Great Commission in Matthew 28. The couple, being fairly new to the faith was confused, asking me if what he said was correct. The truth of the New Covenant is the freedom that exists in Christ. While it is true that Jesus commanded us to share His word with the world and it cannot be argued that personal communion with God is essential for our peace and growth, to manipulate people into following an agenda is flat out denial of the cross!

When we received the ability to judge good and evil we lost trust in God's goodness. When, in our innocence, we simply *knew God as good* and all He created was something for our benefit, eating from the tree of the knowledge of good and evil brought us to question God. We no longer believe God is for our good. God is 'judging us' and He finds us guilty so we judge Him and find Him untrustworthy. Ask yourself if you don't think things like this when times are tough: "I'm getting what I deserve; it's my fault, I should of, could of, ought to..." Test yourself on this; do you even have an inkling of belief that God displays His wrath through tornados, hurricanes, disasters, and the like? How many of us either thought or verbalized that the 911 disaster was God punishing America for their sins?

Here's news: God already poured out His wrath for sin on His Son two thousand years ago! Jesus became sin and took God's entire wrath, suffering the punishment once for all. Once you believed, you've been, "freed from sin, and you've become slaves of righteousness." (Romans 6:18) Believing and confessing is acknowledgment of your changed mind

(repentance) about God. Those that are IN Christ are freed from the wrath of God (Romans 5:9); we are rescued through His blood (1 Thessalonians 1:10), destined for salvation (1 Thessalonians 5:9). Christ, “died for our sins,” (1 Corinthians 15:3) and “He died for all, so that they who live might no longer live for themselves, but for Him who died and rose again on their behalf.” (1 Corinthians 5:15)

Judgment comes through the Law and brings death. Let it come. Allow it to slay you that you may be, “released from the Law, having died to that by which we were bound, so that we serve in newness of the Spirit and not in oldness of the letter.” (Romans 7:6) Let us read and repeat often, “What then shall we say to these things? If God *is* for us, who *is* against us? ³² He who did not spare His own Son, but delivered Him over for us all, how will He not also with Him freely give us all things? ³³ Who will bring a charge against God’s elect? God is the one who justifies; ³⁴ who is the one who condemns? Christ Jesus is He who died, yes, rather who was raised, who is at the right hand of God, who also intercedes for us. ³⁵ Who will separate us from the love of Christ? Will tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword?” (Romans 8:31-34)

I need to read that again, “If God *is* for us, who *is* against us?” I’ll be honest, it is usually ME. My condemnation of myself and others resuscitates the Law. What was meant to kill me, revealing the need for a savior and drive me to the cross, has been allowed to live through my judgments. This should not be! But, to accept that God loves me so much that He sent His one and only Son to exchange His life for mine and die the death that I deserved is ludicrous to my human mind. This is why the Apostle John writes, “See how great a love the Father has bestowed on us, that we would be called children of God.” (1 John 3:1) This Greek phrase interpreted, “how great a love” should actually be read, “how alien”, or “as if from another planet” as it is altogether alien from what I know or could find in this world.

Don’t forget who you are. You are the child of the Most High God, purchased by an infinitely great sacrifice and adopted as sons and daughters of the King. Don’t turn back to judgment of the Law like a dog feeding off its own vomit (2 Peter 2:22). Every time we judge we forsake the righteousness of Christ as foolish, bewitched (Galatians 3:1) souls attempting to perfect grace in the flesh. It can’t be done. Jesus did it ALL.

Enter into the rest that was fully won 2000 years ago to receive the power to live abundantly now.

3. Living under Condemnation = the expectation of judgment. Condemnation is a heart-sense of bad things to come... impending doom

If there is a secret to success in life, it is an open secret, available for all to know. Perhaps the most important ingredient to success is how one answers one specific question. The answer to this question governs one's attitude in both the hills and valleys of life. It sets one's perception, guides them in decisions and directs their paths. I've seen both Christians and non-Christians utilize their answer to both lead them to unspeakable joy and keep others in unbreakable despair. Our answer to this one question determines the boundaries which we live by, how big we can be and all that we can accomplish. It isn't 'spiritual' per-se and doesn't require a belief in Jesus. One's answer therefore, does not determine eternal destiny so this question may be qualified as the second most important question one must answer themselves, the first and most important question one must confront is, "What am I going to do about Jesus Christ?" However, our answer to the question below helps form the answer we will have about what to think about Jesus:

"Do you believe that God LIKES you, is the giver of only GOOD to you and desires only your GOOD?"

The religious person believes they've dealt with the most important question in life, given their heart to Christ, and yet lives under the belief that God, though He may LOVE them (since He's supposed to do that seeing that He's God and all), He doesn't actually LIKE them. Either consciously or unconsciously, they believe that God is always mad at them. They strive to accommodate God, His demands and qualifications. To the religious person, God *is* love, but He's angry at me. He expects more from me and meeting His needs to receive an eternal "at-a-boy" is exhausting. How can this be?

Religion asks, "Does He want my 'good'? Well sure," they think, "but not too good." If good things come to them they are usually balanced with a

humbling event because, after all, 'God doesn't want us to get conceited'. The religious person believes that they deserve punishment and abasement and God is usually upset with them. They read of God's love and that He calls believers "His child" but then qualify His love based on their performance. God may love them because He has to; it's part of His job of being God. But really, God doesn't LIKE them. To read this in the first person is important because I think that most of us find ourselves in the "religious person" category a great deal of time.

Let's contrast this life view with one who believes that God not only loves them but LIKES them. God only wants my good and even when difficult times come, they are but stepping stones, blessings to discover, or hurdles to strengthen me. There are no good or bad things in my life, it is all joy, and everything is a gift. God is my father but He is a good father; He invites me to snuggle up on His lap and tell me He loves me and that I am His favorite little guy in the whole wide world. He whispers sweet things in my ear and tickles my belly. He tells me of things He has in store for me and how He's planned this day as a special day with all sorts of fun challenges and treats.

***"There is therefore now **no condemnation**
for those who are in Christ Jesus."***

-Romans 8:1

Words on which to Meditate

*"Above all the grace and the gifts that Christ gives
to his beloved is that of overcoming self." – Francis of Assisi*

I'm sure Francis of Assisi was speaking of the 'old self' or the 'flesh' that is so difficult to overcome, that which is engrained in judgments and condemnations from Eden's inheritance. Maybe the thoughts, desires, lusts, and greed of my flesh are so difficult to put to death because we don't know what God says about the new, regenerate "I" that we've become and are in the process of becoming as truly saved believers. "Who am I," is an

appropriate question. A better question may be, who does *God* say that I am? Read the following to yourself aloud:

“I am complete in Him Who is the Head of all principality and power (Colossians 2:10).” I am *complete*, no addition needed, no mixture with rules or religion, no sprinkle of philosophy or pinch of law. IN Jesus Christ, “I am alive,” (Ephesians 2:5), “I am free from the law of sin and death” (Romans 8:2). Though my old self may reminisce in stray imagination I must, “put off the old man and put on the new man, which is renewed in the knowledge after the image of Him Who created me.” (Colossians 3:9-10)

When the enemy whispers lies to me that in my past I once believed I remind him that, “I have the Greater One living in me; greater is He Who is in me than he who is in the world (1 John 4:4).” The world may oppress me but, “I can quench all the fiery darts of the wicked one with my shield of faith (Ephesians 6:16),” and when it tells me it has victory, I know that, “I am more than a conqueror through Him Who loves me (Romans 8:37).”

Though I sin, I repent and know that, “I am forgiven of all my sins and washed in the Blood (Ephesians 1:7).” God sees Jesus when He looks at me for, “I have received the gift of righteousness and reign as a king in life by Jesus Christ (Romans 5:17).” For I know that, “I am holy and without blame before Him in love (Ephesians 1:4; 1 Peter 1:16),” and, “I am God’s child for I am born again of the incorruptible seed of the Word of God, which lives and abides forever (1 Peter 1:23).”

To meditate on the fact that HE *chose* me, even before He created the foundations of the earth is mind-blowing. He has given me, “the mind of Christ (1 Corinthians 2:16; Philippians 2:5),” and, “the peace of God that passes all understanding (Philippians 4:7).” Just say this aloud, “I am God’s workmanship, created in Christ unto good works (Ephesians 2:10),” for, “I am a new creature in Christ (2 Corinthians 5:17), I am a spirit being made alive to God (Romans 6:11; 1 Thessalonians 5:23), I am a believer, and the light of the Gospel shines in my mind (2 Corinthians 4:4), I am a doer of the Word and blessed in my actions (James 1:22,25).”

Think about it! God says that, “I am a joint-heir with Christ (Romans 8:17), I am more than a conqueror through Him Who loves me (Romans 8:37), I am far from oppression, and fear does not come near me (Isaiah 54:14), I am born of God, and the evil one does not touch me (1 John 5:18).”

The more ignorant I am of what God is telling me regarding WHO I AM when I am IN Christ, the more difficult it is to overcome the world. I must recite these Biblical affirmations over and over, take time to dwell on these truths and cast them as blessing over my household. For, "I have received the spirit of wisdom and revelation in the knowledge of Jesus, the eyes of my understanding being enlightened (Ephesians 1:17-18)."

Never must I speak negatively, cursing even in jest. God was not glib when He said that, "I have received the power of the Holy Spirit to lay hands on the sick and see them recover, to cast out demons, to speak with new tongues. I have power over all the power of the enemy, and nothing shall by any means harm me (Mark 16:17-18; Luke 10:17-19)." When I believe and obey His truth that I am truly a new creature, "I have given, and it is given to me; good measure, pressed down, shaken together, and running over, men give into my bosom (Luke 6:38). I have no lack for my God supplies all of my need according to His riches in glory by Christ Jesus (Philippians 4:19)."

No matter the difficulties I face, I know that, "I am an overcomer by the blood of the Lamb and the word of my testimony (Revelation 12:11), I am a partaker of His divine nature (2 Peter 1:3-4), I can do all things through Christ Jesus (Philippians 4:13), and I am an ambassador for Christ (2 Corinthians 5:20)."

In myself, I have no power, I declare myself dead, slain by the law and now resurrected by the blood, "I show forth the praises of God Who has called me out of darkness into His marvelous light (1 Peter 2:9). I am the temple of the Holy Spirit; I am not my own (1 Corinthians 6:19). I am the head and not the tail; I am above only and not beneath (Deuteronomy 28:13). I am His elect, full of mercy, kindness, humility, and longsuffering (Romans 8:33; Colossians 3:12). I am delivered from the power of darkness and translated into God's kingdom (Colossians 1:13)."

"I am redeemed from the curse of sin, sickness, and poverty (Deuteronomy 28:15-68; Galatians 3:13), firmly rooted, built up, established in my faith and overflowing with gratitude (Colossians 2:7). I speak boldly because, "I am called of God to be the voice of His praise (Psalm 66:8; 2 Timothy 1:9)."

I will NEVER give up and never give in for I know that, "I am healed by the stripes of Jesus (Isaiah 53:5; 1 Peter 2:24), I am raised up with Christ and

seated in heavenly places (Ephesians 2:6; Colossians 2:12), I am greatly loved by God (Romans 1:7; Ephesians 2:4; Colossians 3:12; 1 Thessalonians 1:4), and I am strengthened with all might according to His glorious power (Colossians 1:11).”

Victory over my flesh, this world and the enemy is secure and complete when, “I am submitted to God, and the devil flees from me because I resist him in the Name of Jesus (James 4:7). For God has not given us a spirit of fear; but of power, love, and a sound mind (2 Timothy 1:7). For this reason, I press on toward the goal to win the prize to which God in Christ Jesus is calling us upward (Philippians 3:14).”

Dear Lord, may I always keep firmly at the forefront of my mind the unshakeable, unchangeable fact that, “It is not I who live, but Christ lives in me (Galatians 2:20).”

Daily Practice

Biblical Truths to “Practice Believing”. We are called to “put off the old self” and “put on Christ” (Ephesians 4:22-23) which means to literally remove false beliefs we have of ourselves, others and God and be brainwashed in the truth of who God says we are and who He says that He is. Below are some verses to read daily. Meditate on them. Let the truth hit you hard for you are a prized possession of the Most High King.

Nothing you could ever do or have ever done could make God love you any more or any less than He already does. He chose you before the foundations of the earth were set to be His son/daughter and you are perfect in His sight. Crawl up on His lap and recite these verses to yourself constantly. Imagine Him stroking your hair and whispering, “I love you my precious child,” in your ear.

Who I Am In Christ AFFIRMATIONS:

I AM GOD’S...

· Possession! I am His and that can never change. - Genesis 17:8/ 1Cor 6:20

- Child. Nothing I ever do or don't do will change this fact! - John 1:12
- Workmanship. He molds and shapes me to the image of His Son! - Ephesians 2:10
- Friend. HE chooses to call me 'friend'. - James 2:23
- Temple. HE dwells inside me through His Holy Spirit. - 1 Corinthians 3:16/ 6:16
- Vessel. Though cracked and broken, the contents in me are precious. - 2 Timothy 2:2
- Co-laborer. I work not to please God but to know Him more deeply and to learn how to REST in Him - 1 Timothy 5:18
- Witness. As I simply allow His Spirit to shine through me, not by my works but by yielding to Him. - Acts 1:8
- Soldier. I submit to His authority. - 2 Timothy 2:3
- Ambassador. I am a co-bearer of God on earth. - 2 Corinthians 5:20
- Building. I am His personal creation that He planned before He even created the earth. - 1 Corinthians 3:9
- Husbandry. (His valued possession) - 1 Corinthians 3:9
- Minister/instrument. Acts 26:16 / 1 Timothy 4:6
- Chosen. He picked me because He LIKES me. - Ephesians 1:4
- Beloved. I intimately cuddle with my Daddy. - Romans 1:7/ 2 Thessalonians 2:13
- Precious jewel. He tells me this every day. - Malachi 3:17
- Heritage. I am His namesake whom He is so proud of. - 1 Peter 5:3

I HAVE BEEN...

- Redeemed by the blood. It is NOT by my good deeds that makes Him love me more nor can the bad things I've done make Him love me any less. It is impossible for Him to do either because He MADE me His child because of what HE already did through His Son. It's a 'done deal'!!! - Revelation 5:9
- Set free from sin /condemnation. Because of Him I expect ONLY GOOD in my life today. I no longer condemn myself or am condemned by others. Impending doom has ALL disappeared. Only goodness and mercy awaits me every morning and they are new each day!!! - Romans 8:1-2
- Set free from Satan's control. The ONLY power over me is my own choices now and I choose FREEDOM in Christ with ALL the rewards of EVERY promise! - Colossians 1:13

- Chosen before foundation of world. I am hand-picked to be on the winning team. - Ephesians 1:4
- Predestined to be like Jesus. God sees ONLY Jesus when He looks at me. I am white as snow and pure in His eyes. He smiles at me. - Ephesians 1:11
- Forgiven of all my trespasses. What Jesus did 2000 years ago was done once and for all. He paid the price for me. I simply believe and receive the free gift. Thanks you! - Colossians 2:13
- Washed in the blood of the Lamb. I am cleansed. Let me learn to rest in Him and be filled with His Spirit so I may reveal the fruits to everyone I meet. - Revelation 1:5
- Given a sound mind. I claim this for peace in difficult times. - 2 Timothy 1:7
- Given the Holy Spirit. I quiet my mind and emotions to simply find comfort in the fact that God placed His Spirit inside of me. - 2 Corinthians 1:22
- Adopted into God's family. Natural babies enter into a family and parents don't get to 'send them back' but adopted children were chosen, knowing the faults and weaknesses. God picked me while I was still a sinner, dirty and an enemy of His. He STILL picked me because His love for me exceeded my sins against Him. - Romans 8:15
- Justified freely by his grace. I have been made just, forgiven, purified, and given mercy because that's just who God IS. It had nothing inherently to do with me, it was a free gift. My right-standing before God is all because of what HE has done and needs only my acceptance. - Romans 3:24
- Given all things pertaining to life. Religion strives after God; God says, "Stop, I'm already here and have already made a way." - 2 Peter 1:3
- Given great and precious promises. ALL the promises of God are YES in Jesus for me! - 2 Peter 1:4
- Given ministry of reconciliation. I can only give what I have to give. To the degree that I receive God's mercies (new and available every day for me) is the proportion that I can give them to others. - 2 Corinthians 1:22
- Authority over the power of enemy. There is NO more fear of ANY enemy!!! - Luke 10:19
- Access to God. I now freely come before His throne knowing all I ask in His name is already mine in Christ Jesus. - Ephesians 3:12
- Been given wisdom. This is what we are to FIRST ask for in every seemingly troubled time. He freely gives me wisdom and I NEVER doubt for I am a single-minded man and stable in all my ways! -Ephesians 1:8, James

I AM...

- Complete in him. There is nothing I add but my surrender to Him. - Colossians 2:10
- Free forever from sin's power. Though I 'mess-up' and choose wrong paths often, forgiveness has already been granted and His mercy is new again today. - Romans 6:14
- Sanctified. He daily changes me, teaches me, and reminds me that He is good and wants only my best. -1 Corinthians 6:11
- For the Master's use. He plans my ways and ordains my day. I quietly listen to His leading and learn to obey His quiet whispers. - 2 Timothy 2:21
- Loved eternally. Nothing could ever separate me from His love! - 1 Peter 1:5 /
- Eternally kept in the palm of his hand. - John 10:29
- Kept from falling. He always provides safe passage through any storm. - Jude 1:24
- Kept by the power of God. His strength is always at my disposal. - 1 Peter 1:5
- Not condemned. Today brings more blessings. Though often disguised as struggles, God turns all things, even problems, to good for me. - Romans 8:1-2
- One with the Lord. I am bound, chained, sealed and tattooed with His personal guarantee! - 1 Corinthians 6:17
- On my way to heaven. I am always looking at everything with an eternal perspective. - John 14:6
- Quickened by his mighty power. My ears are tuned to His calling. - Ephesians 2:1
- Seated in heavenly places. Even when my day seems so hard, I am keep focusing on facts. Facts like: the spiritual realm is more real than the physical; the victory over this situation has already been established; and healing is already mine in my spirit – all comfort me. - Ephesians 1:3
- The head and not the tail. God has set me in high places – not because of my holiness but because of His. - Deuteronomy 28:13
- Light in the darkness. I lay down my rights, my will, and my flesh to let the Spirit shine through me. His light is the brightest in the darkest of times. - Matthew 5:14
- Candle in a dark place. Candles have the unique ability to light other's candles. This I choose to do – be a light to others! - Matthew 5:15
- City set on a hill. His love can no longer be hidden in me; I make it evident to all. I have perfect peace where there is no peace, love where it is not deserved, patience where it is not earned, joy through sadness, kindness to the grumpy, and show God's goodness in perfect self-control. - Matthew 5:14, Galatians

- Salt of the earth. Salt preserves; it protects and keeps fresh. I am the salt to all I meet. - Matthew 5:13
- His sheep. Sheep are valuable commodities. I am the sign of God's riches. - Psalms 23 / Psalms 100:3/ John 10:14
- A citizen of heaven. I have the rights of full citizenship in Heaven with all its rights and rewards. - 1 Peter 2:11
- Hidden with Christ in God. The ease of life is found when I am fully yoked with Him. He then carries my burdens. - Psalms 32:7
- Protected from the evil one. No troubles will again overtake me; victory is always secure. - 1 John 5:18
- Kept by the power of God. It is HIS might and strength in which I depend. I hold His hand and He gives me victory. - 1 Peter 1:5
- Secure in Christ. There is surety in Him; I am safe. He will never let me go! - John 10:28-29
- Set on a Rock. My foundation is solid; I can stand tall; I am immovable and unshakable. - Psalms 40:2
- More-than-a-conqueror. I'm not just an overcomer, I'm victorious. All that I put my hand to is successful. - Romans 8:37
- Born again. I am made completely new. This was not just an event in my past but a present reality. His mercies are fresh for the taking every day. - 1 Peter 1:23
- A victor. I share the spoils of victory – every joy, abundance, and supply that I'll ever need and always given more than enough! - 1 John 5:4
- Healed by his strips. Jesus died for my healing; it's a done-deal. Though we all will die, my spirit is completely healed and I choose to walk as and live like a healed, healthy and whole person right now! - Isaiah 53:6
- Covered by blood of Jesus. What God did needs no addition and cannot be improved upon. Every area of my life, my deeds and thoughts are covered by the redemptive power of Christ. - Revelation 12:11, 1 Peter 1:19
- Sheltered under his wing. He is my protector; He stands in front of me in a battle and carries me when I tire. - Psalms 91:4
- Hidden in secret place of the Almighty. I now labor only to enter into His rest. - Psalms 91:1

I HAVE...

- Access to the Father. Daily I come before Him to receive His grace. - Romans 5:2

- A home in heaven waiting for me. I will be completely perfected. - John 14:1-2
- All things in Christ. All His promises are 'yes'. - 2 Corinthians 5:17
- A living hope. God's hope never fails and never disappoints. - 1 Peter 1:3
- An anchor to my soul. His anchor holds me back from running off into trouble, trying to please Him doing some religious thing, and falling into my own foolishness. - Hebrews 6:19
- A hope that is sure and steadfast. He never fails! - Hebrews 6:19
- Authority to tread on serpents. Though I go through seasons of trouble - Nothing in this world will have victory over me. - Luke 10:19
- Power to witness. My life will be my greatest witness. - Acts 1:8
- The tongue of the learned. I rely on and freely receive God's wisdom. - Isaiah 50:4
- The mind of Christ. I am daily, more-greatly perfected. 1 Corinthians 2:16
- Peace with God. He LIKES me, is NEVER mad at me, always takes joy in me and even when I sin He gently beckons me home. - Romans 5:1
- Faith as a grain of mustard seed is more than enough to trust God in everything! - Luke 17:6

I CAN...

- Do all things through Christ. He IS my strength. - Philippians 4:13
- Find mercy and grace to help in all situations. - Hebrews 4:16
- Come boldly to the throne of grace. I can bring every request for He is MY daddy! - Hebrews 4:16
- Quench all the fiery darts of every day's problems. - Ephesians 6:16
- Declare liberty to captives. I am FREE from the Law that did its work in me. It drove me to the undeniable need for a merciful Savior. Isaiah 61:1
- Pray always and everywhere. Prayer is talking to God and I quiet my mind to listen to Him. Like all His sheep, I hear His voice. - Luke 21:36

I CANNOT...

- Be separated from God's love. It is impossible for Him to love me either more or less; His love never fails! - Romans 8:35-39

· Perish or be lost. He is my everlasting fortress. I am adopted into His family and am now a full child with all the inheritances that belong to Christ. - John 10:28, John 3:16

· Be taken out of my Father's hand. Nothing, in this world or the next, can pluck me from my Father's hand. - John 10:29

· Be charged or accused. There is NO more condemnation for me. When I feel doubt or impending doom I now say, "This no longer serves me or has power over me, for there is now therefore NO condemnation for those who are in Christ!" - Romans 8:33, 1 Corinthians 11:32

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Remarks

Regardless of what you choose about healthcare, I pray that you make wise, rational decisions based on facts (though often hidden) and not fear. You need to take responsibility and not hand it over to any practitioner, conventional or alternative. Get advice from many, weigh it all against their biases, and pray for peace about your decisions.

Kevin Conners, Pastoral Medical Association, Fellowship in Integrative Cancer Therapy and Fellowship in Anti-Aging, Regenerative and Functional Medicine, both through the American Academy of Anti-Aging Medicine.

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