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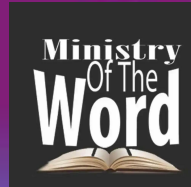
Bro Ben Bassey has been a passionate lover of the unadulterated word of God from childhood, and is very committed to the diligent obedience of the word of God. He graduated from the School of Disciples, of the Redeemed Christian Church of God (RCCG) in March 2009 and is a counsellor within the body of Christ. He was baptised in the Holy Spirit on 10 February 2008. He is a true disciple, an evangelist, teacher and preacher of the word of God. Dr Ben Bassey is currently a practising psychiatrist in the UK.

THE MINISTRY

The Ministry of the Word (Acts 6:4) is a spiritual body. It is an itinerant, non-denominational ministry, within the body of Christ, aimed at raising sincere, committed, courageous and zealous disciples for Jesus Christ. One of its main objectives is to encourage and empower believers to be rich in the word of God (Col 3:16), as the basis for the required spiritual transformation (Rm 12:2). It is a dynamic ministry and believers are encouraged to speak to one another and communicate using the word of God (Eph 5:19).

In addition to evangelism and soul winning, unbelievers are also imparted using the principles of the word of God, with the believe that when they witness the power of God, they will be compelled to acknowledge the God in Christ, and exalt his holy name (Ps 46:10). It is a non-profit making ministry. It is an initiative of Abasi Health Foundation (AHF), registered as a non-governmental organisation in Nigeria. Membership is open to anyone with a sincere 'hunger' and 'thirst' to know the word of God and to practice it (Matt 5:6).

Thy word is very pure, therefore thy servant loveth it. (Ps 119:140)



THE MINISTRY OF THE WORD

"For as he thinketh in his heart, so is he" Prov 23:7.



Understanding the Spiritual Power

of our

Thoughts, Speech, & Confession *Part 1*

*The words that I speak unto you, they are spirit,
and they are life. (John 6:63)*

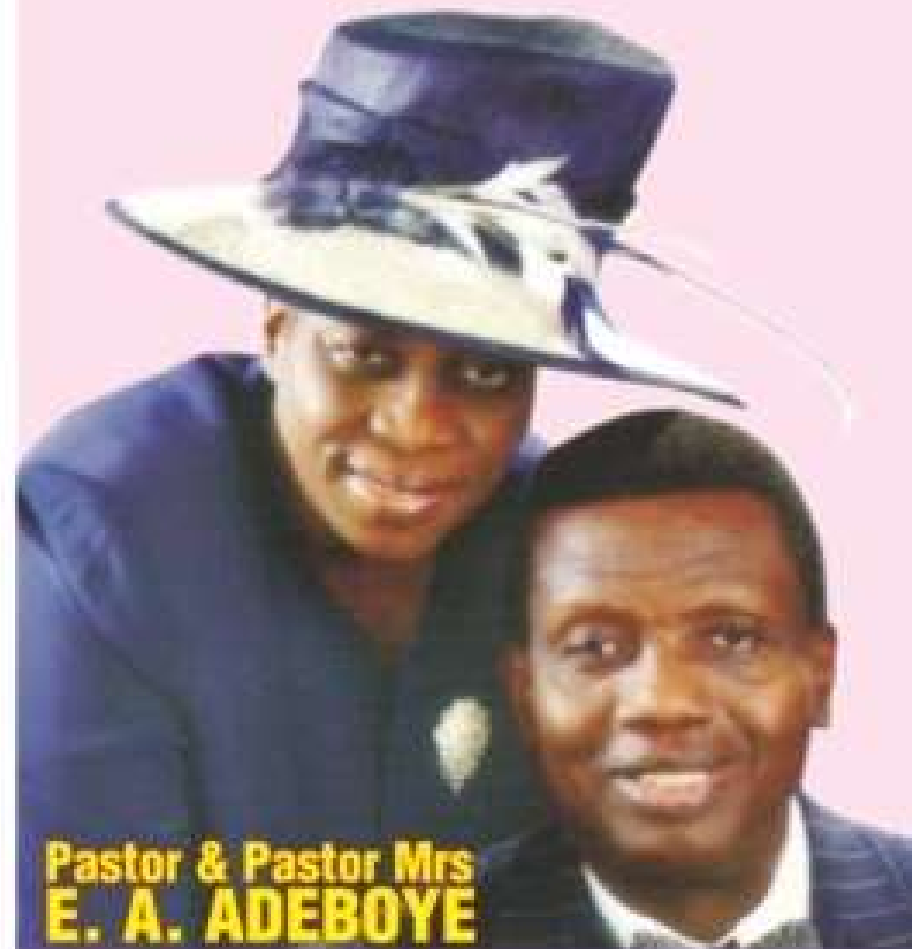
**Not for
SALE**

*Jesus said to him, "I am the way, the truth,
and the life. No one comes to the Father
except through me."
(John 14:6)*



*Therefore all things whatsoever ye would that
men should do to you, do ye even so to them:
for this is the law and the prophets.
(Matt. 7:12)*

A SPIRITUAL FATHER AND MOTHER



**Pastor & Pastor Mrs
E. A. ADEBOYE**

*The entrance of thy words giveth light;
it giveth understanding unto the simple. (Ps 119:130)*

Understanding the
Spiritual Power
of our
**Thoughts, Speech,
& Confession**

1

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2

*If the Son therefore shall make you free,
Ye shall be free indeed.*

John 8:36

*But he answered and said, It is written,
Man shall not live by bread alone,
but by every word that proceedeth
Out of the mouth of God.*

Matt 4:4

*And ye shall know the truth, and the
truth shall make you free.*

John 8:32

*Thy word is a lamp unto my feet, and
a light unto my path.*

Psalms 119:105

*For the word of God is quick, and powerful, and
sharper than any two edged sword,...*

Heb 4:12

Introduction

Man is predominantly a spirit being, with a soul (mind) and a body. The word of God enables us to understand that man exists at three broad levels: body, soul and spirit (1 Thess 5:23). Science and medicine are very much in agreement with this, even though until recently, the spiritual component of our health has been largely ignored by researchers and scientists, when compared to our physical and mental health. Nonetheless, the 'spirit man' is the 'power house' or driving force that controls and sustains the mental and physical aspects of the person. According to the word of God: "A man's spirit sustains him in sickness, but a broken spirit who can bear?" (Prov 18:14, NKJV). The Bible tells us that man was divinely created in God's image: "so God created man in his own image, in the image of God created he him" (Gen 1:27) and we also know from the scriptures that "God is a Spirit" (John 4:24), hence the Psalmist declares: "I have said, Ye are gods; and all of you are children of the most High" (Ps 82:6). It is relevant to note that in this verse, the 'god' or spirit in man is represented by a small letter "g".

There is no doubt that one of the greatest discoveries of man is the understanding that our thoughts, speech and confession are spiritual ! The words we speak are spiritual and powerful. In a deeper perspective, our thoughts,

speech, and confession are powered by our spirit being and have profound or great impact indeed. The words we speak have unimaginable effect or power after we have spoken it. Hence, man is the sum total of his predominant thoughts, beliefs and confession. According to the book of Proverbs, "For as he thinketh in his heart, so is he" (Prov 23:7). Jesus himself tells us in the book of John: "the words that I speak unto you, they are spirit and they are life" (Jn 6:63). Furthermore, the first book of John clearly highlights the spiritual nature of our thoughts, speech and confession. It says "believe not every spirit" (1 John 4:1), "hereby know ye the Spirit of God: Every spirit that confesseth that Jesus Christ is come in the flesh is of God" (1 John 4:2). Please, note here that it is the spirit of a man that confesses! The word of God is powered by the Spirit of God while the word of man is powered by the spirit of man. There is an inseparable relationship between what we think and believe most of the time and what we say, which in turn influence our emotions, perceptions, self esteem, confidence, behaviour and personality. What we think about predominantly and what we focus on and dwell in mentally, to a large extent determine what we believe in, talk about and confess to. We generally tend to - magnify or amplify and accept the focus of our mental attention.

Thus, our thoughts, speech and confession are in the final analysis merely a verbal expression of the nature of our spirit being. If our thoughts and preoccupation are negative, then our predominant speech and confession will be negative. If our minds are filled up with worrying thoughts of doubt, fear, anxiety, sadness, frustration, failure, then this will be reflected in what we say, hence the word of God

says: "for out of the abundance of the heart, the mouth speaketh" (Matt 12:34). We have to choose to either live or die through our thoughts, speech and confession, and the book of Proverbs puts it clearly: "Death and life are in the power of the tongue" (Prov 18:21). The same proverb warns us that we are "snared by the words of our mouth" (Prov 6:2). Jesus told us in his word that for every careless statement man makes, he shall give an account on the judgment (Matt 12:36) and then added: "For by thy words thou shalt be justified, and by thy words thou shalt be condemned" (Matt 12:37). No wonder St James tells us "If any man offend not in word, the same is a perfect man, and able also to bridle the whole body" (Jam 3:2).

The Three Universal Spiritual Forces

Broadly, there are three spiritual forces operating in the universe: Positive Spiritual Force-benevolence, goodness, love (GOD); Negative Spiritual Force- malevolence, evil, (Satan/Devil); Neutral Spiritual Force (Man). Whereas the Spirit of God is one (1 Cor 12:13), often called the Holy Spirit or Holy Ghost, but carries many gifts (1 Cor 12:11), the Devil has many evil spirits, often represented by his agents called demons. Man has the opportunity to choose to remain neutral (atheist), or align his spirit with the Holy Spirit of God (true believers) or align with the Devil (juju priest) or indeed remain ambivalent (sitting on the fence!). Unfortunately, many believers ignorantly sit on the fence, and suffer the consequence (Hosea 4:6). As believers, we know that there is no power or wisdom that compares with that of the living God, who divinely created the universe, because when He speaks, 'it is done' (Ps 33:9). God in the

person of Jesus, defeated the devil over 2000 years ago (1 Jn 3:8), and has "a name which is above every name" (Phil 2:9). Spiritually therefore, the thoughts, speech, and confession of a man reveal to a large extent whether his ally is God or Satan. It may also reveal whether he is neutral or whether he is indeed ambivalent. When our thoughts and speech are fully and perfectly aligned with that of God in Christ, we radiate his love, joy, peace, goodness, gentleness, meekness, temperance, faith, longsuffering, these are called "the fruit of the Spirit" (Gal 5:22). This is indeed in line with God's purpose, as his plan and desire for man is to be in good health and to be prosperous (1 John 3:2; Jer 29:11).

The Significance of the Holy Spirit Baptism

The baptism of the Holy Spirit is a very important step for all believers as this is the source of the empowerment to enable believers work for God effectively. God's original plan for man was to be fully divine (Gen 1:27). The word of God enables us to understand that the moment man disobeyed God, he fell out of God's initial plan (Gen 3:6-24). In Holy Spirit baptism, the regenerated and redeemed spirit of man is reconciled and reunited with the Spirit of God leading to a phenomenon of being "born of" the Holy Spirit (Jn 3:5). This is after the believer has accepted Jesus as his Lord and Saviour (born again) and has been baptized in water (John 3:3). This is the basic requirement for the believer's eternal life (John 3:16; John 17:3). The Holy Spirit baptism, often referred to as anointing, gives the believer

empowerment and boldness (Acts 1:8), often with the physical manifestation of "speaking in tongues" (Acts 2:4). Without the Holy Spirit, the Christian life will be extremely difficult. When man's spirit is fully united with the Spirit of God in harmony and oneness, a state of perfection develops, with all the qualities of the nine "fruits of the Spirit" (Gal 5:22). This demands a lot of spiritual discipline. Paul explains this clearly that a truly born again Christian is a new creation: "Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new" (2Cor 5:17).

It is worthy of note that the Spirit of God can only communicate with the spirit of man, not with the body or soul of the man (Rm 8:16). When a man has taken the most important decision of his life to surrender his Life to Jesus Christ, he will need to undergo spiritual mind training, and master the act of "bringing into captivity every thought to the obedience of Christ" (2 Cor 10:5). According to (1 Tim 4:7-8, NIV), it is a training process; it says "train yourself to be godly, for physical training is of some value, but godliness has value for all things, holding promise for both the person's present life and the life to come." Believers are to speak to one another in the word of God: "Speaking to yourselves with hymns, psalms and spiritual songs," (Eph 5:19), and to allow the "word of Christ dwell in you richly in all wisdom" (Col 3:16). The reason why many believers may not appreciate the leading of the Spirit is because of lack of spiritual growth or spiritual maturity.

Negative Thinking & Confession

A person who is negative in thinking will most likely speak negatively and make negative confession. A person who confesses fear, anxiety, sickness, and defeat, does so because he believes in fear, anxiety, sickness and defeat. He believes in these things because his mind has been dwelling on them for long. You will ultimately come to believe what you think, if you think the thought long enough. Your mind is like a very big and complex garden! You have no control over a huge component of it (the subconscious). Your thoughts are the seeds planted in the garden of your mind. God will always plant good seeds, while the devil will always plant bad seeds. Good seeds will lead to good harvest, and bad seeds will lead to bad harvest. God speaks to your strength through faith, while the devil speaks to your weakness, through fear. When a person entertains thoughts of fear, instead of resisting it, he will begin to confess fear, which in turn will only add to his fears, setting up a negative vicious cycle that increases the very thing that he wants to get rid of. The very thing that frightens the person, gradually envelopes and overwhelms the person .

It is noteworthy, that man is inherently negative without mind retraining or renewal using the word of God. For example, while measuring the blood pressure of my patients at the clinic, some people would often ask: Doctor, is it high or low? Meaning that in their thoughts,

Heaven and earth shall pass away: but my words shall not pass away.

Mark 13:31

But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

Matt 6:33

The centurion answered and said, Lord, I am not worthy that thou shouldest come under my roof, but speak the word only, and my servant shall be healed.

Matt 8:8

Is not my word like as a fire? saith the LORD; and like a hammer that breaketh the rock in pieces?

Jer 23:29

they don't really expect it to be normal. Again, even among Christian believers, when you ask: How are you? Often, the answer, "not too bad", is seen as a good response. But this actually implies that, it is somehow bad! Why not rather say "I feel great". Or better still, "the joy of the Lord is my strength", in the word of Prophet Nehemiah (Neh 8:10). Again, and again, when asking some basic questions to find out if the patient suffers a particular side effects of his medication, you get response such as 'not yet'. Implying that in their thoughts, they are expecting the side effects to manifest later, and so on and so forth.

Once more, it need not be overemphasized that negative thoughts or unhealthy thoughts are from the devil (John 10:10). Only good and perfect things come from God (James 1:17), the Father of lights. Negative and unhealthy thoughts are important ways the devil uses to put our minds under bondage. There is a continual warfare going on in our minds between God and Satan over the control of our minds. The Devil knows that if he can control the person's mind, he can control the entire person! Hence, in Christianity, we talk of salvation of the soul, not salvation of the body or spirit. The moment you are born again, you are endowed with the greatest weapon against unhealthy negative thoughts, which is the Word of God (Heb 4:12).

Due to the power in our thoughts and confession, the word of God is very much against low jesting or idle talks, and warns all believers: "Neither filthiness, nor foolish talking, nor jesting, which are not convenient, but rather giving of thanks" (Eph 5:4). The word of God enjoins believers to be

slow to talk but quick to listen (Jam 1:19), because frequent talking leads to sin, according to Proverbs 10:19 "in the multitude of words there wanteth not sin, but he who refraineth his lips is wise."

Sickness, failure, trouble, adversity, and even death are often the result of wrong thinking and confession. We must retrain our minds to correct our thinking habits. Every one needs to be aware of listening to unedifying negative speech from others. The Bible clearly warns us in I Corinthians 15:33, "Be not deceived; evil communications corrupt good manners." God desires that our words be full of grace; his word says: "Let your speech be always with grace, season with salt, that ye may know how ye ought to answer every man" (Col 4:6). My prayer is that God gives us the grace to understand that we shall give an account on the day of judgment for every careless word we speak.

The Origin of Negative Thinking

There is a spirit or there are spirits behind everything in heaven and on earth, be it good or bad. The spirit behind negative thinking as earlier referred to, is Satan. It was introduced to man through sin following Adam's disobedience in the Garden of Eden. It was never part of God's original plan for man, because the Bible tells us in Genesis that God created man divinely and perfectly in His own image saying: "And God saw every thing that he had made, and, behold, it was very good" (Gen 1:31). Indeed, negative thinking and negative thoughts are one of the greatest weapons of the devil against man. A person

*If ye abide in me, and my words abide in you,
ye shall ask what ye will, and it shall
Be done unto you.*

John 15:7

*Beloved, I wish above all things that
thou mayest prosper and be in health,
even as thy soul prospereth.*

3 John 2

*I returned, and saw under the sun, that the
race is not to the swift, nor the battle to the
strong, neither yet bread to the wise, nor yet
riches to men of understanding, nor yet favour
to men of skill; but time and chance
happeneth to them all.*

Ecc 9:11

*I can do all things through Christ which
strengtheneth me.*

Phil 4:13

*Let the word of Christ dwell in you richly in all
wisdom; teaching and admonishing one another
in psalms and hymns and spiritual songs...*

Col 3:16

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can only be completely free of negative thinking if he has undergone a transformation process, "by renewing of your mind" (Rm 12:2) and now 'Have the mind of Christ' (1 Cor 2:16). Hence, the scripture advises: "Let this mind be in you, which was also in Christ Jesus" (Phil 2:5). This is indeed a spiritual process requiring discipline, hence not, many believers have the mind of Christ.

The early or youthful period of our lives is a particularly vulnerable period, and even in psychological medicine, it is well noted in the developmental phase of life, as being characterised by Exuberance, Cravings, Exploring, Risk taking, as well as Desiring things, etc. To some extent, this is largely the case whether you believe in God or not; whether you are a Christian or not, whether you are religious or not. Medical science in recognition of this period, described "adolescence crisis" as a phase to be expected during human developmental cycle. The Bible indeed, recognises the increase vulnerability of this period as "youthful lust" and the word of God warns us to: "Flee also youthful lusts: but follow righteousness, faith, charity, peace, with them that call on the Lord out of a pure heart" (2Tim 2:22). As a result of this increased vulnerability, the youths have to work exceptionally hard to overcome unhealthy negative thinking. The word of God tells us that the only way for a young person to truly overcome this stage of life is to turn earnestly to God. According to Psalm 119:9, "Wherewithal shall a young man cleanse his way? by taking heed thereto according to thy word." Without training with the word of

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God, the mind easily becomes corrupted with negative thoughts, as nature abhors a vacuum. This might explain why many of our youths today are confused, as they have not got the concept of righteousness founded in the word of God. The onus is on the parents to train their children in the way of the Lord. The word of God says: "Train up a child in the way he should go; and when he is old he will not depart from it" (Prov 22:6).

Positive Thinking and Confession

The most excellent way of fighting and flushing out negative thoughts out of our mind is using the word of God. As negative thoughts have its spiritual roots from the devil, the best approach to dealing with it is spiritual. The process of flushing out negative thoughts, and replacing them with healthy thoughts based on God's promises, involves studying, focusing, memorising, meditating and speaking the word of God. Spiritual meditation entails using the word of God, by always focusing on Jesus, "looking unto Jesus" (Heb 12:2). True spirituality is a warfare! During the call of Joshua, God warned him: "This book of the law shall not depart out of thy mouth, but thou shall meditate therein day and night, that thou mayest observe to do according to all that is written therein..." (Jos 1:8).

There is need to have some basic understanding of the MIND of the person, in order to understand the importance of training and maintaining a divine healthy mind.

According to I Thessalonians 5:23, mentioned earlier, man exists at three levels: Body, soul, and spirit. The body of a person is reasonably well understood. Thanks to God for science and medicine. Compared with the spirit, the soul or mind of a person is fairly well understood, we should be grateful to God for psychiatry, psychology and the field of mental health. The soul of the man consists of the Will, Intellect, and the Emotions. This is the domain called the Mind of the person, where the Personality of the person dwells. The mind of the person is required for complex higher functions such as thinking, perception, decision, judgment, concentration, planning and execution, etc, by the individual. God does not influence the Will of the person. He expects all believers to choose freely. The Intellect component of the mind of a person is actually the battle ground between God and Satan. Satan is always at work to control the mind of the person. Jesus is not only eager to save our souls, but to also help us to retain our salvation, since our salvation could be lost, when a Christian backslides. Once a believer has chosen God as his ally, he will need to be active in the use of God's word to keep Satan at a distance. James says: "Resist the devil, and he will flee from you" (James 4:7). Psalm 19:7 says, "The law of the LORD is perfect, converting the soul: the testimony of the LORD is sure, making wise the simple."

The spirit of a man is the inner positive driving force or 'power house' of the man. In essence, man is a spirit, housed in a body and with a mind. The "spirit man" can

Thy word is true from the beginning: and every one of thy righteous judgments endureth for ever.

Psalm 119:160

Thy word is very pure: therefore thy servant loveth it.

Psalm 119:140

The law of the LORD is perfect, converting the soul: the testimony of the LORD is sure, making wise the simple.

Psalm 19:7

And Samuel said, Hath the LORD as great delight in burnt offerings and sacrifices, as in obeying the voice of the LORD? Behold, to obey is better than sacrifice, and to Hearken than the fat of rams.

1Sam 15:22

Death and life are in the power of the tongue: And they that love it shall eat the fruit thereof.

Prov 18:21



best be understood in terms of the driving force behind our thoughts, imaginations, belief, speech and actions of the man. The spirit of a man is the vital link between man and God or man and Satan. According to book of Proverbs 20:27, "the spirit of man is the candle of the LORD, searching all the inward parts of the belly." The spirit man is really important and it is what sustains man in sickness or problems as earlier mentioned.

The Book of Hebrews tells us that the word of God is quick, powerful, sharp and penetrating (Heb 4:12). St Paul admonishes all believers to remain focused on Jesus (Heb 12:2), since Jesus is the Living Word of God who was with God in the beginning (John 1:1; Rev 19:13). This will guarantee man divine health 365 days a year.

God expects our thoughts and speech to always be a blessing to ourselves and others. He desires us to always speak divinely, hence his word says: "Allow no corrupt communication to come out of your mouth but that which is good for edifying, that it may minister grace to the hearers" (Eph 4:29).

Positive thinking, edifying speech, healthy state of mind are certainly in line with the will of God for his children, hence the word of God admonishes us: "Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure,



whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things" (Phil 4:8).

True Spirituality & Science: Is There Any Agreement?

Thank God that science has come a long way to emphasize the importance of our thoughts, perception and interpretation of events around us, in development and maintenance of most mental, psychological, emotional and behavioural symptoms.

There is no doubt that there is much consensus between true spirituality and science when certain treatments and healing models are analysed. Unfortunately, as earlier mentioned, often times, spirituality is being ignored partly because it has been confused with religion. Thank God the Royal College of Psychiatrists, United Kingdom, is now beginning to emphasize spirituality as a key factor in maintaining stability of mental health. Spirituality is largely different from religion. Spirituality cuts across religions. An atheist can develop spiritually, because man is a spirit. However, I have no doubt that true spirituality is only found in the word of God, in Christ Jesus because Jesus is the "the way, the truth and the life"(John 14:6). In general, spirituality is basically about hunger and thirst for spiritual awareness, and becoming increasingly sensitively

to things of the spirit. True spirituality in Christ, emphasizes relationship with Christ through obedience to His word. It is an internalised relationship; the way to God. Jesus says: "Blessed are those who are conscious of their spiritual poverty, for theirs is the kingdom of heaven" (Matt 5:3, NLT).

One of the most successful and commonly used model in psychological treatment of many mental disorders is the Cognitive Behavioural Therapy (CBT). According to cognitive theory, depression, anxiety and many mental symptoms arise as a result of maladaptive thought processes. According to this theory, depression for example, arises from a network of negative attitudes to self, the world and the future . Such cognitive distortions are noted to show four basic types of error: Arbitrary Inference (always drawing the worst conclusions from a situation); Selective Abstraction (focusing on the worst aspects of a situation); Over-generation (drawing general conclusions about personal worth from one example); Minimization and Magnification (performance is underestimated and errors are overestimated). CBT in depression then involves helping the patients to painstakingly identify the error based depressive cognitions ("automatic thoughts") and encouraging the patient to use healthy, positive alternative thoughts to challenge, flush out and replace the negative thoughts in a process called "cognitive restructuring". This is an active process and the patient is encouraged to work

daily with the help of a diary in gradual process of Positive Mind Training (PMT).

Used Comparatively, in true spiritual Christianity, the word of God emphasizes the truth that the sole purpose of the devil is to "steal, and to kill and to destroy..."(John 10:10). Even though in order to deceive, "Satan himself is transformed into an angel of light" (2Cor 11:14), now and again, pretending to be good, in order to win some believers, hence Jesus himself warns us: "For false Christs and false prophets shall rise, and shall shew signs and wonders, to seduce, if it were possible, even the elect" (Mark 13:22).

In essence, the destructive words or thoughts planted by the devil are identified, challenged, flushed out and replaced with the healthy thoughts of God as contained in his word. As earlier mentioned, this involves meditating, focusing, and confessing the word of God. Indeed God expects every believer to fight every negative thought by "bringing into captivity every thought to the obedience of Christ" (2 Cor 10:5). True spirituality is indeed a spiritual warfare. Nonetheless, the truth of the matter is that, the perfect cure to carnality or negativity is true spirituality using the word of God in Christ Jesus.

Conclusion

In conclusion, we must constantly keep in mind that "as a man thinketh in his heart, so is he." We must always remember that our thoughts and confession are spiritual with so much power and that the word of God is right, pure and perfect. We must bear in mind that mental attitudes are much more important than the circumstances we face, as we base not our faith on things we see; but on things we do not see (2 Cor 4:18). The power of our thoughts and imagination over our body, perception and behaviour is phenomenal. If a person's mind is constantly dwelling on fear, doubt, worries, dissatisfaction, imperfection, diseases, sickness, he will quickly confess same when some minor symptoms appear.

Christians need to realize how much of their own illness, depression, anxiety, problems and defeat stem from emotional distress resulting from wrong attitudes and negative thoughts, as well as negative confessions concerning their situations. Every believer should learn to begin each day with what the word of God say about him, as in "This is the day which the Lord hath made; I will rejoice and be glad in it" (Ps 118: 24) and Neh 8:10 "The joy of the Lord is my strength."

A victorious faith will develop when believers keep positive mental attitudes about their trials and problems (James 1:2-4). Despite the trials, problems and distress of Apostle Paul, he persevered and glorified God from his experience, for the sake of Christ. He stated: "We are troubled on every side, yet not distressed; we are perplexed, but not in despair; Persecuted, but not forsaken; cast down, but not destroyed; Always bearing about in the body the dying of the Lord Jesus, that the life also of Jesus might be made manifest in our body" (2 Cor 4:8-10).

*Thy words were found, and I did eat them;
and thy word was unto me the joy and
rejoicing of mine heart.
(Jer 15:16)*

**For the word of the LORD is right,
and all his works are done in truth (Ps 33:4)**

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