



GUARD YOUR HEART

IT DETERMINES THE COURSE OF YOUR LIFE

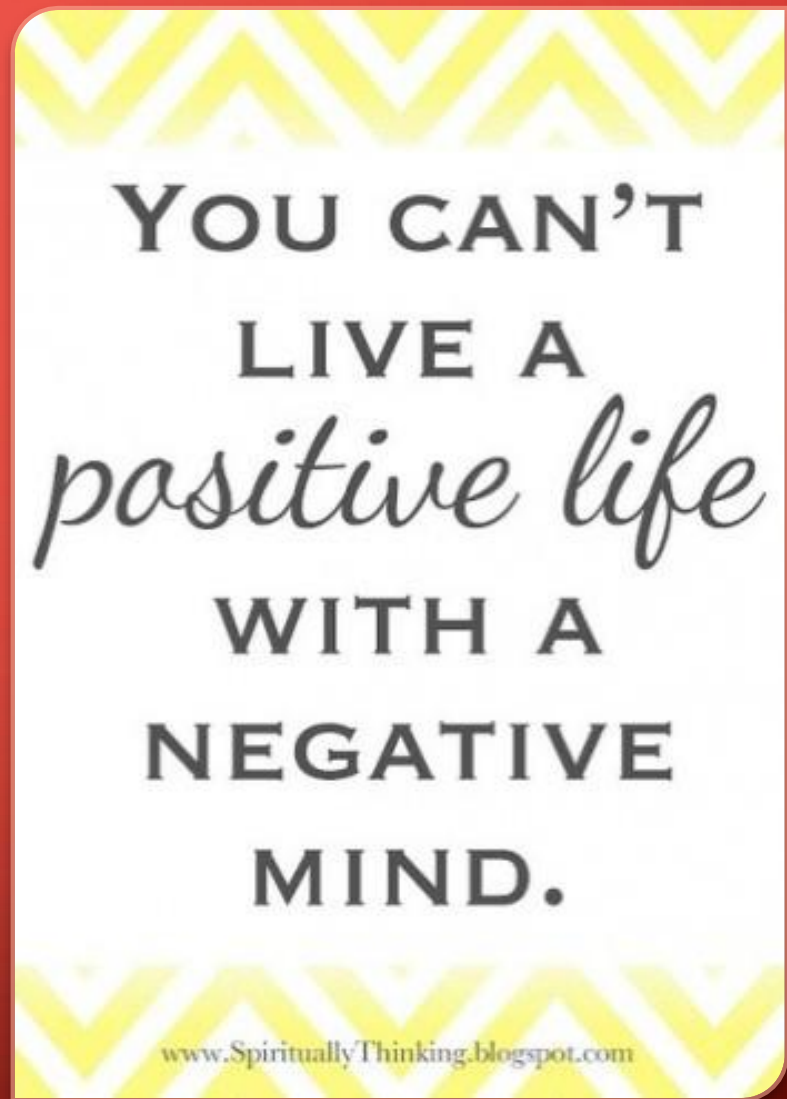
PR. 4:23 "KEEP THY HEART WITH ALL DILIGENCE; FOR OUT OF IT ARE THE ISSUES OF LIFE".

FOCUSING ON YOUR THOUGHTS

Your perceptions of life shape your biology and not the other way around.

We have been told that our genes shape us but the truth is we shape our genes by the way we think.

Pr. 23:7 “For as he thinketh in his heart, so is he”



PROVERBS 4:20–23 NIV

“My son, pay attention to what I say; turn your ear to my words. Do not let them out of your sight, keep them within your heart; for they are life to those who find them and health to one’s whole body. Above all else, guard your heart, for everything you do flows from it”.



THE WORD TELLS US WHAT TO THINK

Philippians 4:4–8 NIV: “Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things”.

HOW CAN OUR THOUGHTS DAMAGE US?

- Stress– Stress has three stages:
 1. Temporary Stress (Alarm Stage)–This stress is manifested in the body with increased heart rate, sweaty palms, and anxious feelings. It is the type of stress you feel when you have a presentation to give, for example.
 2. Second Stage (Stage of Resistance)–This stress occurs when the temporary stress has not been relieved in your body after a few hours. Damage to our body’s systems begin to occur in this stage.

3. Third Stage (Stage of Exhaustion)– This occurs when you experience chronic stress. The body's reserves are depleted and the body systems reach exhaustion because of the constant state of heightened alert. Death frequently results from heart failure, kidney failure, or overwhelming infection.

Toxic thoughts cause stress and the damaging effects can be seen throughout the body.

HOW CHRONIC STRESS DAMAGES: THE HEART

Hypertension – Chronic high blood pressure

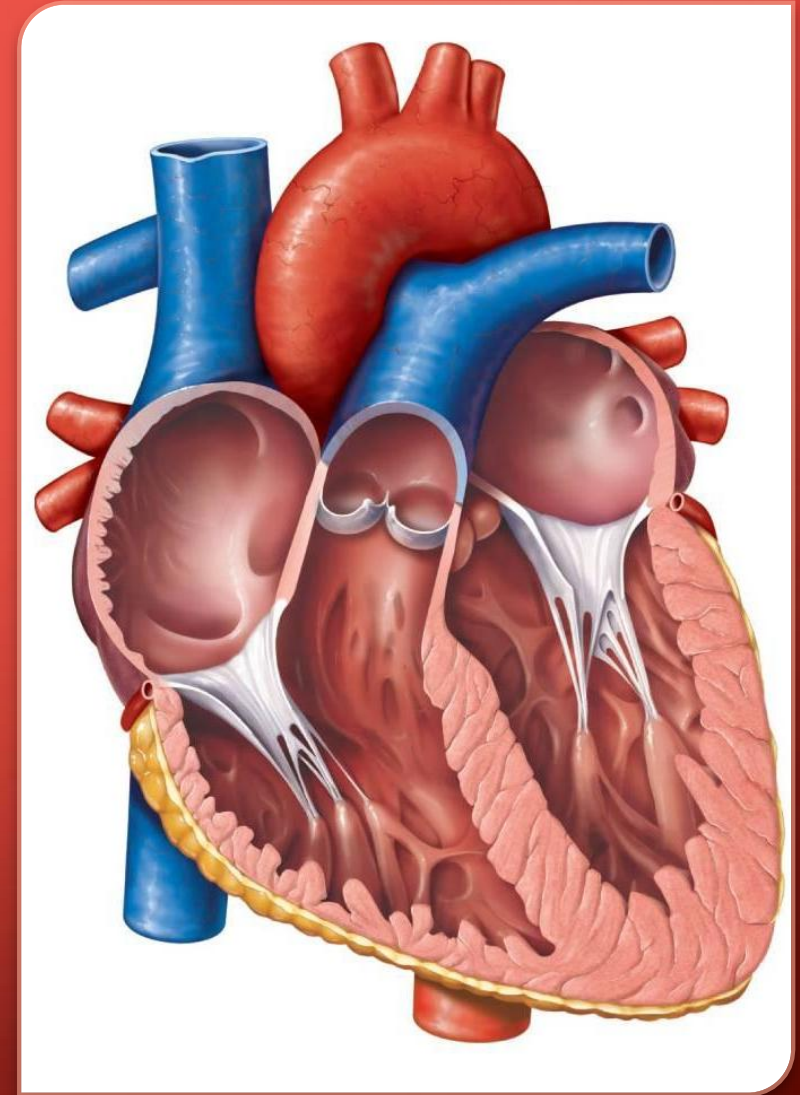
Angina – Chest pains and spasms of heart tissue

Coronary Artery Disease – Hardening of the arteries causing narrowing of the vessels, which can be triggered by anger

Strokes or Cerebrovascular Insufficiency – Clogging of blood vessels so brain tissue become starved

Aneurysm – Ballooning or swelling of blood vessel on the artery or rupturing of blood vessels

Your natural heart is not just a pump. It acts like a brain with its own regulating system.



HOW CHRONIC STRESS DAMAGES: THE IMMUNE SYSTEM

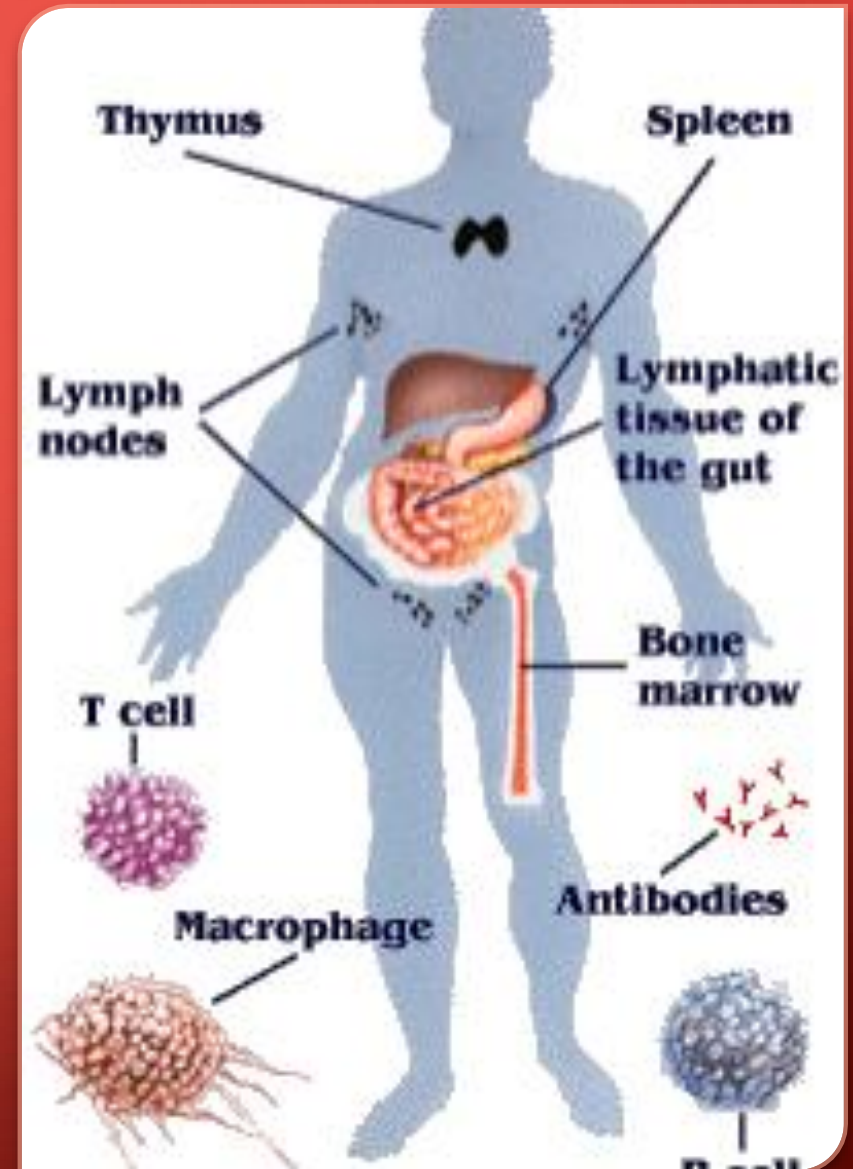
Resentment, bitterness, lack of forgiveness and self-hatred are just a few of the toxic thoughts and emotions that cause stress and that can trigger autoimmune system disorders such as fibromyalgia, lupus and rheumatoid arthritis.

You must confront repressed un-forgiveness, anger, rage, hatred or any other form of toxic thinking.

You have a medical need to forgive others and yourself.

When your immune system faces an attack, as a result of toxic thinking, it generates blood proteins that produce fatigue and depression. Toxic thoughts interfere with the body's natural healing process.

When your body has autoimmune response the immune system is unable to detect healthy cells from unhealthy ones and it attacks itself.



HOW CHRONIC STRESS DAMAGES: THE DIGESTIVE SYSTEM

Common Digestive Issues that occur due to stress:

Constipation

Diarrhea

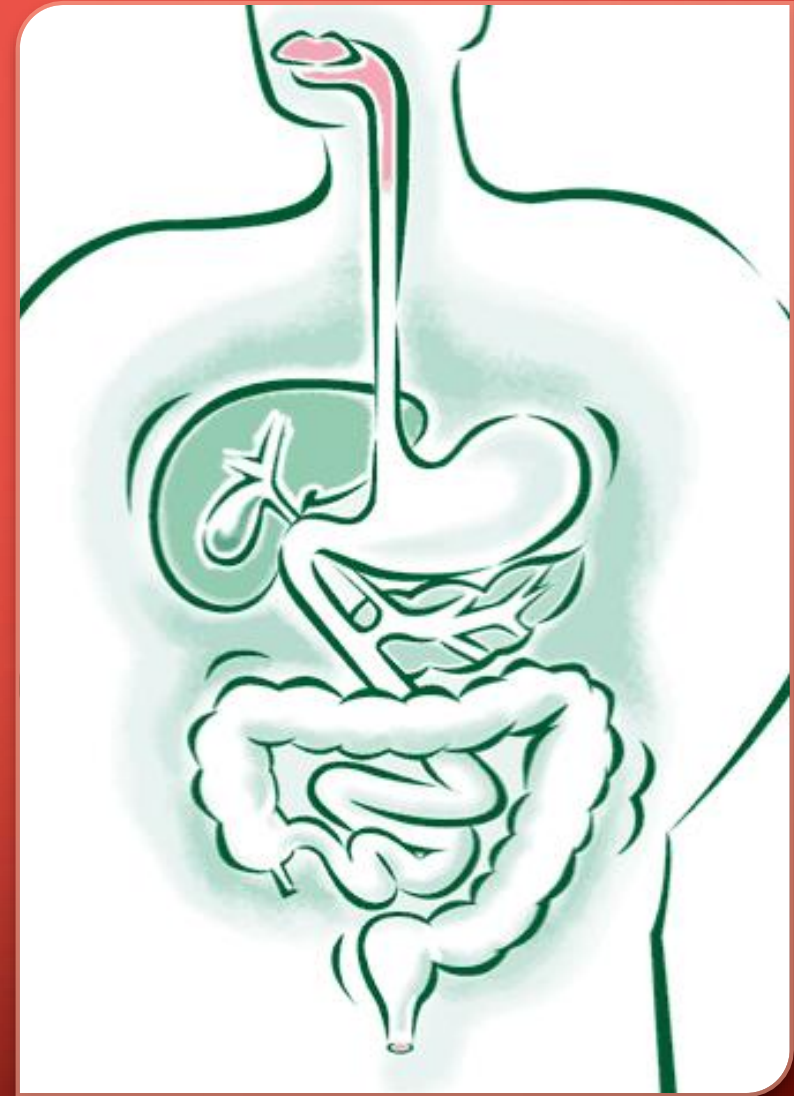
Ulcers

Nausea and vomiting

Leaky gut syndrome

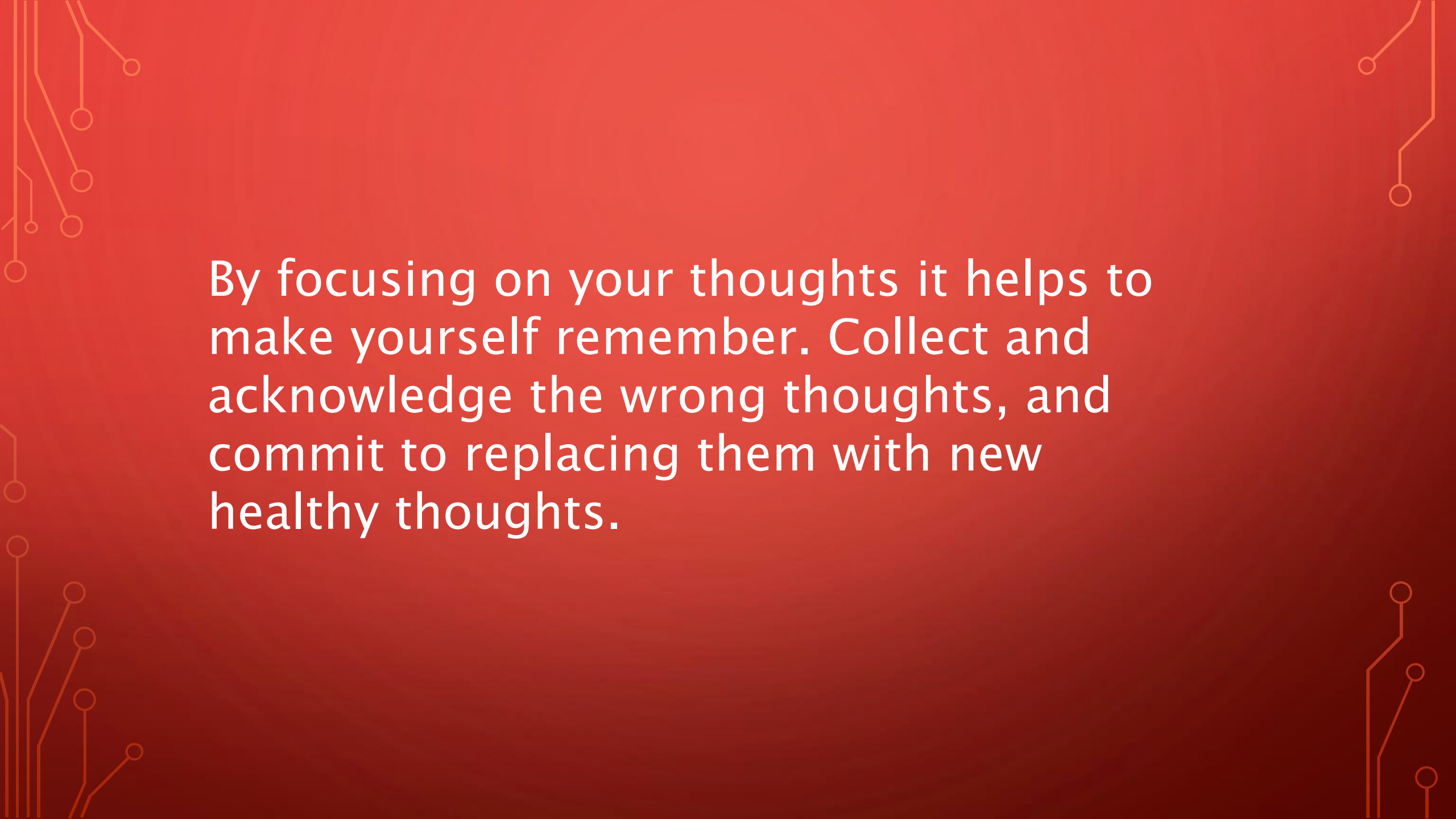
Irritable bowel syndrome

The job of the digestive system is to derive as many nutrients as possible from the food we eat, therefore you should never eat when you are angry.



HOW CAN WE GUARD AND KEEP A HEALTHY HEART?

- Gather – Use your five senses to help you to gather information about your thoughts and how they are influencing your behavior
- Reflect – Thinking and rethinking about your memories and the emotional response they bring. Peaceful feelings reflect healthy memories; uneasy feelings reflect unhealthy memories
- Journal – Write down your thoughts and note any patterns or repetitious thoughts or images
- Revisit– Reexamine what you have written. Now put the Word of God on it. This is where the renewing takes place
- Reach – This is where you apply the truth and acknowledge your emotions and move on from them (rather than dwelling upon them)

The image features a solid red background with decorative circuit-like lines in a lighter red color. These lines are located in the four corners, forming abstract patterns of lines and circles that resemble a network or circuit board. The central text is white and reads:

By focusing on your thoughts it helps to make yourself remember. Collect and acknowledge the wrong thoughts, and commit to replacing them with new healthy thoughts.

Be renewed in the spirit of your mind.

Rom. 12:2 is scientifically called Retranscribing Neuroplastically

When you revisit a thought you either change and modify it, or you strengthen it.

This is also where you line up the thought with confession and actions. Rom. 10:9–10.

RENEW YOUR MIND

You can change your brain in 21 days if you work consciously and intensively at least seven to twelve days.

The first four days will be the most difficult

Be honest with yourself and with God.
psalm 51:6

