

# give thanks

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## “A DIY Guide How to Thank Your Healer”

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» Philippians 4:6-7

» A DIY Guide How to Thank Your Healer

(Timothy Jennings, *The God-shaped Brain: How Changing Your View of God Transforms Your Life* 57-58)

- #1—Worship a God of love and reject God-concepts that induce \_\_\_\_\_.
  - 1 John 5:18—“Perfect love drives out fear.”
- #2—Practice regular meditation on some aspect of God’s character of love at least \_\_\_\_\_ minutes per day.
  - Neil Anderson: “Because Satan’s primary weapon is the lie, your defense against him is the truth. . . . When you expose Satan’s lie with God’s truth, his power is broken. . . . We are not called to dispel the darkness; we are called to turn on the light. Deceiving spirits are like cockroaches. They come out only at night, and when you turn on the light, they head for the shadows.” (*Victory Over the Darkness* 162)
  - Ellen White: “When the enemy comes with his darkness, sing faith and talk faith, and you will find that you have sung and talked yourself into the light.” (*Mind, Character and Personality* 650)
- #3—Be truthful and eliminate falsehood of any kind from your mind.
  - Timothy Jennings: “This is particularly important for those who have suffered abuse. Abused children, because of the level of brain development, will misconstrue the meaning of the abuse and [will conclude] . . . typical falsehoods such as, ‘I’m ugly. I’m gross. I’m nasty, dirty, disgusting and unlovable.’ . . . While the facts of history can not be changed, the adult who has suffered abuse can reevaluate the historic event and apply the truth, that the awful feelings once experienced belong to the event, not to the self. The application of truth is healing.” (57)

- #4—Live to \_\_\_\_\_.
- #5—Establish relationships with people of loving and \_\_\_\_\_ character, and terminate destructive and exploitive relationships.
- #6—Trust God with your \_\_\_\_\_ and your life's outcomes.
  - Jennings: "One of the greatest sources of worry and fear is trying to make life turn out the way we want, rather than simply choosing what is right . . . and trusting God with the outcome." (57-58)
- #7—Live in harmony with the physical design protocol for life such as regular sleep, drink plenty of water, exercise mind and body regularly, avoid toxins, and eat a balanced diet.
- #8—When mistakes are made, resolve \_\_\_\_\_ as soon as possible, forgive those who mistreat you, and don't hold to anger or grudges as such emotions activate the body's inflammatory cascade.
- #9—Resolve \_\_\_\_\_, as unremedied fear truly destroys.
- #10—Wake up \_\_\_\_\_ .
  - *Ministry of Healing:*  
 "When you open your eyes in the morning, thank God that He has kept you through the night. Thank Him for His peace in your heart. Morning, noon, and night, let gratitude as a sweet perfume ascend to heaven." (253)



*"My life is Christ  
 nothing else  
 really matters."*

(fear, 15, give, matruue, life, guilt, fear, thankful)