

**Mind**  
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**Matter**  
**(Mind Over Matter)**  
**January 06, 2016**

I want to start the new year off by making us more aware of our day to day surroundings. I will help in this by sharing something I came to realize over the past week and then citing some Biblical Truths for us to declare out loud.

Over the past two weeks I have had some minor muscular pain in my right arm, neck, and shoulder. I am not sure how this pain was caused because I was doing a lot of things in preparation for Christmas. Any one of my activities (which include driving/sitting in traffic for extended time periods, cleaning the house, wrapping gifts, shopping, walking the dog, and getting my long dreadlocked hair washed and twisted) could be the cause of my neck muscle strain. The cure for this has been medication and rest with my right arm remaining elevated.

During my time of rest (which was last week) I began to watch a show that was about some big name celebrities and what caused their deaths; mainly addiction to various types of drugs including prescription drugs. The Lord began to speak to me as I was watching these shows. Then I noticed something that did not sit well with me. These shows are about people being addicted to prescription medications and a lot of the commercials during these shows had to do with taking some type of medication to get over an ailment. By no means am I saying medication is wrong. I believe in the proper use of medications. I just found it odd that during a show that is rehashing the demise of people due to their addiction to prescription medication these commercials were being played and placed into our subconscious minds.

There are a few points that come with this. The first is that we must be on high alert of what is happening in our surroundings. This includes what we watch, listen to, and say. Some do not watch television because of this very reason. Amen to that!! However, I am not there yet. I can say that certain things I used to watch and took pleasure in I no longer can do. That is a testament to the Lord for changing me from glory to glory. The second point comes from these individuals and how they lived their lives as well as how they died. This is what the Lord highlighted to me for this writing.

Every episode I watched of this show had the same underlying theme for each individual. They had a difficult childhood in which love was not fully present. They had feelings of wanting to be accepted by the masses because their lives were full of such rejection and/or abandonment. Even with the love of millions of people they still had such deep wounds that manifested into feelings of unworthiness. All it takes is one negative thought gone unchecked to undermine the Truth of any person's worth. Those negative thoughts can become reality and then behaviors begin to form to try to cancel or even numb the physicality that manifests from these thoughts (i.e. addiction).

Addiction is not always only to alcohol, street, or pharmaceutical drugs. Some other addictions that we don't always think of are: food, people pleasing, control, cleanliness, our physical appearance, organization, and disorganization just to name a few. We live in a society that is teaching us that a quick fix is the right way to deal with pain (whether physical, mental, or emotional). If you watch television you can see this in the advertisements.

Our God needs us to not only know how much He loves each of us but to receive His love and then share His love. Medication is fine when needed but if one is emotionally scarred the line between true physical pain and true emotional pain may be blurred. The only way to cure this in our society is to know our own worth as well as our fellow man's worth according to God Himself.

Let's declare the following Truths together over ourselves then feel free to declare them over individuals you know (like children, friends, family members, and anyone the Lord brings to mind). The others we declare these over do not have to know what is being done. The Lord is in charge and not us. Watch Him work as we continually speak these declarations. Remember: **"You will also declare a thing, And it will be established for you; So light will shine on your ways."** (Job 22:28)

**Declare out loud:**

**"God made me and sees me as good. I am good." (Genesis 1:31a)**

**"I am made in the image of God." (Genesis 1:26-27)**

**"God loves me. I am loved." (John 3:16, 17:20-23)**

**"It is not God's will that I perish." (2 Peter 3:8-9)**

"I confess my fear of \_\_\_\_\_ and lay it at the foot of the cross. God you are perfect love and perfect love casts out fear. I am made perfect in love because I am made in God's image and not of a spirit of fear." (1 John 4:7-11, 17-19; 2 Timothy 1:7)

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