

EMBARK ON A JOURNEY

REWIRE YOUR BRAIN

BUILD NEW HABITS

CREATE A NEW IDENTITY

*A group of people who are
looking to find their true
identity and by doing so finding
God's true identity.*

YOU HAVE THE POWER TO CHOOSE

THE 100FOLD JOURNEY



The 10 Truths



Memorization

**TODAY, RIGHT NOW, IS THE BEST MOMENT OF
MY LIFE**

ALL MY NEEDS ARE CONSTANTLY MET

**I AM ALWAYS IN THE RIGHT PLACE, AT THE
RIGHT TIME**

Application

**GOD HAS GRANTED ME FAVOR, IN THE SIGHT OF
THOSE AROUND ME**

EVERYTHING MY HAND TOUCHES, PROSPERS

I HAVE AN ATTITUDE OF GRATITUDE

Meditation

**CIRCUMSTANCES DON'T MATTER, ONLY STATE
OF BEING MATTERS**

I HAVE UNLIMITED POSSIBILITIES & RESOURCES

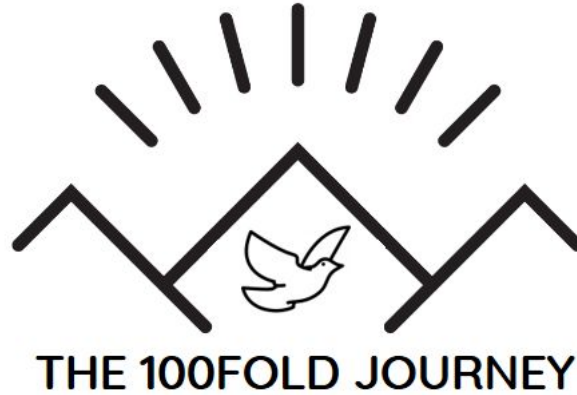
I WILL BE GOD TO SOMEONE, TODAY

**LIFE IS A MIRROR, WHICH REFLECTS BACK,
WHAT I TRULY BELIEVE AND THINK**

LIVING FROM THE UNSEEN

- Part 1 - Senses or Word
- Part 2 - Internal vs External
- Part 3 - Which Side?
- Part 4 - Thinking vs Knowing
- Part 5 - One Power

2 Corinthians 4:18 We don't look for things that can be seen but for things that can't be seen. Things that can be seen are only temporary. But things that can't be seen last forever.



I AM LIVING FROM THE UNSEEN

Part 6: Fear or Love

CHOOSE YOUR PATH

Love Walk

Spirit Walk

God's Design

Perfect

Rest

Spirit Fruit

Life

Healthy Brain

Stress Walk

Flesh Walk

Man's Design

Chaos

Fear

Flesh Fruit

Death

Damages Brain



THE MIND

1. Joy / Knowledge
Empowerment
Freedom / Love
Appreciation

2. Passion

3. Enthusiasm

4. Positive Expectation
Belief

5. Optimism

6. Hopefulness

7. Contentment

8. Boredom

10. Frustration /
Irritation / Impatience

12. Disappointment

14. Worry

16. Discouragement

18. Revenge

20. Jealousy

22. Fear / Grief / Depression
Powerlessness/
Victim

9. Pessimism

11. "Overwhelm"

13. Doubt

15. Blame

17. Anger

19. Hatred / Rage

21. Insecurity / Guilt
Unworthiness



Love Zone or Fear Zone - It's a Choice

- God Designed us to live from Love and a state of Gratitude.
- We are filled with Holy Spirit who will lead us into all truth.
- We get to choose which voice to listen to.
- Realize that when we choose to be in the Love Zone, we are building healthy neural pathways which then build a healthy brain and life



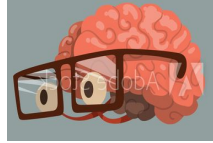
LOVE Zone



FEAR Zone

A choice away from:

- FEAR
- Complaining
- Blaming Others
- Negative Self Talk
- Dwelling on the Past
- Resistance to Change
- Needing the Approval of Others
- Doubting God's plan for your life



These all lead into a downward spiral of despair away from God wants you.

A choice toward:

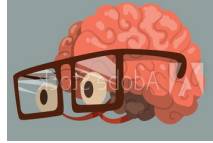
- LOVE
- Gratitude
- Appreciation
- Peace
- Joy
- Hope
- Clarity
- Health
- Experiencing Holy Spirit
- Believing you Deserve all of these



These all are the purpose for which you were made. To live and breathe by way of Holy Spirit, who is in you and your true identity.

Living from Truth (unseen) or Facts (seen)?

- Truth



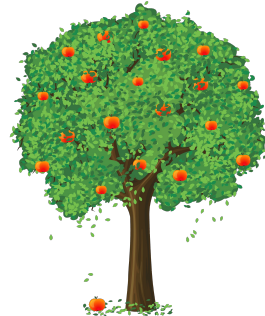
- Love
- Stronger than Facts
- Never Changes
- Eyes on truth above circumstances
- Lives out of unSeen
- Rest, Free, Trust



- Facts



- Fear
- Disguises itself as truth and stronger than truth
- Always changes
- Eyes on me - how am I going to do this?
- Lives out of the Seen
- Do, Do, Do



Choices - LOVE

- Trusting that your Heavenly Father is a Good Father
- Trusting that He only wants what is best for you - always
- Trusting that Holy Spirit will guide and direct our paths every moment
- Trusting that your Heavenly Father will never leave you nor forsake you
- Trusting that you are already forgiven
- Trusting that there is nothing that you can do or say to change His mind about you
- Trusting that He has already given us everything for life and godliness
- Trusting that He wants to live His life in you, with you, as you
- Trusting that you are In Christ and it is no longer you who lives, but Christ lives in you



Choices - FEAR



What station (voice) are you choosing to listening to?

Voice of the past

Voice of the fear of the unknown future

Voice of negative beliefs about yourself and who God is

Voice of lack beliefs

Voice of parents

Voice of Fear

Voice of Religion

Voice of "I cannot"

Voice of "I will never"

Voice of "I am not worthy"

Voice of God - Love - Gratitude - my original design & Identity

Love Zone or Fear Zone - But How?

But How? Precious Promises

2 Peter 1:2-4 Grace and peace be multiplied to you in the knowledge of God and of Jesus our Lord, for His divine power has granted to us everything pertaining to life and godliness, through the true knowledge of Him who called us by His own glory and excellence. Through these He has granted to us His precious and magnificent promises, so that by them you may become partakers of the divine nature, having escaped the corruption that is in the world on account of lust.

But How? Resources

Caroline Leaf

The100foldjourney

But How? Gratitude

21 Days of Gratitude

Love Zone or Fear Zone - It's a Choice

Romans 12:2 And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.

2 Corinthians 10:5 We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ,

John 15:1-2 **1** "I am the true vine, and My Father is the vinedresser. **2** "Every branch in Me that does not bear fruit, He takes away; and every branch that bears fruit, He prunes it so that it may bear more fruit.

Lamentations 3:21-23 **21** This I recall to my mind, Therefore * I have hope. **22** The LORD'S lovingkindnesses indeed never cease, For His compassions never fail. **23** They are new every morning; Great is Your faithfulness.

Deuteronomy 30:19 "I call heaven and earth to witness against you today, that I have set before you life and death, the blessing and the curse. So choose life in order that you may live, you and your descendants,

The healing power of Gratitude and the Brain

— Caroline Leaf, Switch On Your Brain:

“We are not victims of our biology. We are co-creators of our destiny alongside God. God leads, but we have to choose to let God lead.”

“If you realized how powerful your thoughts are, you would never think a negative thought.

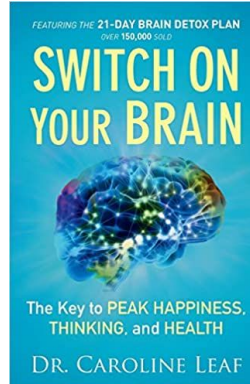
whatever you think about the most will grow. This applies to both the positive and negative ends of the spectrum.”

“You are wired for love, and fear is a learned and not a natural response (2 Tim. 1:7).

“What you are thinking every moment of every day becomes a physical reality in your brain and body, which affects your optimal mental and physical health. These thoughts collectively form your attitude, which is your state of mind, and it’s your attitude and not your DNA that determines much of the quality of your life.”



LOVE Zone



FEAR Zone

21 Days of Gratitude Challenge: the100foldjourney

<https://www.the100foldjourney.com/>

Click on Challenges

DAY 3

RELATIONSHIPS

Life would not be as meaningful without the relationships in our lives. When was the last time you expressed your love or appreciation for those around you. Those that you truly care for. On the space provided below, write down 3 people who are closest to you. Your spouse, children, parents, close friends. Chose three and find a picture or picture them in your mind if you don't have a picture. If you do have a picture, hold it in your hand or pull up on your phone or laptop. As you look at them, with all your heart, tell them how much you appreciate them. Thank God for bringing them into your life. Tell them why you are thankful for them. Pray for them, ask God to show you how to pray for them and love them. Then, with the space provided below, write down 5 things about that person that you are most thankful about for each person.

Example: God, thank you for John in my life as he makes me laugh

Example: God, thank you for Sue she always encourages me

Take these pictures with you throughout the day, and every time you think of them, repeat what you are thankful for about them. It may be different from what you wrote down. If you have opportunity, take their picture out again throughout the day and speak to them in the picture, thanking them for the amazing relationship you have with them.

Gratitude Practice Number 3:

1. Count Your Blessings: First thing in the morning, make a list of ten blessings in your life you are grateful for. Take your note book and write down your ten blessings for today. Write why you are grateful for each blessing. Go back and read your list, either in your mind or out loud. When you get to the end of each one say: Thank you God for blessing me - then- pause - and meditate on that feeling of gratitude for that blessing as much as you possibly can.
2. Choose three of your closest relationships and collect a photograph of each person.
3. With the photo in front of you, write five things you are most grateful for about each person.
4. Begin each sentence with Thank You; include their name and what you are specifically grateful for.
5. Carry the three photographs with you today or put them in a place where you will see them often. Look at the photographs on at least three occasions, speak to the person's face in the photograph and thank them by saying Thank You and their name.
6. Just before you go to sleep, take your Prayer Reminder in one hand, and say thank you God for the best thing that happened during the day.

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21

Days of
Gratitude

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21 DAYS OF
GRATITUDE
10 BLESSINGS

100 Fold Seen Uncreated Kingdom Holy of Holies

There is only ONE power that God has left on this planet and that power is in me and is me for there I choose to Rest in God's opinion of me

Spirit



Rest Based

60 Fold Unseen Created Supernatural Holy Place

I can live by the spirit but there are still things I need to do, like bind the evil forces around me

Soul



Work Based

30 Fold Seen Created Natural Outer Court

I will never be able to live completely from the unseen
Life is too hard - but I will be able to when I get to heaven

Body



Work Based

Ask yourself this question: How Good is God?
The way you answer is what determines your yield.



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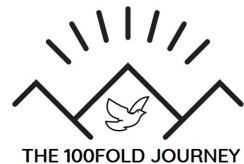
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