

# Toxic Thought Life

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**The average person has over 30,000 thoughts a day. And medical science has discovered that 90% of all illnesses are a result of our "toxic" thought life or toxic emotions.**

**Through an uncontrolled thought life---we can actually make ourselves sick!**

**Researchers show that fear triggers over 30 different hormones. Unforgiveness triggers 18 different toxic hormones and hate triggers 24 toxic hormones in the body. Toxic thoughts trigger hormones that have been proven to cause diabetes, cancer, asthma, skin disease and allergies! So, there are not only spiritual reasons to forgive--- but medical as well.**

**The Bible tells us in Genesis 11:16,**

***"And the LORD said, Behold, the people is one (agreement), and they have all one language; and this they begin to do: and now nothing will be restrained from them, which they have imagined to do."***

**The Hebrew word for imagine is *zaman*; it means to fix a thought upon. God said that whatever mankind imagines, or fixes their thoughts upon—they have the potential to accomplish it.**

***Imagine sleeping with your neighbor's wife long enough and you probably will!***

**Imagination is man's God given power to establish a reality. God said if a man's mind can imagine it---he could accomplish it, both for GOOD and EVIL!!**

**Physiologically, every thought has a structure in the brain. They are called neurons or nerve cells. We have over 100 billion of them in our brain! And the Bible says that God knows our thoughts (Psalm 139), all 30,000 of them! And every time we have a thought an electrical impulse travels across the neurons at 1/5 of 1000<sup>th</sup> of a second! God is so amazing!!**

**These thoughts and memories actually look like trees in the brain. As information comes in the brain from the 5 senses---a neuron tree grows and hormones are released. Every time you think a lustful thought, hormones are released and a toxic thought is birthed. Every time that thought is revisited, the neuron tree grows bigger and gives birth to a habit. And, every time you speak a word contrary to the WORD of GOD the tree of doubt grows bigger!!**

**In Proverbs 23:7, the Word of God says that the essence of who we are is birthed in our thought life! "For as he thinketh in his heart, so is he"**

**Sow a thought—reap an action**

**Sow an action---reap a habit**

**Sow a habit-- reap a character**

***Sow a character-- reap a destiny***

**I want you to think of your mind as a hotel. Each thought is a room. Some rooms (thoughts) are clean and the door is locked and secure, protected from evil intruders (toxic thoughts). But some rooms are not swept clean and the door is left open through toxic thoughts. These thoughts invade the room (thought life) until eventually the entire hotel (brain) becomes polluted!**

**That is why we need to detoxify our thought life and the Word of God teaches us exactly how to do that, praise God.**

**In 2 Cor 10:5 Paul said, "Casting down imaginations (Logismos-mental computation), and every high thing that exalteth itself**

**against the knowledge of God, and bringing into captivity (one's thought) every thought to the obedience of Christ."**

**In other words---any thoughts that are not in harmony with the Word of God must be rejected. When our thought life is in agreement with unbelief, fear, lust and habitual sin the enemy finds rest in that room. We must take that toxic thought captive and rebuke it. It takes 21 days to develop a habit. So let today be the beginning of a new and healthier one...take every thought captive to the obedience of Christ.**

**So here is but one method that has worked for me towards detoxifying my thought life! When a thought comes in my mind---I determine whether it brings peace or fear, liberty or bondage. If the thought is from hell, I take it captive; I count to 21 and then quote an appropriate scripture! A positive thought replaces the negative one and scientists say that when we do this, the negative thought is actually turned into HOT air---just like the enemy, "HOT AIR". When a lustful thought enters, take the thought captive, count to 12 or sing a song and then say, "No Satan, there shall be no other Gods before me!!!" (Exodus 30:3).**

**When a fear invades your thought life, count to 12 and then say, "Get behind me Satan, God hath not given me a spirit of fear, but of power, and of love and of a sound mind!!!" (2 Tim 1:7).**

**Take the 21-day challenge and put God's Word to the test. Sure---the first few days will be challenging, but eventually that which you have "imagined to do" will become your reality for the glory of God and NOTHING will restrain you!!**

**Love You**

**Mike Desroches, Pastor**