Lesson 0301C

Video/CD Title: The Gift In You – Part 3   Author: Dr. Caroline Leaf

Disc Start Time: 00:00   Disc End Time: 34:36

Introduction: Try not to focus on the science Dr. Leaf explains in this DVD. All cells use proteins to move food around in the cells in your body, remove refuse and generally take care of the cells. If your thoughts create bad or negative production of chemicals they will affect the proteins negatively. If those thoughts produce positive and uplifting attitudes, then the chemicals produced by the brain will positively affect the proteins. You can actually affect your own well-being by choosing the right frame of mind.

Discussion 1: There are only two root emotions out of which all other emotions grow. We are wired for love. The enemy speaks to our fear. "And we know that all things work together for good to them that love God, to them who are the called according to His purpose." (Romans 8:28) If God works out all things for our good, this includes the hurts of our past. We are truly wired for love when we are willing to see past the hurt and into the good God will work out of it. If we choose to reframe these events in the light of God's purpose and greatness, we will be in agreement with God. If we choose to allow the enemy's voice speaking to our fear be our plumb line, we will be in agreement with the enemy.

Drill Down 1:

- Briefly share a hurtful event from your childhood and how it affected your attitude, view of life, decision making, and behavior possibly even into adulthood.

- Share how the enemy used this event to speak to your fear.

- Again, share this hurtful event but this time reframe the event by sharing how you can imagine God using this event to lead you to your purpose, serve others, or put to some other Kingdom use.

Lesson 0301C

- Now put the above reframing in the form of a declaration for the whole world (natural & spiritual) to hear.

Post Lesson Instructions: Apply this concept of reframing to other hurts in your life and verbally declare the event reframed for Kingdom use. Complete the 0301E The Gift In You questionnaire including the ranking by score of each section on the first page.