

FAITH IS OF THE HEART, NOT OF THE MIND

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Discover the Real You

Your Heart Is the Real You,

- **YOUR HEART IS A COMBINATION OF SOUL AND SPIRIT**
 - The heart contains the sum of all your experiences
 - The heart is your **SUBCONSCIOUS**
 - It controls most of your behavior
 - It regulates all your sympathetic nervous system
 - It is the autopilot of all our body functions like heartbeat, respiration and cellular activity

THOUGHTS, EMOTIONS GO TOGETHER

- You are not your feelings
 - because you can change your feelings
 - You are not a failure, you have feelings and feel bad
- **SEPARATE YOUR IDENTITY FROM THE PROBLEM** you experience
 - The sickness you may have is not you
- As you ponder on things, positive or negative, they will affect your emotions
 - When our emotions change, our operating beliefs change
 - When the beliefs of your heart change your behavior changes – **Pro.3:1-8**
- **EMOTIONS WRITE THOUGHTS IN OUR HEART**
 - Repetition is not enough,
 - You need to meditate and imagine, because this personalizes the ideas and produces emotions
 - One single powerful emotional experience can change your heart (often it is a negative experience that triggered fear or anger)
 - Meditation is the only way to effectively oppose the physical evidence
- **EMOTIONS ALWAYS WIN OVER YOUR WILL AND YOUR LOGIC**

Emotions and Beliefs Are Connected

- **YOUR FEELINGS** are not reality but they will shape your beliefs and they **will create your reality**
 - Don't let your feelings rule you life
 - Use your feelings to decide what you should do
- As soon as we do not control our thoughts, they go back to the beliefs of our heart
 - **Job.3:25** - The thing I feared came upon me
 - **When DOUBT is abiding in your heart**, it will re-emerge as soon as you stop controlling your thoughts!
- When negative emotions arise, it is time to take immediate action to activate again our positive beliefs

Developing Your Creative Faith

Heb.11:1 – Faith Is...

- Substance = Gk. hupostasis = standing under, support – **CONFIDENCE**
- Hoped for = Gk. elpizo = to **EXPECT**
- Evidence = Gk. elegeos = proof, **CONVICTION**

Emotions and Feelings Can Give Us All Manner of False Evidence

- Our emotions program our heart, our body and the world around us
- Will you be led by your emotions or will you lead your emotions?
 - **Example.** You have been healed and symptom-free for some time. You go for a medical check-up and start fearing that he will find something wrong. You smell the room and see the other patients. You start to feel sick again. You go in and the doctor finds

things wrong with you. You had no symptom for weeks, but now they are back, just as quickly. Your negative “faith” is powerful.

- You can turn it around just as quickly, but you have to decide and act

New Information + Strong Emotion = New Heart Belief

- **STRONG NEGATIVE EXPERIENCES** are emotional and are easily recorded in our heart
 - The way to counteract physical evidence is to **FEEL THE REALITY YOU HAVE CHOSEN**
- **Mk.10:15** – Receiving the kingdom as a little child
 - Little children can live in their fantasy world – their emotional IMAGINATION
 - **RELAX, SEE, FEEL YOUR CHOSEN OUTCOME** – and it will be written in your heart
 - When you are well: feel well while believing that you are well and probably you will stay well
 - When you are sick: feel well because you are believing that you are well and you will get well
- **CHOOSE WHAT YOU WANT**, adjust what you think and it will produce what you feel and develop your belief
- **EVERYBODY CAN MEDITATE** – When you worry you see the results
 - Real, imagination, details, feelings
- **MEDITATING ON PS.23** – Just imagine until it will produce strong feelings

Questions to Consider

1. The verses of Proverbs 3:1-8 give us powerful information and amazing promises. How can you use this information?
2. Why do emotions always win over will and logic?
3. How can we determine the extent that faith is operating in our heart?
4. Hebrew 11:1 helps us to understand the manifestation of faith in our heart. Can you identify areas of your life where your will and your faith do not work together?
5. Why can emotions and feelings give us false evidences?
6. In Mark.10:15 it says that to receive the Kingdom of God you must be as a little child. Can you explain what that means and what can you do?