

# Programming Your Heart, Programming Your World

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Maurizio Mingardi

## Can We Control Our World and Our Destiny?

- OUR OPPORTUNITIES
  - You have no choice about how you were born, but you have millions of opportunities about how you will live your life
  - The NT shows that we must take responsibility for our choices
- VICTIM SYNDROME – blaming others for our misfortune
  - Not taking responsibility
  - Setting ourselves for failure
- Pro.3:1-8 - Says we can control from our heart
  - Write your results in your heart
  - The opportunities that we attract are the ones our heart believes
  - WE ARE WIRED FOR SUCCESS – 2Pet.1:2-11
- GOD WANTS OUR SUCCESS, WE MUST DETERMINE IT – 3Jn2

## The Cycle of Influence

- Our Thoughts produce Feelings. Feelings produce behaviour, actions and beliefs
  - We start operating on physical and spiritual laws
    - We attract and repel opportunities according to our heart's beliefs
  - Pro.18:20-21 – The power of our tongue – what we say (aloud and silently) reflects our beliefs
    - Be careful, vain repetitions are “vain.” – Mt.6:7-8
    - Many prayers are useless repetitions
- Our heart's beliefs become a constant influence in all we do and on our body
  - The Bible sais that: WE CAN CHOSE HOW TO LIVE – Deut.30:19
    - OT - How much more in NT
    - Your brain can control your hormones and neurotransmitters, and these are more powerful than any medication you can take
  - We were born with some genetic predispositions in our DNA
    - But DNA blueprints are not set in concrete
    - Recent studies in NEUROSCIENCE and NEURAL NETWORKS show how these changes happen
- Through our THOUGHTS, WORDS and ACTIONS we influence our DNA and others around us
- When others join us in our beliefs the effect is multiplied (LAW OF AGREEMENT)
  - Mt.18:19 – When two of you agree...
  - Lev.26:8, Deu.32:30 – 5 shall chase a hundred, a hundred...
  - Ecc.4:8 – A threefold cord is not easily broken
  - Don't be isolated

## Wanting Something Is not Believing

- When we desire something we create a feeling of Lacking
  - LAW OF REVERSE EFFECT – the more we want something the more difficult it is to get it
    - Evident in sports
  - This results from doubt
- The source of our DOUBT is COGNITIVE DISSONANCE
  - We focus on the difference between what we have and what we want
  - This produces a consciousness of LACK
  - All our efforts go in keeping in the Zone, and we block our resources
  - All doubt ends in fear
  - Fear comes from the heart and wins over logic and will
- The proper information (truth) is not enough to overcome fear
  - We must know truth at the heart level, or feeling level – Jn.8:32
  - Write the truth in your heart (Programming your heart)
- Image of what you want to be true until you experience it as reality

- When a feeling of gratitude and satisfaction becomes permanent your beliefs have been established

### **Miracles Are Always the Result of Belief (Mt.9:22, 9:29, 15:28, 21:21)**

- You should influence your belief in as many ways as possible, to get momentum
  - Gather new positive information and create positive thoughts
  - Worship, Prayer and Meditation
  - Physical activities supporting your beliefs
    - Healing: exercise, rest, proper diet, deal with symptoms, etc.
    - Job: prepare, apply, etc.
- Miracles are not for special, perfect people but for those who believe in some absolute laws of the miraculous
  - Miracles are received by men like us - with similar (Gk.) feelings – **Jam.5:17**
  - **GUILT and SHAME** affect our beliefs and program our body and cells for what we believe we deserve
    - As soon as we feel guilt we should stop what we are doing
  - **MIRACLES ARE NOT FOR THE DESERVING BUT FOR THE BELIEVING**
- Don't wait until you need a miracle to develop your heart
  - Learn to live so that your heart is at peace

### **Example of Meditation – Ps.23**

- Personalizing and visualizing – use your imagination

### **Questions to Consider**

1. How do you feel about 1Pet.1:2-11? Do you feel already equipped for everything or still looking for answers? Why?
2. Do you have a conviction and a strategy to control your world and shape your destiny? Have you formally defined them? Can you describe them?
3. What is your experience and how can you overcome the Law of Reverse Effect?
4. Can you identify areas in your life where you experience Cognitive Dissonance? What are you planning to do about that?
5. Are there past memories that elicit in you guilt or shame? Can you explain why you experience these emotions? What can you do about that?