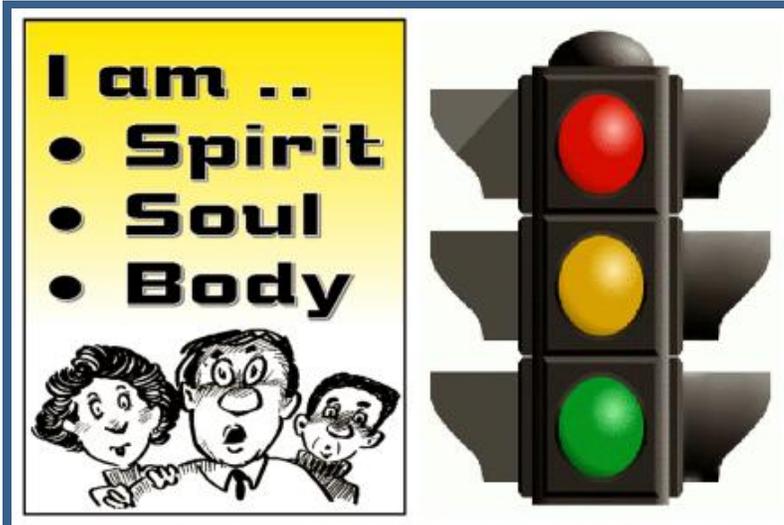


# From the Pastor's Desk Newsletter

## Learning to obey the signals: The Anatomy of a Soul



### Learning to obey the signals

#### The Anatomy of a Soul

The human system is very complex. Through God's creative imagination, He made man; which are body, soul, and spirit. Genesis 1:7 records "*And the LORD God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul.*" In a nutshell, your body houses your soul and spirit. Moreover, your body is temporal; it will return to the earth at death. Your soul is eternal; it will continue to exist either in heaven, or in hell. Your spirit is life; it will return to God when you depart from this life. Paul writes in 1<sup>st</sup> Thessalonians 5: 23 "*And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.*" Notice that he addresses the spirit, soul, and body. These created entities makes the wholeness of a man -**AWESOME!**

There are three areas to consider regarding the soul's anatomy. The mind; the way we think. The emotion; the way we feel. The will; the choices we make. Your soul is the real you - *the Devine design you!* It operates from a collection of stored memory extracted from life's experience. Whether conscious or subconscious everything that you see, touch, hear, smell, and taste is literally stored in your brain. Your brain categorizes each memory with an emotional attachment. This collage of stored experiences forms personality patterns, or alters.



**"The average person has over 30,000 thoughts a day"**

### The Anatomy of a Soul:

Mind  
Emotion  
Will

Dr. Caroline Leaf, a prominent neurologist, refers to stored memory as either fear-based, or faith-based. Fear-based memories release toxic chemicals within our entire body, which is abnormal to the human system. Faith-based memories, consequently, does the opposite. Fear-based memories result in a list of physical and psychological problems. In Dr. Leaf's research of the human brain, she discovered that 87% to 95% of the illnesses that plague us today are a direct result of our thought life. Uncontrolled thoughts can affect you both physically and emotionally. It's can develop into an epidemic of toxic emotions. The average person has over 30,000 thoughts a day; and an uncontrolled thought-life can literally make you sick. Research shows that fear alone can trigger more than 1,400 known physical and chemical responses. It can activate more than 30 different hormones.



**DR. CAROLINE LEAF, NEUROLOGIST  
WHO SWITCHED OFF MY BRAIN**

Dr. Leaf, a professed Christian, wraps up her lecture with this thought. There are INTELLECTUAL and MEDICAL reasons to FORGIVE! God has built into our human anatomy intelligence that recognized danger signals, as well as, the wisdom to make the necessary change. Changing the way you think, or repentance is the most exciting part in dealing with your thought life. Accepting good thoughts while rejecting negative thoughts will change the neural circuitry of your brain. This means that your brain has the ability to grow in knowledge. You just need to exercise your will to “*think*” and the good news is that you have control over the process. Make Philippians 4:8 your life practice. God gave you your very own “*think list*”.

## **Final thoughts: You are responsible for your own intelligence.**

1. Understand that your thoughts are real and have an actual function.
2. Become conscious of your thoughts and how you are feeling.
3. Do something once you have analyzed the thought that triggers negative emotions.
4. Learn to building new memories over the old toxic ones.