



**OUR SUBCONSCIOUS CONTAINS WHAT WE
REALLY BELIEVE / BELIEVED ALL OUR LIVES.**



2 Corinthians 10:3-5 (AMP)

[3] For though we walk (live) in the flesh, we are not carrying on our warfare according to the flesh and using mere human weapons.

[4] For the weapons of our warfare are not physical [weapons of flesh and blood], but they are mighty before God for the overthrow and destruction of strongholds,

2 Corinthians 10:3-5 (AMP)

[5] [Inasmuch as we] refute arguments and theories and reasoning and every proud and lofty thing that sets itself up against the [true] knowledge of God; and we lead every thought and purpose away captive into the obedience of Christ (the Messiah, the Anointed One),

What do we do to renew the Whole Soul / Subconscious?

a. We must instruct it /reprogram it.

> Verbal input is the most effective.



It will speak to you 3 ways:

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b. Address the rebuttals / Answer the questions.....

> It will speak to you 3 ways:

- Emotions / Feelings**
- Thoughts**
- Pictures**



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c. We must BELIEVE what we are renewing it with.

> It will only respond to what you Believe is truth.



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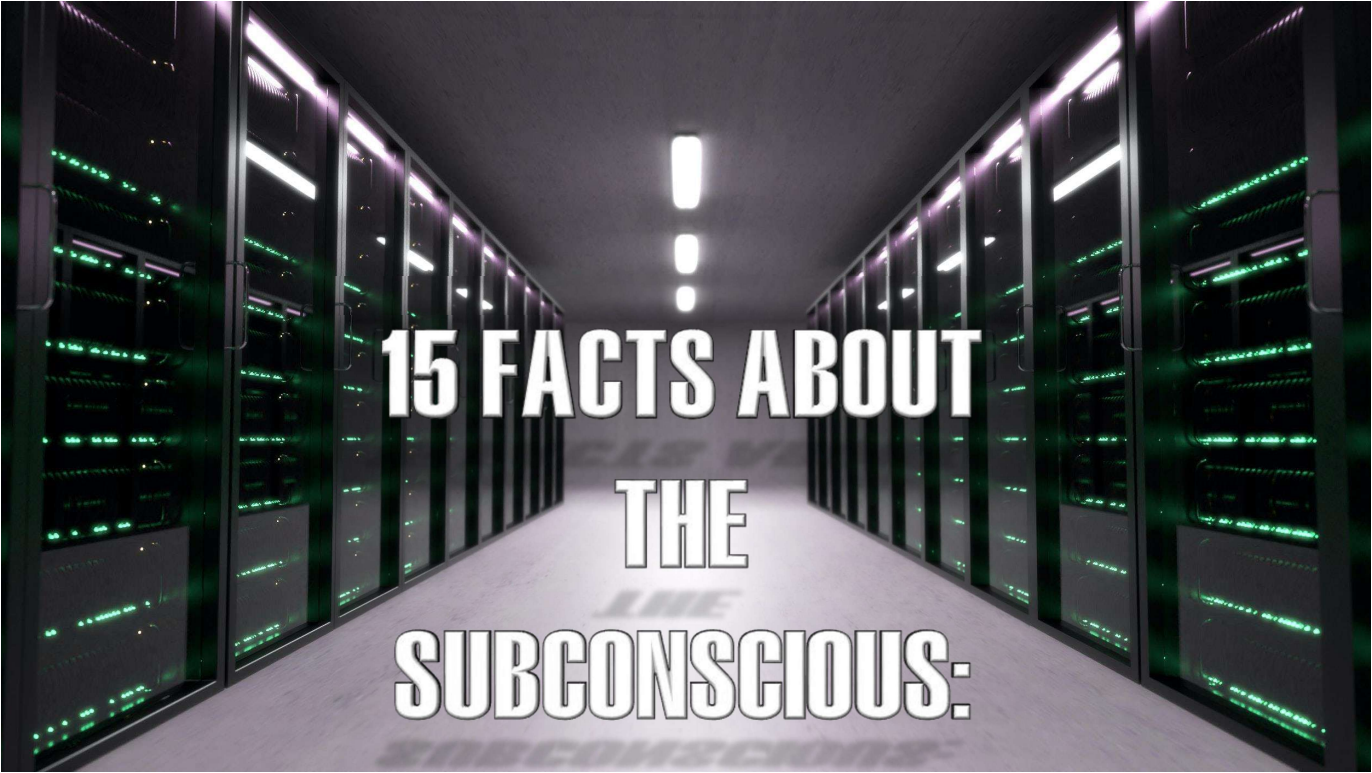
d. Keep doing it until it becomes peaceful.

- 3 years is considered the normal process of time needed to grow new neurons in the brain.

- With the Revelation of Word, by my observations that can be reduced to a few weeks / couple of months.

- By the Diffusion of Spirit - almost instantaneous.





15 FACTS ABOUT THE SUBCONSCIOUS:

1) It is an information / data base or storage center.

a. It's not a separate person in us.

b. It contains all the memories and information we've gathered in our life time.

c. Romans 2:12-16



2) It's in a constant state of expanding the data /information base. (Like God)

a. It begins as a 'Clean Slate'.

b. Everything we know has been gathered.

c. 2 Peter 1:8



3) The information comes in primarily via the 5 senses.

a. Begins in the 3rd trimester of the womb.

b. Experiences, Parents, Relatives, Teachers, Media, Sights, Sounds, Smells, Flavors, Phy. Feelings.

c. Everything is filtered through our 5% brain, and then logged or stored according to what we determine we want to believe as truth.

d. However, our conscious mind can connect with the things of the spirit world and give new information to our Subconscious.

> Any Revelation Knowledge

> Any and all direction of the Holy Spirit

e. 2 Corinthians 5:7

4) It does carry some cognitive ability such as thinking, calculating, and reasoning.

a. It can reason with, disagree, etc. with the conscious mind.

b. It can make extremely quick decisions / reactions.

c. It can calculate and make adjustments to how the physical body will operate.

d. It can operate the body for a time just like the conscious mind.

5) The subconscious has been designed by God to:

- a. Believe only truth.**
- b. So it continually scans / looks for truth, which by design will ultimately lead us back to God.**

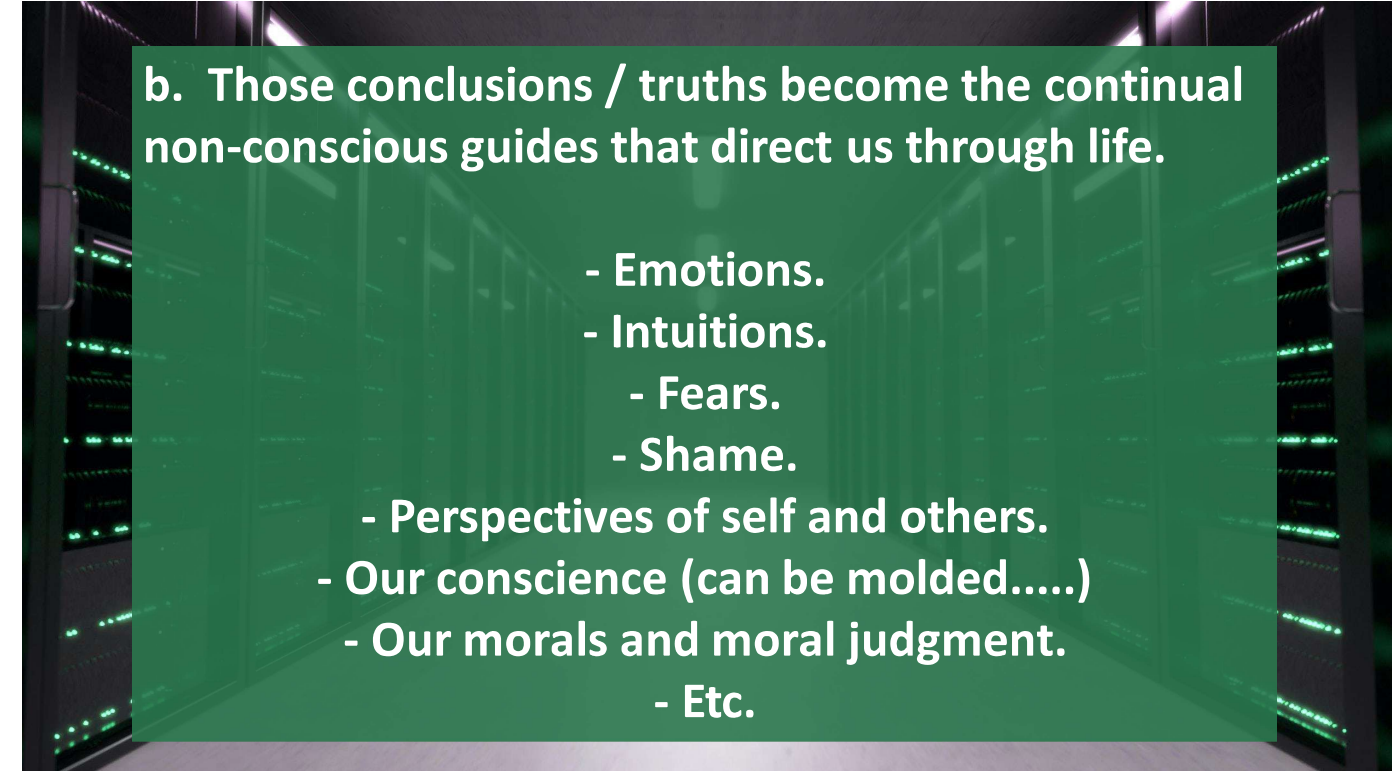
> John 14:6

- c. Subsequently: everything / every piece of information you live by (Explain) is truth to you**

6) However, the conclusions it reaches as to what is truth and is not - are predominantly formed by:

- a. Ourselves.**
 - Our cognitive mind / prefrontal cortex**
 - The conclusions / reasoning of our conscious mind**
 - The things we choose to believe as true.**

b. Proverbs 14:12, 21:2



b. Those conclusions / truths become the continual non-conscious guides that direct us through life.

- Emotions.
- Intuitions.
- Fears.
- Shame.
- Perspectives of self and others.
- Our conscience (can be molded.....)
- Our morals and moral judgment.
- Etc.

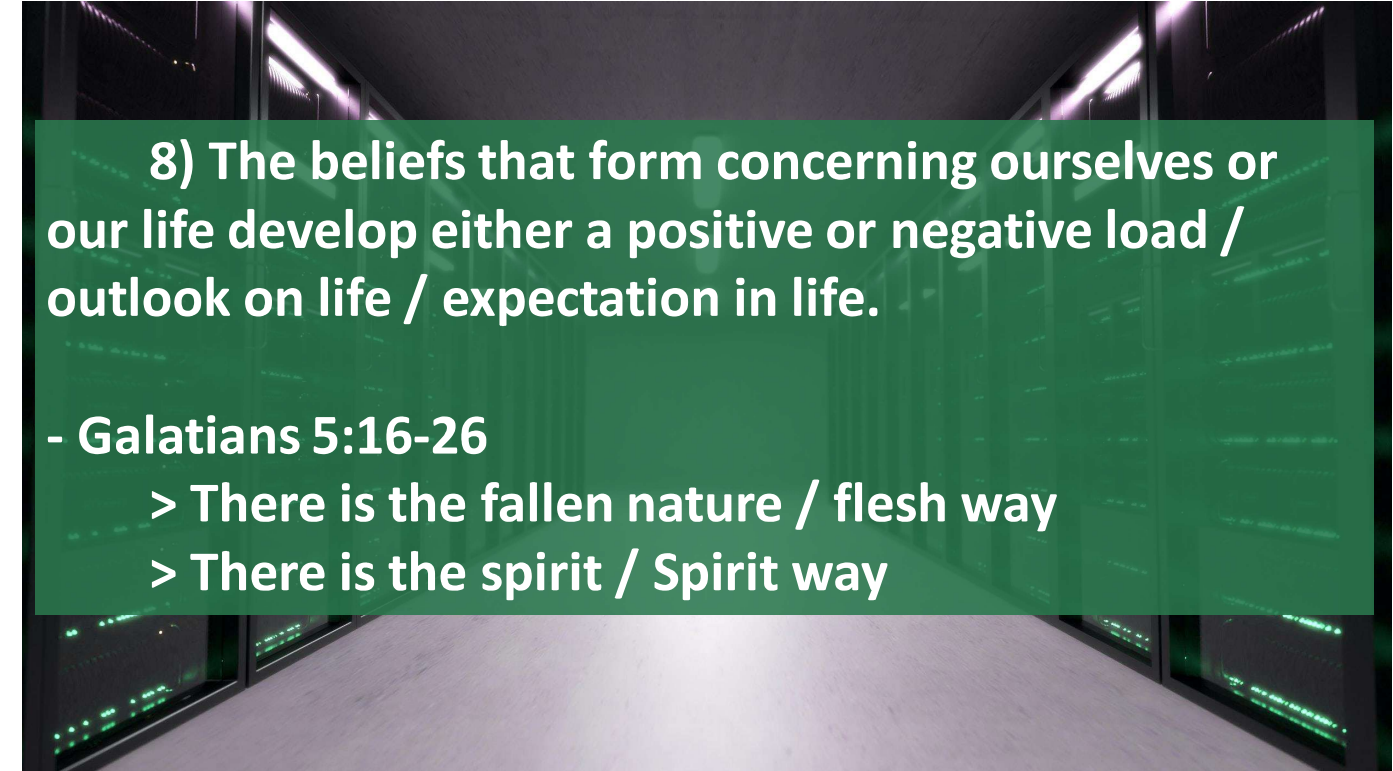


7) This information runs 95% of our life.

> Proverbs 23:7

a. The information we receive from the people, and experiences we trust the most

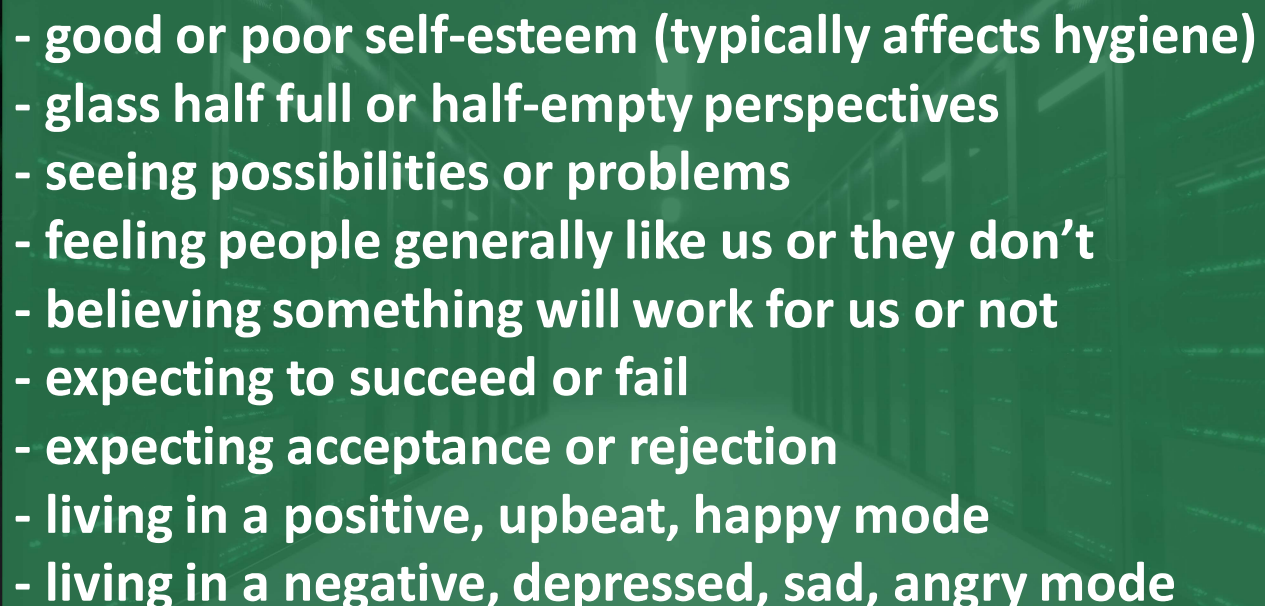
- Has the greatest impact on us.
- It becomes our Positive or Negative Load



8) The beliefs that form concerning ourselves or our life develop either a positive or negative load / outlook on life / expectation in life.

- Galatians 5:16-26

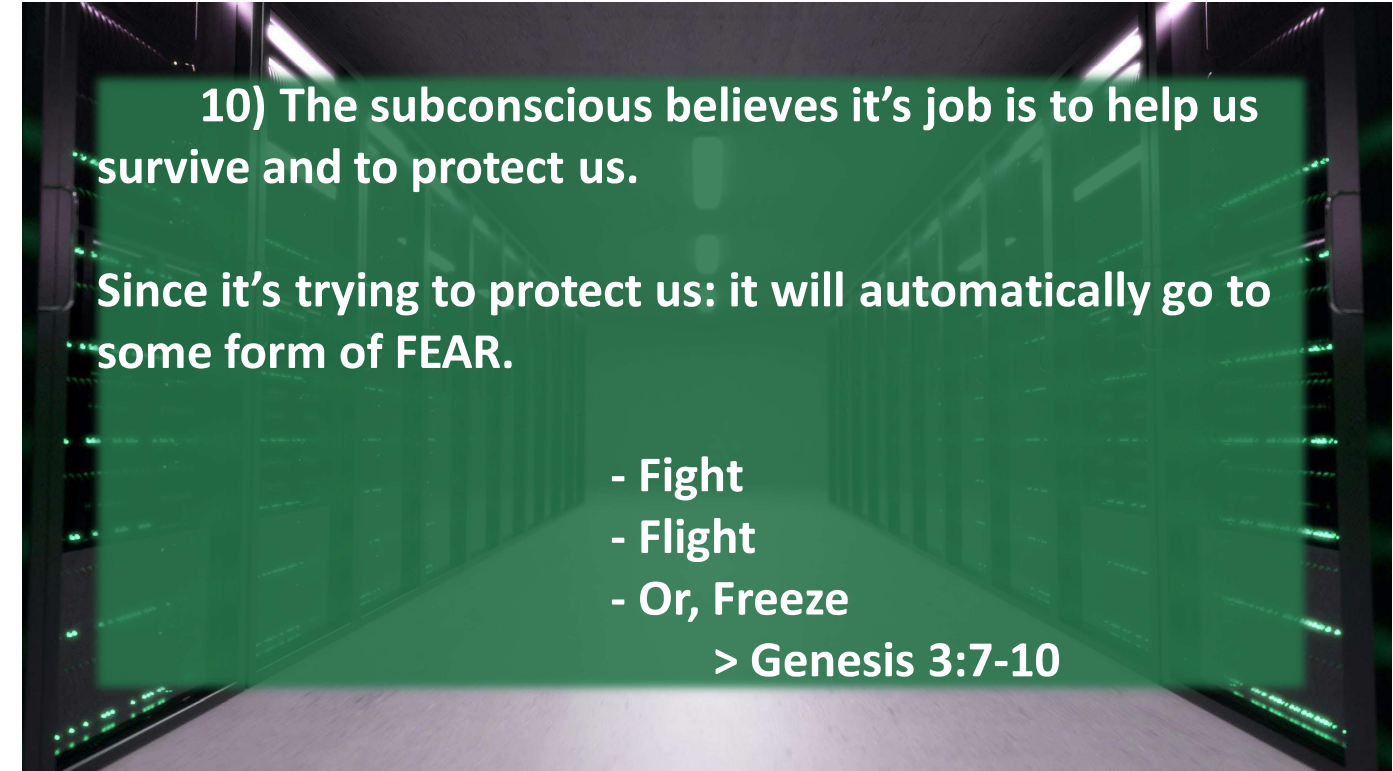
- > There is the fallen nature / flesh way**
- > There is the spirit / Spirit way**

- 
- good or poor self-esteem (typically affects hygiene)**
 - glass half full or half-empty perspectives**
 - seeing possibilities or problems**
 - feeling people generally like us or they don't**
 - believing something will work for us or not**
 - expecting to succeed or fail**
 - expecting acceptance or rejection**
 - living in a positive, upbeat, happy mode**
 - living in a negative, depressed, sad, angry mode**



9) It operates from a position of defense or self-protection, that's why it's first two impulses are:

- a. FEAR (something bad is going to.....)
 - b. SHAME (something is wrong with me / I'm flawed)
- > Genesis 3:7-10



10) The subconscious believes it's job is to help us survive and to protect us.

Since it's trying to protect us: it will automatically go to some form of FEAR.

- Fight
- Flight
- Or, Freeze

> Genesis 3:7-10



11) All the information is stored and recalled in a 'PRESENT / NOW' perspective.

a. A past or future perspective does not exist unless one is given to the memory being recalled

b. Everything is simply information.



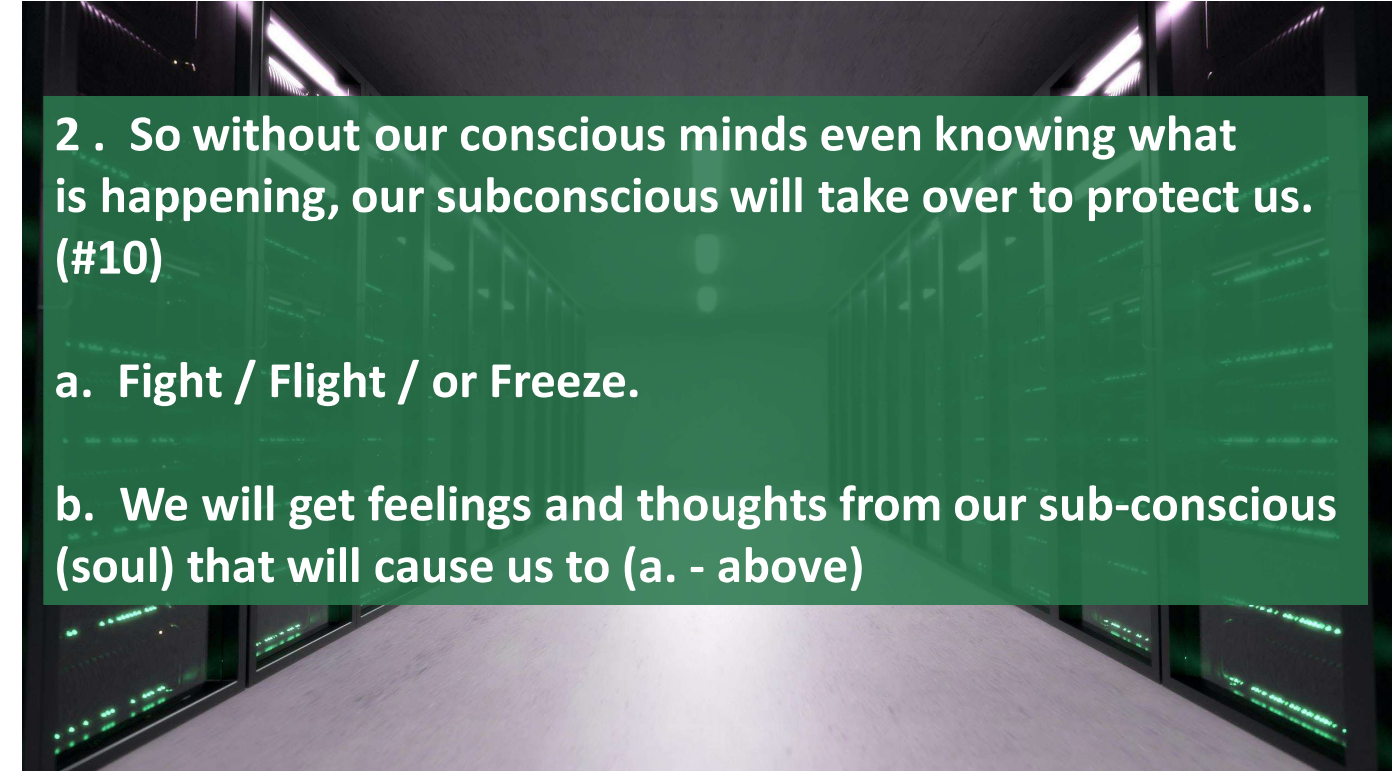
APPLICATIONS OF FACTS 9-11:

1 . The reason we find it so difficult to trust God is because our soul / brain operates..... (#9) > Self-Protection

- FEAR

- SHAME

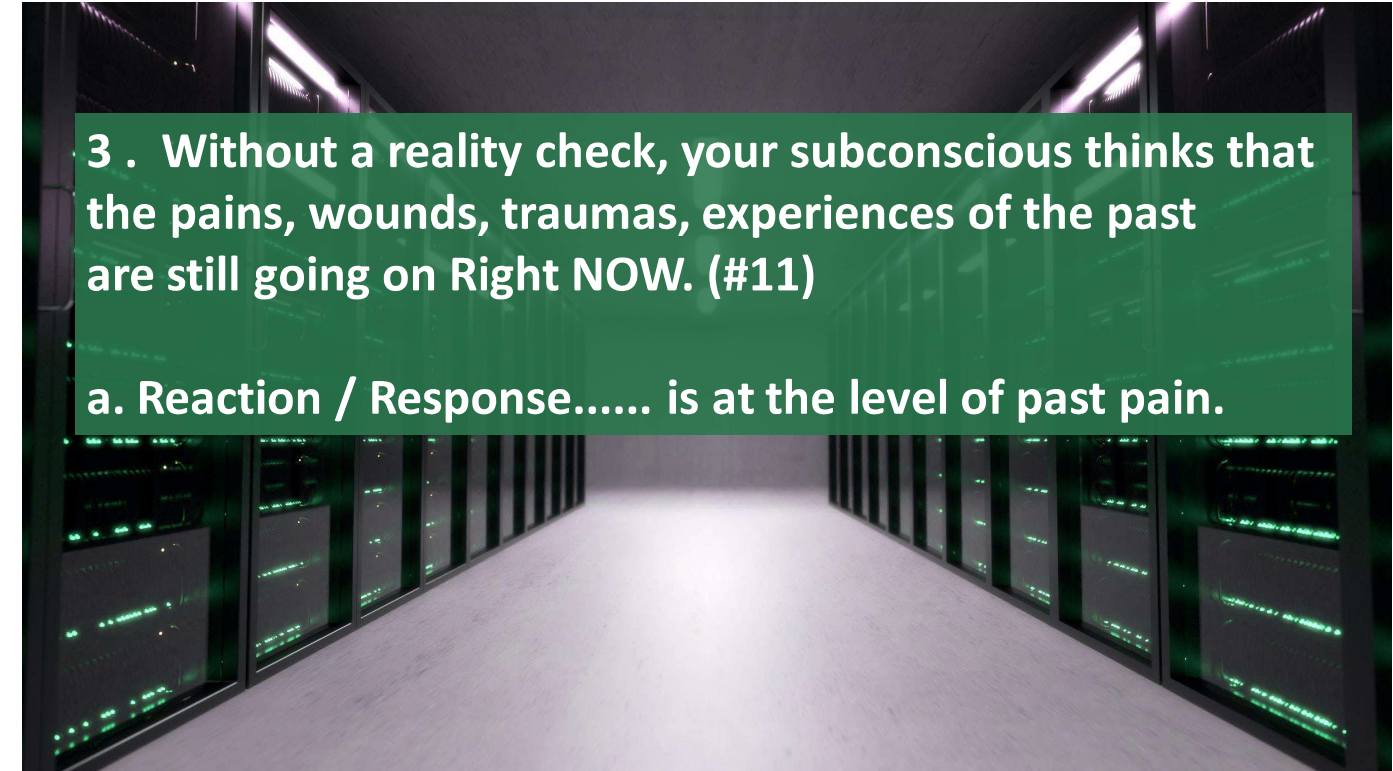
a. So we struggle to deal with our deepest pains, wounds, traumas, experiences.



2 . So without our conscious minds even knowing what is happening, our subconscious will take over to protect us. (#10)

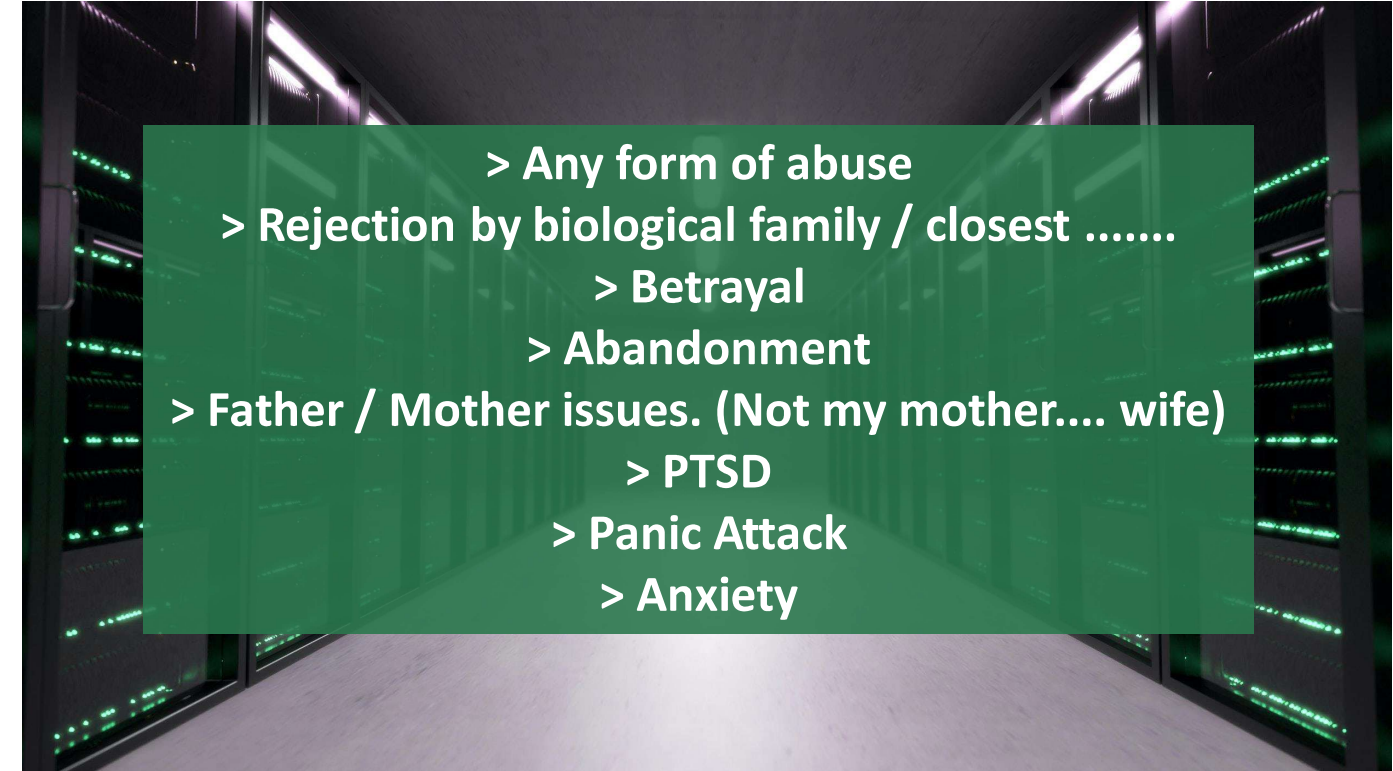
a. Fight / Flight / or Freeze.

b. We will get feelings and thoughts from our sub-conscious (soul) that will cause us to (a. - above)



3 . Without a reality check, your subconscious thinks that the pains, wounds, traumas, experiences of the past are still going on Right NOW. (#11)

a. Reaction / Response..... is at the level of past pain.

- 
- > Any form of abuse
 - > Rejection by biological family / closest
 - > Betrayal
 - > Abandonment
 - > Father / Mother issues. (Not my mother.... wife)
 - > PTSD
 - > Panic Attack
 - > Anxiety



Conscious Mind (5% brain) > No Fear

Subconscious Mind (95% brain)

- > Very fearful and protective
- > Double-Minded > Think we're in faith, but 95% in fear



The Answer: (2 Corinthians 10:3-5) > Wage war, not as world

1) You will know the truth and the truth will set you free.

> Your conscious mind is the captain of the ship, you need to instruct your subconscious what to believe.

> Romans 10:17 (Faith comes by hearing.....)



2) Give it what is real.

> John 8:31-32

**> Instruct it > Visually,
verbally, emotionally**

John 14:27 (AMP)

[27] Peace I leave with you; My [own] peace I now give and bequeath to you. Not as the world gives do I give to you. Do not let your hearts be troubled, neither let them be afraid. [Stop allowing yourselves to be agitated and disturbed; and do not permit yourselves to be fearful and intimidated and cowardly and unsettled.]

12) The majority of the feelings, thoughts, decisions, and choices that are made in the subconscious 'NOW' mindset will result from:

- a. FEAR
- b. SHAME

> This is why we need to renew our minds. (Rom. 12:1-2)

> And participate in the divine nature. (2 Peter 1:4)

13) The one huge difference between the human brain and a computer is: the old information can't be:

a. Over written, or deleted.

> It is always there.

b. So it must be made inoperative or obsolete in the normal functions of the brain.

c. The only way to do that is to have new information

come in.....

> 2 Peter 1:3-9, Psalms 119:130

14) Our subconscious speaks to us.

> 2 Corinthians 10:5

> How the Subconscious speaks to us.

1) Typically we will get a feeling / emotion first.

2) If that doesn't convince us, we'll get a picture.

(Flashback - Vain Imagination)

> That usually does it and gets us to put our guard up to protect ourselves

3) However, if..... > then it'll speak to us via our thoughts.

