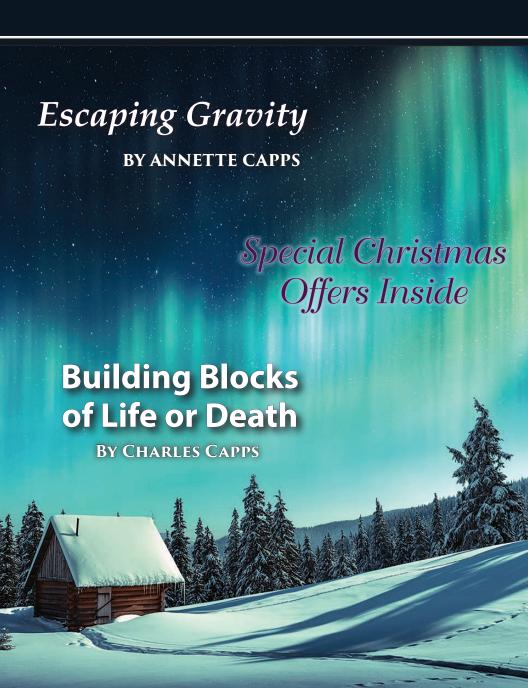
CONCEPTS OF FAITH





was recently watching a documentary on gravity and its effects. Not to get too detailed, but gravity actually "bends the fabric of space-time." If you had a tablecloth and two people held it and someone placed a basketball in the middle of it, you would see that the fabric bent in the middle so that the ball became stationery. If you

added another ball that was smaller and lighter like a tennis ball, guess where the tennis ball is going to go? It will go to the middle where the fabric is bent and the heavy basketball is.

The moon orbits the earth because of earth's gravity.

It can't escape because it is caught in the gravitational force of the earth. To put it simply, it's stuck going around something big and heavy and it can't get out unless something major happens to knock it out of its orbit.

Suddenly, I saw that this is what happens to all of us. No matter if you're in high school, if you're a college student, if you're a young mother, if you're a grandmother or grandfather. This is what happens

> to all of us in life. We get in orbit around something and we can't get out.

> Have you ever had a problem that was so big to you that it was in your face all the time? You couldn't think about anything else.

All day long it was just right there in your thoughts or in the back of your mind, and you wake up at night thinking about the problem. It could be an illness and you spend your time going from one doctor to another, and your whole life is revolving around that illness. Or you have a child that's on drugs and all you can think about is what's happening to them, and your whole life is revolving around that.



WHAT IS THE BIG THING IN YOUR LIFE?

What is the big thing in your life? It's the big things that exert gravity. The bigger the planet, the bigger the mass, and the greater the mass the more gravity it exerts on whatever is out there.

Have you ever heard someone say, "Well I just didn't realize the gravity of the situation?" We use the word gravity as meaning it's a big thing, it's grave, it exerts heaviness, and importance. Gravity of a situation means it has a weightiness to it.

When these weighty things come around it has a tendency to pull us in orbit around it. It keeps you circling around and going in circles. Did you ever see one of those little gerbil wheels? It goes around and around and you don't ever get anywhere. Have you ever had that feeling?

What area of your life are you stuck in? For some people it's their job. When they leave the office, the office went with them because they are in orbit about what's going on there. For some people it's their family, their children, their spouse. Everything is focused on the perceived problem and nothing else is seen, heard or experienced.

Some people are orbiting around their past – their trauma, their loss, the death of someone close to them, or a divorce. No matter how far they go, no matter how many thousands of miles they move away from wherever that happened, they are still circling and in the orbit of their past.

What is the opposite of weightiness? It's weightlessness. I love the feeling of weightlessness. I learned as a child that there were certain things you could do to counteract gravity and feel weightless. My Dad would take me up in his airplane, climb high and then push the nose over. Without my seatbelt, I would literally float to the ceiling inside the airplane. I loved it and asked him to do it again and again.

I loved to swim and I learned if I blew out all of my air I could go

"BREATHING IN

IS RECEIVING.

BREATHING OUT

IS LETTING GO."

all the way to the bottom of the pool and just lay there. I didn't feel any gravity. I didn't feel any weightiness. It was quiet down there, and I felt weightless and light.

Now, gravity didn't cease because I was on the bottom of the pool, but I learned that the air in my lungs made me float in the water. So, I learned to control my breathing and slip right down to the bottom.



I'm here to tell you the weightiness of this world has no authority over you, because we are in control of our breath. We can breathe. Have you read in John 20:22 that Jesus *breathed* upon them and they *received* the Holy Spirit?

Here is a little exercise that you

can do. When you start feeling the pressures of life and heaviness and weightiness of life coming in on you, just stop... take a big deep breath. When you do, remember what Jesus said, "Receive the Holy Spirit." Breathing in

is receiving. Breathing out is letting go. Remind yourself that the Holy Spirit is flowing in you, and He has the ability to supersede all the weightiness of life.

Continually remind yourself that the Holy Spirit is with you and within you. Spirit in the Bible is the word is *pneuma*. Sound familiar? It's where we get the word pneumonia. It has to do with breath, breathing, intake of air, spirit. It's lightness; it's weightlessness. It's a lightness that the Spirit of God brings. Let's look at 2 Peter 1:4:

"Whereby are given unto us exceeding great and precious promises: that by these ye might be partakers of the divine nature, having escaped..." (KJV)

Have you ever wanted to escape something?

The Passion translation says,

"...he has given you magnificent promises. Beyond all price so that through the power of these tremendous promises you can experience partnership with the divine nature..."

So, how do we escape the weightiness and the heaviness? Through His magnificent promises.

The King James Version says that we can escape the decay that is in the world through lust, but the Passion translation says, "...

escaped the corrupt desires that are of the world." Lust and corruption can mean many different things but in my study of the word it means "the excessive pursuit of other objects or things."

"LIFTING YOUR VOICE IN PRAISE WILL LIFT YOUR SPIRIT."

it becomes ALIVE in you? Emotional and mental and even physical heaviness lifts and you feel light! The Word becomes not only the logos, the

whole expression of God, but it becomes a specific promise to you that God breathes into your heart. That is how we escape! That is the LIVING Word!

Remember these three things:

1.) Breathe! The Holy Spirit is in you. Release all heaviness from your being.

2.) Seek the Higher, Lighter, Delivering principles in the Word. Allow the Holy Spirit to breathe life into the Word.

3.) Lift your voice in PRAISE and thanksgiving. Lifting your voice



What did Jesus say we should pursue or seek? Didn't He say to seek first the kingdom of God? That is, seek to find the spiritual principles and place in God where we can rise above the cares and problems of this world.

The Passion Translation says, "So above all, constantly chase after the realm of God's kingdom and the righteousness that proceeds from him. Then all these less important things will be given to you abundantly." (Matthew 6:33)

We escape the corruption and weightiness of this world through the *Word* and the *Spirit*. Through the Promises and the Breath of God, the Holy Spirit. Have you noticed that something happens when the Holy Spirit breathes life into that Word and

"WE ESCAPE

THROUGH THE

WORD AND THE

SPIRIT."



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is now streaming on Apple TV!



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http://www.apple.com/tv



Testimonies

As a new Christian, I made some vows to God, and I didn't keep them. I felt like I was under the law and trapped. When I read what you said in the article, "Annulling Oaths & Vows," I felt over the moon and truly believed I was forever set free from this bondage. Hallelujah!

Thank you Annette.

Thank you for all your prayer! We paid off our home loan in August – Debt free! Amen! - TM

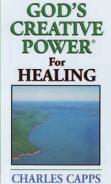


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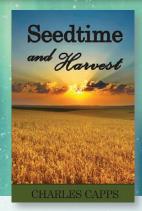
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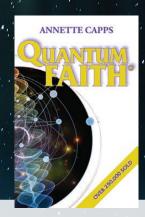
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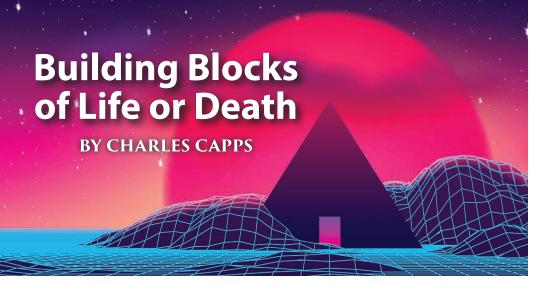
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Your words are building blocks of which you construct your life and future. Your words set the cornerstones of your life, and you live within the confines of that boundary you create with your own words. Situations, circumstances and conditions are all subject to change, but with the support of your words you can establish them in your life forever.

People that have an image of themselves being in poor health will talk about poor health. Even though they may be in good health, they seem to live out the reality of the image they have of themselves even unto death.

This would confirm Proverbs 18:21, Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof.

What you believe and speak not only affects your body, but your immune system as well. Your words become either a blessing or a curse to you.

Jesus put it this way: A good man out of the good treasure of his heart bringeth forth that which is good; and an evil man out of the evil treasure of his heart bringeth forth that with is evil: for out of the abundance of the heart his mouth speaketh. (Luke 6:45)

I am convinced from my study of the Word of God that your own words can change your immune system for better or worse. (James 3:2-7) The words you speak are vital to your health and well-being. I believe there are some diseases that will never be cured unless people learn to speak the language of health that the body understands. God's Word is infused (engrafted) into you by giving voice to His Word with your own mouth, and this is the language of health to your body.

A continual affirmation of God's Word in faith will build into your immune system a supernatural anointing that is capable of eliminating sickness and disease in a natural manner.

God's Building Blocks

Words are the building blocks by which you construct your life. When you speak God's Word about your body, you construct a healthy mind, body and spirit. Someone once asked, is there anything in the Bible about the power of words? Well, I have found many and want you to prayerfully consider these scriptures below:

Thou shalt also decree a thing, and it shall be established unto thee: and the light shall shine upon thy ways.

Job 22:28

Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof.

Proverbs 18:21

Whoso keepeth his mouth and his tongue keepeth his soul from troubles.

Proverbs 21:23

A man shall be satisfied with good by the fruit of his mouth.

Proverbs 12:14

...the lips of the wise shall preserve them.

Proverbs 14:3

A wholesome tongue is a tree of life: but perverseness therein is a breach in the spirit.

Proverbs 15:4

A gentle tongue [with its healing power] is a tree of life, but willful contrariness in it

breaks down the spirit.

Proverbs 15:4 AMP

Pleasant words are as an honeycomb, sweet to the soul, and health to the bones.

Proverbs 16:24

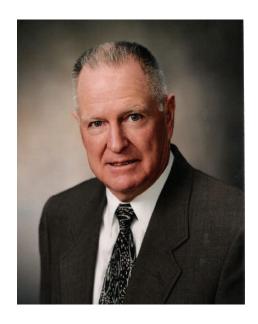
...the tongue of the wise is health.

Proverbs 12:18

He that keepeth his mouth keepeth his life.

Proverbs 13:3

You can see from these few references that God's Word has a lot to say about words and their effects on you and your health. Finding these scriptures changed my life and it will change yours if you give heed to them!



*This article was originally published in Charles Capps' best selling book, God's Creative Power® for Healing.



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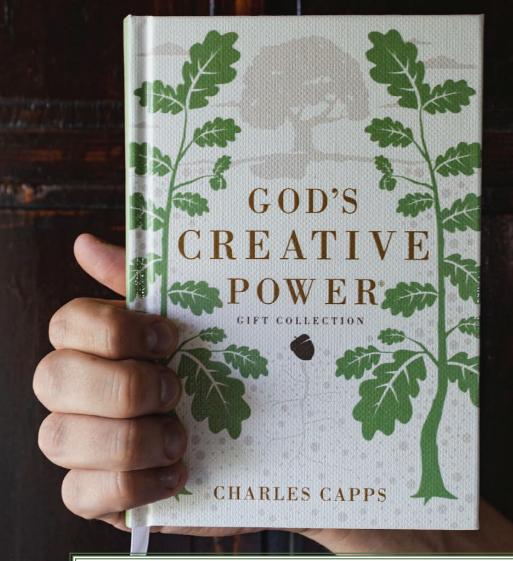
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