

DAY 3 | THE UNCONSCIOUS MIND AND THE HEART

"Keep thy heart with all diligence; for out of it are the issues of life." — Proverbs 4:23 (KJV)

"Behold, thou desirest truth in the inward parts: and in the hidden part thou shalt make me to know wisdom." — Psalm 51:6 (KJV)

Proverbs 4:23 is one of the most strategically important verses in all of Scripture: 'Keep thy heart with all diligence; for out of it are the issues of life.' The Hebrew word for 'heart' here is *leb* — the inner self, the seat of thought, will, and desire. The ancient writers knew what neuroscience is only now confirming: the centre of a person's life is not the conscious, reasoning mind but the deep, hidden interior.

Dr. Caroline Leaf's research reveals that the nonconscious mind — what the Bible calls the heart — is where 99.9% of our mental activity resides. It stores every thought, every memory, every emotional experience, every belief we have ever held. And like a root system beneath the soil, this invisible interior produces the visible fruit of our behaviour, relationships, and health.

What this means is profound: when negative emotions keep surfacing — when the same fears, the same anger, the same sadness cycle back — they are not random. They are the fruit of what is rooted in the deep interior. The emotion is the indicator pointing you to the root.

God's invitation in Proverbs is not merely a call to positive thinking — it is a call to radical heart stewardship. Guard what enters your heart through your eyes and ears. What you allow in becomes the invisible force that shapes everything out.

WHAT THE EXPERTS SAY

"What you wire into your brain through thinking is stored in your nonconscious mind. The nonconscious mind is where 99.9 percent of our mind activity is — it is the root level that stores the thoughts with the emotions and perceptions, and it impacts the conscious mind and what we say and do." — Dr. Caroline Leaf, *Switch On Your Brain*

"All of us have Dragons from the Past influencing our present feelings and actions. Unless you recognize and tame them, these dragons will haunt your unconscious mind and drive emotional pain for the rest of your life." — Dr. Daniel Amen, *Your Brain Is Always Listening*



**38 DAYS TO DETOX
NEGATIVE EMOTIONS**

PRAYER POINTS

1. Father, search my heart as only You can. Reveal what is rooted in my unconscious mind that is producing toxic emotional fruit in my life.
2. Holy Spirit, be my guide into the deep places — the hidden things that drive my reactions, my fears, and my cycles of pain.
3. I submit my unconscious mind to the Lordship of Jesus Christ. Let the roots of bitterness, fear, and shame be exposed and uprooted today.
4. Lord, plant Your truth, Your love, and Your peace deep in my heart, so that the issues that flow from my life bring honour to Your name, in Jesus Christ's name.

In the mighty name of Jesus Christ. Amen!

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— From the Desk of Chief Seer, Dr. Andre Thomas



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