

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

DAY 16 | THE POWER OF CONFESSION AND DECLARATION IN REWIRING THE BRAIN

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

— Proverbs 18:21 (KJV)

"Let the weak say, I am strong." — Joel 3:10 (KJV)

Proverbs 18:21 is a verse with neurological depth: 'Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof.' This is not poetic exaggeration — it is biological reality. Every word that exits your mouth first passed through your brain, activating neural circuits and releasing neurochemicals in the process. What you confess, you reinforce.

A 2024 fMRI study published in *Brain Sciences* found that one's own voice undergoes uniquely powerful neural processing — distinct from hearing any other voice. When you speak affirming, truth-based declarations in your own voice, specific regions of the brain activate — including the superior temporal sulcus and parahippocampal cortex — engaging emotion regulation pathways not triggered by merely thinking the same thoughts silently.

Dr. Caroline Leaf, however, makes an important distinction: genuine declaration is not the same as surface-level positive thinking layered over unaddressed toxic roots. Declaration must flow from genuinely reconceptualised thinking — from the real inner work of renewing the mind. 'Whitewashing your toxic thoughts with positive-thinking affirmations,' she writes, 'is merely a temporary fix, a band-aid approach.' The power is in declaration that emerges from a transformed interior.

Joel 3:10 gives every believer their declaration: 'Let the weak say, I am strong.' This is the language of faith — not denying reality, but speaking the higher reality of what God declares over you into the atmosphere of your life. When you speak God's truth over yourself consistently, you are physically building new neural pathways and biochemically reinforcing a new identity.



**38 DAYS TO DETOX
NEGATIVE EMOTIONS**

WHAT THE EXPERTS SAY


"Talking to yourself out loud can help you control your thinking. The first vital step in controlling emotions is recognizing you have control over your emotions — you build them into your brain in a creative choice with your mind." — Dr. Caroline Leaf, *Think, Learn, Succeed*

"Neurons that fire together, wire together. The more you focus on a particular idea, the more that gets written down into your brain and becomes your reality." — Dr. Andrew Newberg, *Words Can Change Your Brain*

PRAYER POINTS

1. Father, I consecrate my tongue to You today. Let every word I speak over myself and others carry the weight of Heaven, not the weight of the world.
2. I declare over myself right now: I am loved. I am healed. I am free. I am the righteousness of God in Christ Jesus. I walk in purpose and destiny.
3. I break the power of every negative declaration that has been spoken over my life — by others and by myself — and I cancel its neurological and spiritual effects.
4. Let the words of my mouth and the meditation of my heart be acceptable in Your sight, O Lord, my strength and my Redeemer, in Jesus Christ's name.

In the mighty name of Jesus Christ. Amen!

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