

DAY 15 | HOW WORSHIP AND PRAISE DETOX NEGATIVE EMOTIONS

"But thou art holy, O thou that inhabitest the praises of Israel." — Psalm 22:3 (KJV)

"And when they began to sing and to praise, the LORD set ambushments against the children of Ammon, Moab, and mount Seir... and they were smitten." — 2 Chronicles 20:22 (KJV)

2 Chronicles 20 records one of the most audacious military strategies in human history: Jehoshaphat sent the worshippers out first, ahead of the army. 'When they began to sing and to praise, the LORD set ambushments against the children of Ammon, Moab, and mount Seir... and they were smitten.' Worship was not the warm-up; worship was the weapon. And it still is.

Dr. Andrew Newberg has spent 25 years scanning the brains of people engaged in deep prayer and worship. During these experiences, the parietal lobe, which generates the sense of self and spatial boundaries, goes quiet, producing the experience of transcendence and union with God. Meanwhile, the frontal lobes intensify in activity, producing greater focus and clarity. Long-term worshippers develop measurably thicker frontal lobes.

A landmark 2013 review by Chanda and Levitin in Trends in Cognitive Sciences synthesised over 400 studies confirming that music activates four major neurochemical systems: dopamine (reward and pleasure), natural opioids (pain relief and euphoria), serotonin (mood regulation), and oxytocin (bonding and trust). Worship does not merely change your emotions, it biochemically recalibrates your entire body.

Psalm 22:3 declares that God 'inhabitest the praises of Israel.' Where praise goes, God's presence comes. And in His presence is fullness of joy (Psalm 16:11). Joy is the most powerful emotional state available to the human brain. Worship is not an escape from your emotional reality, it is the most direct route to transforming it.



**38 DAYS TO DETOX
NEGATIVE EMOTIONS**

WHAT THE EXPERTS SAY

"Intense prayer and meditation permanently change numerous structures and functions in the brain, altering your values and the way you perceive reality." — Dr. Andrew Newberg, *How God Changes Your Brain*

"Contemplating a loving God rather than a punitive God reduces anxiety, depression, and stress, and increases feelings of security, compassion, and love." — Dr. Andrew Newberg, *How God Changes Your Brain*

PRAYER POINTS

1. Father, I choose worship as my weapon today. Before I address my circumstances, I address You, and I declare Your greatness, Your goodness, and Your faithfulness over my life.
2. I release every negative emotion into the atmosphere of praise. Let worship be the environment in which anxiety, fear, and sadness are dismantled.
3. Holy Spirit, lead me into the kind of worship that changes brain chemistry and opens the heavens, not performance, but Spirit and truth.
4. I declare that the joy of the Lord is my strength. Let praise be my first language in every storm I face, in Jesus Christ's name.

In the mighty name of Jesus Christ. Amen!

Join us at www.fawnation.org | Download the FAWN Nation App on iOS & Android

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



**38 DAYS TO DETOX
NEGATIVE EMOTIONS**