

DAY 2 | EMOTIONS AS INDICATORS, NOT DICTATORS

"The heart is deceitful above all things, and desperately wicked: who can know it?" — Jeremiah 17:9 (KJV)

"Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths." — Proverbs 3:5–6 (KJV)

One of the most liberating truths you will ever receive is this: your emotions were never given to you to make decisions. They were given to you to indicate what is dwelling in your unconscious mind — your heart. The heart, Scripture warns, is deceitful above all things. It is not a reliable navigator; it is a reporter.

Neuroscience confirms this with remarkable precision. What researchers call the 'amygdala hijack' occurs when your brain's alarm centre fires a response before your prefrontal cortex — the seat of reason, wisdom, and faith — has time to evaluate the situation. In those moments, your emotion is speaking from stored memory and conditioned patterns, not from objective reality or spiritual truth.

Dr. Bessel van der Kolk explains that the only way to change the way we feel is to become aware of our inner experience and learn to befriend what is going on inside. This is exactly what the Spirit of God invites us into — not a suppression of emotion, but a Spirit-led investigation of its source.

Today, choose to be an observer of your emotions, not a slave to them. When a feeling rises, pause and ask: 'What is this indicating about what lives in my heart?' That question, submitted to God, becomes the beginning of your emotional detox.

WHAT THE EXPERTS SAY

"Your brain cannot change until you accept the anxiety or depression as a signal giving you information on its cause — in this way you make the anxiety or depression work for you and not against you." — Dr. Caroline Leaf, *Cleaning Up Your Mental Mess*

"Neuroscience research shows that the only way we can change the way we feel is by becoming aware of our inner experience and learning to befriend what is going inside ourselves." — Dr. Bessel van der Kolk, *The Body Keeps the Score*



**38 DAYS TO DETOX
NEGATIVE EMOTIONS**

PRAYER POINTS

1. Father, I surrender every emotion I have been obeying as though it were a command. I declare today that You alone are Lord over my decisions.
2. Holy Spirit, give me the grace to pause before I react, and to enquire of the Lord about the root of what I feel.
3. I break every pattern of emotional reactivity that has led me into wrong decisions and broken relationships, in Jesus Christ's name.
4. Lord, train my inner man to trust Your Word over my feelings, Your counsel over my impulses, Your direction over my emotions, 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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