

## DAY 4 | HOW WHAT YOU HEAR SHAPES YOUR EMOTIONS

"So then faith cometh by hearing, and hearing by the word of God." — Romans 10:17 (KJV)

"My son, attend to my words; incline thine ear unto my sayings... For they are life unto those that find them, and health to all their flesh." — Proverbs 4:20–22 (KJV)

Scripture declares that 'faith cometh by hearing, and hearing by the word of God' (Romans 10:17). What most believers do not realise is that this principle works in both directions: every word you consistently hear — whether it is the Word of God, fear-based news, critical voices, or toxic conversations — is physically building neural architecture in your brain and generating corresponding emotions.

Dr. Caroline Leaf, in her pioneering research on the neuroscience of the mind, explains that the words you hear form what she calls 'thought trees' — real, physical structures in the brain. As you listen, your brain is literally growing branches of neural connections that carry those words, with all their emotional weight, into your nonconscious mind. What you feed your ears becomes the content of your interior world.

Dr. Andrew Newberg's research confirms that negative, fearful, or critical language stimulates the release of destructive neurochemicals, flooding the body with cortisol and triggering anxiety. Conversely, words of truth, love, and hope activate dopamine, serotonin, and oxytocin — the brain's own medicine for peace and well-being.

This is why Proverbs 4:20 commands: 'Attend to my words; incline thine ear unto my sayings.' God is not being poetic — He is giving you a neurological prescription. A diet of His Word, consistently heard and received, will literally reshape the emotional landscape of your inner world.

### WHAT THE EXPERTS SAY

"The words that are being heard and the things that are being seen form the little proteins vibrating and the proteins that form these branches — everything that is heard and seen is being converted by the mind into the brain as thought trees." — Dr. Caroline Leaf, Young and Profiting Podcast



**38 DAYS TO DETOX  
NEGATIVE EMOTIONS**

"Any form of negative rumination — for example, worrying about your financial future or health — will stimulate the release of destructive neurochemicals." — Dr. Andrew Newberg, Words Can Change Your Brain

## **PRAYER POINTS**

1. Father, I take authority over every toxic word that has been sown into my ears — words of rejection, fear, failure, and inadequacy. I declare them null and void by the blood of Jesus.
2. Holy Spirit, tune my ears to the frequency of Heaven. Let Your Word be the loudest voice in my inner world.
3. I deliberately choose to immerse my hearing in the sound of Scripture, praise, and prophetic truth. Let what I hear rebuild my emotional foundations.
4. I break every soul tie to negative voices — media, relationships, and inner dialogues — that have poisoned my emotional world, 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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