

DAY 14 | THE WORD OF GOD AS EMOTIONAL MEDICINE

"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)

"He sent his word, and healed them, and delivered them from their destructions." — Psalm 107:20 (KJV)

Proverbs 4:22 makes a claim that modern medicine is only beginning to understand: God's words are 'life unto those that find them, and health to all their flesh.' The Hebrew word for health here is *marpe*, it means healing, a cure, a medicine. Scripture is not merely spiritually nutritious; according to its Author, it is physically therapeutic.

Dr. Andrew Newberg's research at Jefferson University has produced compelling evidence for this claim. His neuroimaging studies found that speaking or hearing a word like 'peace' repetitiously, as one would in Scripture meditation, releases dopamine, stimulates the brain's reward system, quiets anxieties, and reduces cortisol. Furthermore, just 12 minutes of daily focused prayer over 8 weeks produced measurable, positive changes in brain structure and function.

Self-affirmation research (Falk et al., 2015) found that affirming, personally meaningful messages activate the ventromedial prefrontal cortex, the brain's reward, motivation, and self-valuation centre. When Scripture is not merely read but received, personalised, internalised, and believed, it engages this entire reward network, producing the neurological equivalent of what Psalm 107:20 describes: 'He sent his word, and healed them.'

The Word of God as medicine requires the same consistency as any prescription. A single dose produces limited results; a sustained daily regimen produces lasting transformation. 'Let them not depart from thine eyes; keep them in the midst of thine heart' (Proverbs 4:21) is a dosage instruction. Immerse yourself in the Word, and it will rebuild the emotional architecture of your inner world.



**38 DAYS TO DETOX
NEGATIVE EMOTIONS**

WHAT THE EXPERTS SAY

"If you repetitiously focus on the word 'peace,' saying it aloud or silently, you will begin to experience peacefulness... Pleasure chemicals like dopamine will be released, the reward system will be stimulated, anxieties and doubts will fade away." — Dr. Andrew Newberg, Words Can Change Your Brain

"It has been found that 12 minutes of daily focused prayer over an 8-week period can change the brain to such an extent that it can be measured on a brain scan." — Dr. Caroline Leaf, Switch On Your Brain

PRAYER POINTS

1. Father, I receive Your Word today as medicine, not merely information but divine therapy for every wounded emotional space in my inner world.
2. I commit to the daily discipline of meditating on Scripture, believing that as I receive Your Word, You are healing the broken places in me.
3. Holy Spirit, make the Word alive in me, not dead letters but living and active, discerning the thoughts and intents of my heart.
4. I declare healing over my mind, my emotions, and my body through the power of the living Word of God, 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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