

DAY 5 | HOW WHAT YOU SEE (IMAGINATION) SHAPES YOUR EMOTIONS

"And the LORD answered me, and said, Write the vision, and make it plain upon tables, that he may run that readeth it." — Habakkuk 2:2 (KJV)

"The light of the body is the eye: if therefore thine eye be single, thy whole body shall be full of light." — Matthew 6:22 (KJV)

When God gave Abraham his covenant, He did not simply tell him — He showed him. 'Lift up now thine eyes, and look from the place where thou art... for all the land which thou seest, to thee will I give it' (Genesis 13:14–15). God is the original architect of vision-based faith, because He designed the human brain to respond powerfully to what is seen — including what is seen in the imagination.

A groundbreaking 2023 study from University College London, published in Nature Communications, found that imagination and perception rely on the same overlapping brain circuits. Dr. Nadine Dijkstra concluded that there is no categorical difference in the brain between imagination and reality — it is a difference in degree, not in kind. The brain produces cortisol and adrenaline when you imagine stressful scenarios just as it does when the stress is real.

Dr. Caroline Leaf makes this explicit: 'Our choices — the natural consequences of our thoughts and imagination — get under the skin of our DNA and can turn certain genes on and off, changing the structure of the neurons in our brains.' What you mentally rehearse, you are neurologically building. What you visualise in fear, you are biologically reinforcing.

This is why Jesus warned that 'if the light that is in thee be darkness, how great is that darkness!' (Matthew 6:23). The images you nurse in your imagination — whether of failure, catastrophe, shame, or victory, abundance, and healing — are not merely thoughts. They are construction projects happening in the physical tissue of your brain.

WHAT THE EXPERTS SAY

"Our thoughts, imagination, and choices can change the structure and function of our brains on every level." — Dr. Caroline Leaf, *Switch On Your Brain*

"Long after the actual event has passed, the brain may keep sending signals to the body to escape a threat that no longer exists." — Dr. Bessel van der Kolk, *The Body Keeps the Score*



**38 DAYS TO DETOX
NEGATIVE EMOTIONS**

PRAYER POINTS

1. Father, I surrender my imagination fully to You. I pull down every fearful, shameful, or destructive image that has been building negative emotional architecture in my mind.
2. Holy Spirit, fill my imagination with the visions of Heaven — of healing, of destiny, of the good future You have planned for me (Jeremiah 29:11).
3. I consecrate my mind's eye to God. Let what I see internally align with what God declares externally over my life.
4. I destroy every stronghold of imagination that exalts itself against the knowledge of God, and I bring every vision into captivity to the obedience of Christ, in Jesus Christ's name.

In the mighty name of Jesus Christ. Amen!

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

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



**38 DAYS TO DETOX
NEGATIVE EMOTIONS**