

NEGATIVE THOUGHTS & EMOTIONS MAKE US SICK...

By Deanne Day



Deanne Day

- The vast majority of doctor's office visits are due to stress and toxic emotions...*Franklin Ross, M.D.*
- 85-90% of all physical & mental illness has an emotional component...*Center for Disease Control*
- Dwelling on a negative emotion like shame, guilt, fear, rejection, or anger for 6 minutes will crash your immune system for 21 hours...*Lee Berk, M.D.*
- Everytime you feel unforgiveness, you are more likely to develop a health problem...*Everett Worthington, Executive Director of "A Campaign For Forgiveness Research", a psychological research group.*

We were created for love and relationship as outlined in the two commandments Jesus left us (Matthew 22:37-40). In our relationships with God, within and with others, God wants us to experience peace, which is the absence of unresolved conflict.

Proverbs 14:30

A calm and undisturbed mind and heart are the life and health of the body, but envy, jealousy, and wrath are like rottenness of the bones.

Unresolved conflicts in our relationships with God, within or with others can erode our peace, and set us up for "dis-ease." Have you ever gotten upset with yourself or someone only to find yourself not feeling well both emotionally and physically?

Conflict in relationships can break our hearts. If we do not have our identity in God's unconditional love **and** don't quickly forgive, we lose our peace. It is not long

before "dis-ease" (a lack of cellular peace) appears. We can have headaches, trouble sleeping, digestion and elimination problems, depression, and many other symptoms that lead us to seek medical care that does not eliminate the cause of "why" we are physically ill and emotionally tormented.

Matthew 18:34 is clear that when we do not forgive, we are thrown over to the tormentors who steal our peace. If we forgive others like we have been forgiven, we can take back our peace. One of the believer's inherited blessings in the Kingdom of God is peace. Resting in our Heavenly Dad's love and care as His adored sons and daughters is the only true place of lasting peace in a world gone mad!

Many people have never heard their earthly father's say, "**I love you!**" It is very difficult for them to trust and believe Heavenly Dad could be any different.

There are many brokenhearted people including Christians who have yet to truly forgive from their hearts because they are still looking to imperfect people, accomplishments and things to give them significance. Our love, approval, significance and identity come from the heart of a Father Who was willing to give up His only Son to die for our sins so that we could be adopted by a Father Who **perfectly** loves us and gives us peace.

If we are still thinking and speaking about offenses, then

we have not truly forgiven from our heart. We will be tormented spirit, soul and body.

I thought I had forgiven people who had abused me emotionally, verbally, physically, financially, sexually and even spiritually, but I was still keeping a record of wrongs done to me. I would go to the elders for prayer and the anointing with oil, but I only grew sicker and sicker.

After many years of being too sick to minister, collecting SSDI benefits, and having a full time caregiver, the doctors said I was dying. I had seen everything from cancer to bee stings healed, so I knew it wasn't unbelief or a lack of faith that was keeping me sick. The only other possible explanation I could come up with was that God was angry with me. I didn't have my identity as Heavenly Dad's adored daughter even though I was a minister and had gone to Bible College.

3 John 2

Beloved

I wish above all things that you may prosper and be in health, even as your soul prospers.

I began an in-depth study of medical and psychological research that **supports scriptural truths** as they relate to spirit, soul, and body.

Many scriptures confirm the research in fear stress physiology and provided answers that led to my healing from environmental illness, multiple chemical sensitivities, chronic fatigue syndrome, asthma, fibromyalgia, depression, insomnia, seizures, panic attacks, rheumatoid arthritis, irritable

bowel syndrome, allergies, post traumatic stress disorder, migraines, systemic candida, and adrenal gland failure.

I no longer have these diagnoses. I have peace and joy. I take no medications! Today I **know** God is **not** angry with me, and I'm **not** upset with myself or anyone on the planet...**I'm at peace in a world gone mad!!!**

I have been working with brokenhearted believers for 22 years. Jesus said it would be impossible for offenses not to come. One of the reasons He died was for our healing. Complete and lasting healing cannot come when we are in relational conflict and experience emotions long term like shame, guilt, fear, self-hatred, anger and bitterness.

People receive phone ministry from all over the US and Australia to learn more about how negative thoughts and emotions make them sick. I have learned first hand the power of forgiveness and repentance (changing the way I think about God, myself and others, my past, present and future) as the only way for the body and soul to prosper.

Jesus has healed phone ministry recipients of: Fibromyalgia, Alzheimer's Disease, Obsessive-Compulsive Disorder, Asthma, Allergies, Insomnia, Psoriasis, High Blood Pressure, Neck & Back Pain, Depression, Heart Arrhythmias & Fibrillations, Migraines, Hypoglycemia, MS, Myasthenia Gravis, Bi-Polar, Schizophrenia and others!

Deanne Day has been ministering comprehensive gospel healing and wholeness since 1987. She has a strong medical background, working in conjunction with medical doctors who understand the mind-body connection.

She ministers through Restoring Hearts, Inc. and is a team member of Restoring Hearts Ministries, Inc. (www.restoringhearts.net). Deanne has a compassionate heart for the wounded soldier in the body of Christ. Her passion is to see people healed and find their divine destiny in the end time harvest of souls. Deanne ministers gospel healing and wholeness at conferences, through books, music, and phone ministry. She is a contributing editor and author for other minister's publications. She holds a B.S.O.E. degree from a Christian University, and is ordained by AEA. Deanne resides in Kailua-Kona, Hawaii, and can be contacted through her website.