

IMPENETRABLE PEACE

“75% to 95% of the illnesses that plague us today are a direct result of our thought life. What we think about affects us physically and emotionally. It's an epidemic of toxic emotions. The average person has over 30,000 thoughts a day. Through an uncontrolled thought life, we create the conditions for illness; we make ourselves sick! Research shows that fear, all on its own, triggers more than 1,400 known physical and chemical responses and activates more than 30 different hormones...

- Dr. Caroline Leaf, Cognitive Neuroscientist

...Toxic waste generated by toxic thoughts causes the following illnesses: diabetes, cancer, asthma, skin problems and allergies to name just a few. Consciously control your thought life and start to detox your brain! Medical research increasingly points to the fact that thinking and consciously controlling your thought life is one of the best ways, if not the best way of detoxing your brain.”

- Dr. Caroline Leaf, Cognitive Neuroscientist

⁶Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷And the **peace of God**, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. ⁸Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. ⁹Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the **God of peace** will be with you.

Philippians 4:6-9 (NIV)

God is inviting you to practice impenetrable peace.

RELEASE IS THE KEY TO GOD'S PEACE

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Fear: a negative interpretation or expectation of what's to come

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Guard (*phrouresei*, also used in 1 Peter 1:5) translates a military term which means “to protect or garrison by guarding.” Like soldiers assigned to watch over a certain area, God’s peace garrisons the **hearts and...minds**, that is, the emotions and thoughts, of God’s children.

- Bible Knowledge Commentary

RELEASE IS THE KEY TO GOD'S PEACE

The name of the LORD is a fortified tower; the righteous run to it and are safe.

Proverbs 18:10 (NIV)

**THE THOUGHTS WE THINK DETERMINE
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Philippians 4:8-9 (NIV)

THE THOUGHTS WE THINK DETERMINE THE PEACE WE HOLD

"God builds into the science of thought this amazing ability to renew our minds, which in turn rewires the brain. This means that each time a thought dominates your conscious mind, you can do something with it. You are not a victim of your biology; you can control your reactions to events and circumstances. You can choose to keep your thinking the same or change it."

– *Switch On Your Brain: The Key to Peak Happiness, Thinking, and Health*, Dr. Caroline Leaf, Cognitive Neuroscientist

FEATURING THE 21-DAY BRAIN DETOX PLAN

SWITCH ON YOUR BRAIN



The Key to **PEAK HAPPINESS,**
THINKING, and **HEALTH**

DR. CAROLINE LEAF

Holy, Holy, God Almighty
Make me holy like You