THE REAL YOU

"There is nothing from without a man, that entering into him can defile him: but the things which come out of him, those are they that defile the man.

If any man have ears to hear, let him hear. And when he was entered into the house from the people, his disciples asked him concerning the parable. And he saith unto them, Are ye so without understanding also? Do ye not perceive, that whatsoever thing from without entereth into the man, it cannot defile him; because it entereth not into his heart, but into the belly, and goeth out into the draught, purging all meats? And he said, That which cometh out of the man, that defileth the man. For from within, out of the heart of men, proceed evil thoughts, adulteries, fornications, murders, thefts, covetousness, wickedness, deceit, lasciviousness, an evil eye, blasphemy, pride, foolishness: All these evil things come from within, and defile the many."Mark 7:15 – 23.

"Examine yourselves, whether ye be in the faith; prove your own selves. Know ye not your own selves, how that Jesus Christ is in you, except ye be reprobates?" 2Cor.13:5.

Many people now a days are fake people. The word real means actual; genuine or existing in fact. Therefore the title can still be framed thus; actual you; genuine you; or you and your real self. A man is therefore what he is right from inside. You cannot exhibit what you don't have. In another word, you cannot displace what you don't know. You cannot be greater than the level of your inner greatness. The real you is yourself inside, the real you is your thought, the real you is your imagination.

You cannot be separated from your habit or character, therefore the real you is your habit or character.

FAKE YOU

Fake men are everywhere today. Not only in politics, business, but even in the church of God.

- Fake men professes what they are not. They are empty barrel that is full of noise. They claim what they are not. They always see themselves wiser than others but they are the biggest fools. They professed what they are not most of the time by the way they dress. Some they go to the extend of going to their friends to borrow cloth you see them wearing especially when they have aprey to catch with it. Some they borrow cars of their friends to fool people. They talk much and does little or nothing. They give counsels of what they themselves cannot practice. They are extrovert who most of the time forgets what they have uttered out.
- Fake men promises what they cannot do or give. The reason they failed fulfilling their promises is because right from the onset, they are not what they call themselves as earlier stated. How can a dependants relatives person, be promising of taking care of another person and you will take him serious. What he wear is not his, what he rides is not his and now his promising you better thing than what is using. It is no promise right from the start. A fake person lack integrity and since integrity is not there, he is bound to disappoint, for such cannot stand by what he says. A baskest mouth individual can promise his prey what he or she may not be able to get for life. Beware of them and run away from them.
- Fake people are liars and deceivers: These set of people are everywhere they are many on our streets. They are found of using makeup to catch their prey. They are well dressed outside, I mean very neat when you see them. But get to their house, there you will see their true identity. They are only neat outside but so dirty at home. Their sitting room is so poorly arranged and whenever it is well arranged, they dirty it with thir dirty cloth. Their shoeshas no place to be kept. The place for their head gear is the three sitter. The place of their cap is their dining table or on television set. If they are women and they are pregnant then comes their real selves. Ever before pregnancy, they can not wake up in the morning to mop their floor talk less of when they are now pregnant. Go their kitchen, you will never want to eat their cooked food, because of the arrangement of their kitchen couple with the unwashed plates of more than three or four days scattered

on the floor. Yet, when you see them outside and the way they dress complained about dirty things around them, you will think that that is their real nature but lo and behold they are fake.

There are fake couple also you will see them wearing the same type of cloth (anko) but at home they don't talk together. At home it is quarrelity and fighting all the time with one another. But when they are going to church or to an occasion they wear the same type of cloth. Look! They are fake, they are only deceiving people with their cloth for them to think that there is peace and love in their home. Their home is at hot as an oven.

- Fake preachers (Pastors, Evangelists, Bishops, Apostles, Prophets etc) some of them know the scripture and they preach it fine. But look at their personal life style. It is completely contrary to what they voiced out of the pulpit. They preach love to God and humanity to their members. But their own life style is full of hatred to God and man. They talk about forgiveness but they hardly forgive whosoever wrong them or try to cross their ways. Some, they preach against adultery and fornication like a sin they detects so much, but that is their main weakness. Even among the married women and spinsters in their church they have them as their immoral partners. Fake leaders in the church are wolves in sheep clothing, their sheep devourers sheep killers, they are sheep scatterers, they are sheep stealers, they are sheep loosers. Fake leaders are problem in the church of God. They are the preacher of do what I say and not what I am doing. May God begin the business of purging His Church from henceforth in Jesus name.
- As in the Clergy so it is in the Laity. There are so many members of the Church that are indeed wolves in sheep clothing. They dress moderately even without earrings but they are witches and familiar spirit people in the Church. They are in the church not because of their love to God but because of the right standing brothers they want to pull down. They are in the church to pull down the pastor; for they know what their pastor wants, they know that their pastor use to have respect for ladies that dress decently, therefore, they use their decent way of dressing to get close to their pastor in order to pull him down. Fake Christian sisters! Some

brothers too seems to be committed to the church, they does that to pull right standing sisters. I had of a brother who joined a church for more than three to four years. He became a worker and later saw the will of God to a sister in marriage. Lo and behold, after the wedding the brother brought down his animal skin which he use to pray in Islamic religion and told the sister what God as joined together let no religion put asunder. Furthermore, the brother said that he was in the church to catch her and since he has succeeded he is fully back to his religion. Fake Christian brother! Beware of them; they are everywhere. Fake believers are the make believers. Except God exposed them they are difficult to differentiate them from real believer i.e Judas Iscariot. Fake people are wolves in sheep clothing just as the Bible put it in Matthew 7:15 that "Beware of false prophets, which come to you in sheep's clothing, but inwardly they are ravening wolves."

YOUR THOUGHT AND YOU

You cannot be greater than your thought or thinking. A man will act based on the thought of his heart. Even if he is taught, the teaching must have clicked with what his thought and heart desires before putting it into actions.

A victor at the thought level is a victor all roundly.

And a failure at the thought level is a failure all roundly.

A fornicator or adulterer at the thought level is a fornicator or adulterer in the physical. Such cannot cease from lust because his / her thought is his / her real self.

A cheater or betrayer is from the thought level. Judas Iscariot started his betraying plan or program right from his thought level before making the move to go and meet the Sahindrine to bargain with them on how he will sell Jesus Christ to them.

The death of a man and the survival of a man start from the thought level. The moment a man gives up on the hope for living right from the thought level, no amount of medication can make such a person to survive. And when a man is in critical condition and all hope of the people are lost on him, if the man's hope of survival is still strong in his thought level, he will surely survive it.

- Your righteous and holy living starts from thought life. The moment a man's thought is full with sinful thought, so he will find himself acting physically.
- When one thought is conquered, then a whole man right from the spirit to the physical is already conquered.
- Your thought life dictates what you will have feeling for. Therefore, your thought has something to do with your emotion. Since your thought cannot be separated from your reasonings, then the moment anything be it good or bad catches with your reasoning or appeal to your reasoning, before you know it, you begin to have either ill or good feeling for such.
- A pure thought or an holy and righteous thought will act pure, holy and righteous in all his / her deeds. Therefore, a thought that is pure will not speak out corruption. A thought that is pure and holy will not dress seductively. A pure and holy thought will not do evil against his / her brethren, he / she will not slander his fellow nor backbite him / her before anybody.
- The power of witches, wizard or familiar spirit is their thoughts and imaginations. Their thought life has been made strong with evil spirit and that is why they accomplished whatsoever evil they wish their victim through their thought life. When a believer's evil thought against human or anything is getting fulfilled, you should know that you are already a witch, wizard or familiar spirit. You may even be a prophet. When you prophesy bad thing or dreamed evil thing about a person how does your thinking look like in you? Don't you want such an evil to come to pass as you have prophesied or dreamt?

You may say you are not a witch. No wonder God says your thought is not His thought (Isa 55: 8 - 9). "For my thoughts are not your thoughts, neither are your ways my ways, saith the LORD. For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts." Any

thought that is not of God must therefore be brought down. 2 Corinthians 10:5"Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ.

The real you is your thought. If you want to be the real man God want to make you through Jesus death and resurrection, be ready to refute arguments and theories and reasoning and every proud and lofty thing that sets itself up against the (true) knowledge of God; and lead every thought and purpose away capture into the obedience of Christ (the Messiah, the Anointed one) II cor. 10:5 Amp. That is to say that you need to surrender your thought or thinking to God. Your thought is the power and the brain behind your decision or action. When you let your thought goes for God's will, you talk the way God will talk and act the way God will act. In this way, anybody that sees you will see no any other person but God. It was the acts and actions of the disciples at Anthioch that make the people to see Christ in them and they gave them the name Christians (Christ like or little Christ)."And when he had found him, he brought him unto Antioch. And it came to pass, that a whole year they assembled themselves with the church, and taught much people. And the disciples were called Christians first in Antioch." Acts 11:26.The real you can be God if you let go your thought for God's thought.

THE REAL YOU AND YOUR HEART

"There is nothing from without a man, that entering into him can defile him: but the things which come out of him, those are they that defile the man.

If any man have ears to hear, let him hear. And when he was entered into the house from the people, his disciples asked him concerning the parable. And he saith unto them, Are ye so without understanding also? Do ye not perceive, that whatsoever thing from without entereth into the man, it cannot defile him; because it entereth not into his heart, but into the belly, and goeth out into the draught, purging all meats? And he said, That which cometh out of the man, that defileth the man. For from within, out of the heart of men, proceed evil thoughts, adulteries, fornications, murders, thefts, covetousness, wickedness,

deceit, lasciviousness, an evil eye, blasphemy, pride, foolishness:all these evil things come from within, and defile the man." Mark 7:15-23

As Jesus said clearly in the text read that right from the heart proceeds all kind of evil that man does on the earth. The heart of man then is the workshop where what you says, does or thinks are manufactured. What I am saying is that, the product of your heart is what people heard you saying, the product of your heart metamorphous to your thought and becomes what people are seeing you doing or acting. The real you is your heart. The dirty your heart is, the dirty the thought that comes from it, the dirty the word that comes out of your mouth (Vulgar Statement) that is words unrefined and so it shows in the way you behaves, the way you dress, the way you treat people that comes across your way etc. The more your heart is unrefined, the more you erred from God's own commanded standard of living. The heart that is not refined (circumcised) is a complete adamic heart. Holiness may never cross such a heart, righteousness cannot be found there. The complete law of God which is imbedded in the Love of God (Agape Love) can never be traced out there. That is to say that, "Zero Love" or Lust will be fully in place. This is no love at all. This type of love if at all is called love by some people, it is only the loved one that possesses the qualities that are appealing and needful to satisfy the lover (The uncircumcised heart) who appropriates the loved one to himself thereby satisfying his need without having the mind of given anything of himself in returned to the love done. This type of love is selfish that is why it is referred to as zero love which is full of selfish wants or desires that hardly merit the name LOVE.

Furthermore, the heart that is not refined or be circumcised will exhibit a deceptive love called Phileo Love. This type of love is only seen as an investment where returns is expected. It is the highest form of love that the unregenerated mind of unbelieving man or woman is capable of practicing when they give whatsoever they give in the name of love, they only did that because of what they will gain in return. It is also a love that is common in nuclear family where the parent shows all their love to their children with the hope that when they are old as parent and their children grew up, they will in turn take care of them.

Eros love is only erotic. Also, it is a love of mutual equal giving and receiving. It is popularly referred to as a sexual love. It may not be sinful if it is only practised among the legally married couple. i.e husband and wife (male and female).

Storge or Familiar love also exists between parents and children most. So also an uncircumcised heart will like to spend his love on somebody he / she knows than unknown or unfamiliar person.

Ludus is a playful love that dominates the life of young lovers especially at the early stage of coming together. But as time goes on in their relationship, they lost the playful aspect of their love probably due to lost of beauty or handsomeness of either of the party. The playful aspect of this love is due to the met condition but as the condition begins to fade out, the love will also reduced automatically.

There is love they also called Philantia Love. Here the lover will first take care of himself to his satisfaction before caring for the loved one. There are others like Mania or Obsessive love, Philia love, pragma or enduring love but all these may not portrayed the love that is required of a regenerated heart.

The regenerated heart can fix in into the love of God that is called Agape love. This is an unconditional love. Here, the lover sees nothing whatsoever of need or desire in the loved one. In fact, the loved one may totally unacceptable, yet the lover because his very nature is 'love', he find himself consciously or unconsciously giving out 100% of himself to the loved one and still expecting nothing in return. This is 100% love; the life force that is stronger than death and this is called Agape Love or God's love. If this type of love is in practice, the lover will see himself still loving the unlovable individual no matter how such an individual may detest him. Also, the lover will still find it very easy to displace this agape love to the unlovely no matter how ugly, stinking or bad the follow may be. This type of love is perfectly displaced by our Lord Jesus Christ to the whole world. The same He is expecting from all that truly accept Him as Lord and Savior into their lives.

WHY THE REAL YOU AND YOUR HEART

From what we have considered already, especially in the area of love of which comes from the heart though it has been made known that the type of heart you carry (circumcised heart or uncircumcised heart) will determine the type of love you generates. Therefore we can say heart is a seat of emotion. But it will be better to state clearly that Heart is a centre of emotions and affections; tendernes¹; enthusiasm or courage as stated by Collins Gem English Dictionary

In respect of this I want to say that what heart is may not be well known without stating the composition of it. Also, the composition of the heart may not be well understood without mentioning the compositions of the spirit and that of the soul.

COMPOSITION OF THE SPIRIT ARE:

CONSCIENCE:

As regards thought and actions taken by himself / herself, he / she can sense it whether they are right or wrong, especially when such a conscience has not been seared with a hot iron as stated in 1Timothy 4:2. If your conscience is alive, it can justify you correctly over an action taken or condemns you without nobody judging you.

INTUITION:

This displace the feeling of the Spirit which is different from what you feels physically. This is basically the knowing of the spirit. This may be the reason why Collins Gem English Dictionary put it as the instructive knowledge or insight without conscious reasoning.

^{1.} Collins Gem English Dictionary Harper Collins lishers Great Britain 1997, p. 253

FELLOWSHIP:

The fellowship here is not fellowship with one another as human that has to do with sharing of aims or interest of one another nor group with shared aims or interests. It is not even a feeling of friendliness. So the fellowship that the spirit longs after is fellowship with God. Though many may be saying there is no God "atheist" yet deep inside them, they still know that somebody exists who is more than human i.e Dogmatic atheism completely deny the existence of God. While philosophic atheism believes that something or somebody first caused the existence of some other things yet they never believes in the existence of divine being.

Practical atheism does not reject the existence of God at the intellectual level but only reject it from practical perspective. But one things is still very clear that the real human being in atheist still yearn for fellowship with God. Therefore fellowship as part of the composition of the spirit in man is real and cannot be denied.

COMPOSITION OF SOUL ARE:

1. Mind: This is the centre of thinking faculties, memory or attention, intention and sanity. From the mind, man reasons, retain or displace knowledge, arguing or critizes, etc. Looking at the mind critically as one of the component of the soul, one can easily says that the mind functions majorly in three ways i.e Thinks, feels and wants. With the mind we think and feel for whatsoever we see, hears, touch etc. this aspect of feeling will be discussed further under emotion which forms part of the component of the soul. Also, with the mind we desires or long for one things or the other (want).

Westsidetoatmasters.com explain this function of thinking that comes from the mind by stating that "the function of thinking is to create meaning. Thinking makes sense of the events of our lives; sorts events into named categories and finds patterns for us". The mind tells us what is going on around us or what may be happening of which eventually makes us to figure out things and in short helps us to see the situation, understandable and sensible.

Through this function of the mind, "Thinking" are Judge, Perceive, analyze, clarify things, determines to do or not to do a thing, compare things etc.

Westsidetoatmasters.com further stated that feeling as the second function of the mind is to monitor or evaluate the meaning created by the thinking function. Feeling in the mind evaluate how positive and negative the events of our life are, and giving us the meaning we are to assign to them. The feeling within our minds tells us how we are doing: i.e happy, sad, depressed, anxious, stressed, calm, worried, excited etc.

The third function of the mind which is 'want' allocates energy to acting keeping with our definitions of what is desirable and possible. Wants continually tells us that this is what is worth getting or otherwise if not worth getting. Wants therefore propels us to act as we do: in terms of goals, desires, purposes, agendas, value and motives.

From the above stated perspective, you will see that "our mind is continually communicating three kinds things to us: (1). What is going on in our life. (ii). Feelings (positive or negative) about those events; and (iii) things to pursue, where to put our energy (in the light of one and two)"²

This three functions in the mind closely acquainted powerful interrelationship between each other, they all keeps on influencing one another e.g when it is dark and we think snake or scorpion may bite or sting, we feel fear and without further hesitation we want to run away.

Will Meek PhD Simplified the research that demonstrated the brains that operate automatically (usually called System 1) and those that are more effortful (System 2)by Daniel Kahneman; from this he arrived at what

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² Westsidetoastmasters.com/rees/thinking_tools/cho4lev1sec3.html

- he called Three frames of mind which he tagged Engaged, Automatic and Analytic³
- a) Engaged Mind: This is the state of being totally carried away or connected to what we are doing in that present moment. When our thoughts and attention are fully connected to what is happening or what we are doing here and now, that is Engaged Mind. i.e reading your book and not wandering about in your thought. Not getting distracted by anything, be it your environment, or any situation or circumstance that may have surrounded you from the past or present is Engaged Mind.

Those who are able to engaged their mind on what they are doing, saying, reading and not at all distracted are generally happier and joyful in their lives. These are the set of people who may be able to stand by their decision, they find it easy to serve God committedly; for whatsoever they determine to do, they do it with their whole self (Spirit, Soul and Body). These set of people are most likely to be men/women of their words. Real you from inside revealed.

b) Automatic Mind: Through constant and enormous rang task of our brain, we become aware of any changes in the environment (i.e new sounds, changes in light or temperature, quick movements etc.) and any pains or bodily sensations that deserve to be noticed and some that does not. Without any effort, we evaluates and judges things beings positive or negative; our self not excluded, classified our experiences and make decision about things we need to do and have remember. We remembered some past happening and have fear of what might happen in the future. We cultivate lifestyles to automate parts of our lives and are drawn out momentarily with memories or questions. "This non–stop flow of information is part of being human, and we spend a large percentage of our lives swimming (wallowing) in this stream. This is Automatic mind.⁴

The content of Automatic mind is determined by current internal and environmental conditions, instincts by perception, and prior learning.⁵ Also,

³ www.psychologytoday.com/blog/notes-self/201303/how-understand-your-mind

⁴ www.psychologytoday.com

⁵ bid

it is determined by what we have heard, watched, touched or felt. This flow may be beneficial, but the misinformation, distortions, biases, the immediate judgments and impulses, engrained habits, and intense mood that automatically grip us are usually the source of our greatest problems and pain, especially when it becomes routine Automatic mind becomes unbearable when those thoughts are most of the time negative. Most of the time for those that are given to automatic mind, they may be undependable, unreliable. For automatic mind can at anytime disengaged the engaged mind.

- c) Analytic Mind: This is centered on all complex reasoning we can do. Humans are self aware creatures, have the grace to purposefully step back from current thoughts, feelings and experiences to observe them, manipulate information in the mind and solve problems. Analytic Mind can work in six ways as stated by Will Meek:
 - 1. Observe: observation of other people as well as the workings of our own minds.
 - 2. Reflect: Replay events in our memories and arrive at a new perspective.
 - 3. Solve: Take the immediate issues and problems and find solutions.
 - 4. Plan: Planning into the future and create backup options.
 - 5. Focus: Sustaining attention on something important.
 - 6. Imagine: This can be used to run through how something may play out.

A decision made after analyzing may be void of mistakes. But by staying in this frame, by over – Analyzing things, one may develop a rigidity thinking, or don't use it enough⁷. When this come in conflict with automatic, generated emotions and intuition, it can leave one in a state of confusion and indecision.

Whether your mind is analytic domineering or automatic domineering or engaged mind domineering, without divine heart circumcision, the

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⁶ bid

⁷ www.psycholgytoday.com

negative mind in you will still make you corrupt when reflective in the physical relationship with man and God.

Scripturally, Psalm 139:14 make us to understand that the mind as the part of the Soul 'knows' It say "My Soul knoweth right well". While Lamentation 3:20 says "My Soul hath them still in remembrance" That's shows that Mind remembers. Prov. 2:10 prove to us that the mind is a part of the soul by saying "when wisdom entereth into thine heart (mind) and knowledge is pleasant into thy soul". That is to say that knowledge is a matter of the Mind. Note Proverbs 19:21

"There are many devices in a man's heart; nevertheless the counsel of the LORD, that shall stand". And Proverbs 24:14 that says

"So shall the knowledge of wisdom be unto thy soul: when thou hast found it, then there shall be a reward, and thy expectation shall not be cut off."Through these verses, we can see that the mind as part of the component of the soul; knows, considers, and remembers.

2. Emotion: Emotion can be defined as a strong feeling, appetite or desire. Emotion as part of the soul can be better established in the bible for clearer understanding i.e 1Samuel 18:1 says "and it came to pass, when he had made an end of speaking unto Saul, that the soul of Jonathan was knot with the soul of David". Song of Solomon 1:7 also prove 'Love' which is the product of emotion as the part of the soul by saying "Tell me, O thou whom my soul loveth..."

Definitely Emotion is the part of the soul that makes us to love. Psalm 42:1 also established this that love is the function of the soul by saying "as the hart panteth after the water brooks, so panteth my soul after thee, O God"

With the function of emotion in the soul, hating, loathing, and despising are also in the soul. This can be established in Ezekiel 36:5 "Therefore thus saith the Lord God, surely in the fire of my jealousy have I spoken against the residue of the heathen, and against all Idumea, which have appointed

my land into their possession with joy of all their heart, with despiteful minds, to cast out for a prey". The word despiteful which simply mean showing malicious ill will and desire to hurt; motivated by spite is directly has to do with the function of emotion in the soul; that is feeling to hurt another. And before a man have the feeling to hurt another man, hatred must being in place. 2Samuel 5:8 further established 'hate' as the function of emotion in the soul by saying "And David said on that day, whosoever getteth up to the gutter, and smiteth the Jebusites, and the lame and the blind that are hated of David's soul, he shall be chief and captain. Wherefore they said, the blind and the lame shall not come into the house."The emotion in the soul of David hates the blind and the lame and this pushed him to destroy them. Psalm 107:18 says "Their soul abhorreth all manner of meat; and they draw near unto the gates of death". To abhor is to detest, which simply mean to dislike. The soul here detest all manner of meat and this drew them near to the gates of death. To dislike a thing or person can emotionally caused problem to the whole system of the body.

Furthermore, to 'grieve' is also the function of emotion in the soul, which could kill morale and eventually leads to misbehaviour a man. This was what happened to the men of David in 1 Sam30:6 "....for the people spoke of stoning him (David), because the Soul of all the people was grieved, every man for his sons and for his daughters...." They would have killed their leader (David) because of the deep sadness of their soul which occurred because of their sons and daughters that were taken away by the raiders.

Joy is a great part of the emotion. Isaiah 61:10 says "I will greatly rejoice in the LORD, my soul shall be joyful in my God...." Psalm 86:4 states further "Rejoice the soul of thy servant: for unto thee, O Lord, do I lift up my soul". This established that joy is in the soul.

The 'b' part of Psalm 86:4 that says "For unto thee O Lord, do I life up my soul" This is pointing to desire as part of the function of emotion in the soul. The Psalmist here lifted up his desire unto the Lord. So with emotion

in our soul we desires. No wonder God says in Deuteronomy 14:26 that "And thou shall bestow that money for whatsoever thy soul lusteth after, (desires after), for oxen ... or for whatsoever thy soul, desireth...." Emotion as part of the components of the play important role in the function of the soul and it communicates whatsoever action that the soul is to take in its relationship with God and man. If there is any part of the soul, that must be worked upon by God's grace is the emotional part of the soul; for when your emotion does not prosper, it affects your entire being. This may be the reason why God says in III John 2 that "Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth". When you are not healthy emotionally, it affects your mind. Though you use your will which is part of the components of the soul to make decision and judgment, but your mind is your emotional capacity. Therefore, to be sound emotionally, regulate your emotion by:

- I. Meditating on what will be healing you emotionally."Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things." Philippians 4:8
- II. Affirming all good things spoken to you by the scripture, prophets, dreams and revelations with your mouth. "A man's belly shall be satisfied with the fruit of his mouth; and with the increase of his lips shall he be filled. Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof." Proverbs. 18:20 21
- III. By trusting on the Lord and praying to Him for the actualization of those good things. "Rejoicing in hope; patient in tribulation; continuing instant in prayer."Rom. 12:12
- IV. By always praising and worshiping the Lord all the time. "Bless the LORD,O my soul: and all that is within me, bless his holy name. "Psalm 103:1
- V. By renewing your strength in the Lord by being joyful all the time. "Then he said unto them, Go your way, eat the fat, and drink the sweet, and

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⁸ The compostion of the soul / Christian community Church Arklow

send portions unto them for whom nothing is prepared: for this day is holy unto our Lord: neither be ye sorry; for the joy of the LORD is your strength."Neh. 8:10

- VI. By being strengthened always through the Joy of the Lord. Neh. 8:10; "Restore unto me the joy of thy salvation; and uphold me with thy free spirit." psalms 51:12
- VII. Be satisfied and joyful with all that the Lord has given unto you always especially your spouse."Go thy way, eat thy bread with joy, and drink thy wine with a merry heart; for God now accepteth thy works. Let thy garments be always white; and let thy head lack no ointment. Live joyfully with the wife whom thou lovest all the days of the life of thy vanity, which he hath given thee under the sun, all the days of thy vanity: for that is thy portion in this life, and in thy labour which thou takest under the sun." Eccl. 9:7-9
- VIII. By ever bringing into remembrance all the past victories, successes etc. Ever remembering what God has done for you, who has made you what you are in Christ⁹ and ever being appreciative unto Him.

Incessantly sing praise and victorious songs to God. Songs that remind you of its goodness and love¹⁰.

3. WILL: This is the capability of conscious choice and decision and intention. This part of the soul put into finality of what all the other part of the soul suggests or dictates by putting them into action for people to see or hearas may be applicable. Job 7:15 proves to us that will is part of the component of the soul by saying that so that my soul chooseth...." Also, Job6:7 confirms that soul can refuse to do a thing by saying "the things that my soul refused to" To refuse and to choose are both decisions and functions of the will as a part of the soul.

1st Chronicles 22:19 says "Now set your heart and soul to seek the LORD your God;...." of course we set our mind to think but as stated in this verse

⁹ ibid

¹⁰ Ibid

of the Bible, that we should set our soul to seek means we should make decision with our Soul. This could only be done by the 'will' part of the soul. Surely, "will" is part of the soul for decision making.

Numbers 30:2 says "if a man vow unto the LORD, or swear an oath to bind his soul with bond; he shall not break his word, he shall do according to all that proceedeth out of his mouth"

To bind the soul is to make a decision. This is also a concrete prove that 'will' is also a part of the soul.

The 'will' in the soul depends on what the mind and emotion feeds the soul with before acting on them. We should therefore work on our mind and emotion through the grace of God in us; for the 'will' part of the soul not to misfire against God owns will.

COMPOSITION OF THE HEART

The heart is the most important organ in the body. It is the control pump and power house that circulate the blood and provides oxygen and energy to all the cells¹¹.Spiritual heart is the seat or core aspect of our inner nature that makes up the real person that we are before God. 12 Proverb 4:23 called it the "wellspring of life"

Furthermore, the heart as per the Bible is the place where emotions and desires begin; it is that which drives the will of man towards action. 13 In short the heart of man is a spiritual organ that controls man's behavior.

¹¹ Dr. Greg "cardiology" The spiritual Heart Service – Part I: Anatomy and Physiology of the Heart – Everlasting Strength

¹³ www.compellingtruth org- Christian Truth

1st Thessalonians 5:23 says "And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ".

This particular verse of the bible established the fact that human being is tripartite; that is human being composed of the spirit, the soul, and the body, the heart could not be a separated part in addition to the spirit and the soul.¹⁴ The heart is a composition of the first part of the Spirit (conscience) and all the three parts of the soul (mind, emotion and will)

Conscience as part of the heart: Hebrew 10:22 prove this by saying "Let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience and our bodies washed with pure water". Thus, the conscience in the heart judges and condemns when evil is done against God, or fellow human being. This, 1 John 3:20 established by saying "for if our heart condemn us God is greater than our heart, and knoweth all things" As conscience condemn so the heart and I John 3:21 further declares how a man can be free from condemnation "beloved, if our heart condemn us not, then have we confidence toward God" You can only stay free from condemnation when your heart (conscience) is void of offence toward God and Men (Act 24:16).

The mind as part of the heart: The heart thinks and this could be deduced from the statement of our Lord Jesus Christ in Matthew 9:4 by saying "And Jesus knowing their thought said, wherefore think ye evil in your hearts".

Also heart through the mind, thinks as could be seen in Gen. 6:5 "And God saw that the wickedness of the man was great in the earth, and that every imagination of the thoughts of his heart was only evil continually".

Furthermore, the scripture make us to know that thought comes from the heart by saying in "Hebrew 4:12" "For the word of God is quick and powerful and sharper than any two edged sword, piercing even to the dividing asunder of soul and spirit and of the joints and marrow and is a discerner of the thoughts and intents of the heart"

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¹⁴ The Three parts of the Spirit – Conscience, fellowship, and intuition

Emotion as part of the heart: Joy and Sorrow are part of the function of the emotion; which could be seen, manifesting in the heart even as in the soul. John 16:22 "And ye now therefore have sorrow; but I will see you again, and your heart shall rejoice and your joy no man taketh from you" Proverb 15:13 also established this two functions of the emotion in the heart by saying "A merry heart maketh it cheerful countenance. But by sorrow of the heart the spirit is broken". Proverb 15:15^b"....he that is of a merry heart hath a continual feast." Joy and sorrow comes from the emotional part of the heart as it is in the soul. John 16:6 say "But because I have said these things unto you, Sorrow hath filled your heart"

'Will' as part of the heart: Repeating the meaning of will as in soul that, this is the capability of conscious choice, and decision and intention. And taking into consideration Heb. 4:12 that says: "... and is a discerner of the thoughts and the intents of the heart". The word intent here means an anticipated outcome that is intended or that guides your planned actions. This word as used in this verse of the Bible proves that 'will' is also a part of the heart. This could be further established in Acts or Apostles 11:23 "Who, when he came and had seen the grace of God, was glad, and exhorted that all, that with purpose of heart they would cleave unto the Lord." This is clear that nothing is carried out by a man that is not first determined in the heart of such a man.

Going back to what Jesus says in Mark 7:21-23 "For from within, out of the heart of man, proceed out thoughts, adulteries, fornications, murders, thefts, covetousness and evil eye, blasphemy, pride, foolishness all these evil things come from within, and defile the man". If a man will be free from doing evil or wickedness, the heart must be seriously worked upon. But this is quite beyond the power of man except by the work of grace through the divine heart circumcision procured for man through the death and the resurrection of the Lord Jesus Christ. But before we continues on this, let briefly consider the topic below.

A REPROBATE MIND: AN UNSINCERED MIND

"And even as they did not like to retain God in their knowledge, God gave them over to a reprobate mind, to do those things which are not convenient; Being unrighteousness, fornication, wickedness, covetousness, all maliciousness, full of envy, murder, debate, deceit, malignity; whisperers, backbiters, haters of God, despiteful, proud, boasters, inventors of evil things, disobedient to parents, without understanding, covenant breakers, without natural affection, implacable". (Not appeasable, unyieldly), unmerciful. Who knowing the judgment of God, that they which commit such things are worthy of death, not only do the same, but have pleasure in them that do them" Romans 1:28 – 32. Reprobate according to dictionary is deviating, from what is considered moral or right or proper or good. It's also means abandon to external damnation. According to Collins Gem English Dictionary, reprobate means depraved or disreputable while deprave mean to be morally bad. A reprobate person can then be concluded as a man who has seared his conscience with hot iron (I Timothy 4:2). The conscience that formed part of the heart is already seared with hot iron no wonder they do those things which are not convenient. They boast themselves in their wickedness, they slander others, killed, remain unappeasable and yet they are not bothered but rather rejoices in their wicked acts.

Reprobate mind knows what is right, what is good but refuses to do it. Reprobate mind is a sadist mind, the mind that rejoice in the sadness of others. A reprobate individual has gone beyond a backslider, that may be the reason why Romans 1:31 has called him/her a covenant breaker. Somebody who entered into covenant with his God and of a truth served his God with his whole life keeping the covenant and gradually backsliding set in and gradually he graduated to a reprobate individual that now begin to preach and act against what he has first preached. These are the set of people that has been "once enlightened and have tasted of the heavenly gift, and were made partakers of the Holy ghost and have tasted the good word of God and the powers of the world to come". (Heb. 6:4-5) which the next verse (verse 6) says that "if they shall fall away, to renew them again unto repentance, seeing they crucify to themselves the son of God afresh,

and put him to an open shame". This may be the reason why one of the dictionaries says reprobate means "abandon to eternal condemnation" in that case one can say a reprobate is an aposate (a disloyal person who betrays or deserts or abandon his religious faith).

In Christian faith nowadays, are many reprobate Pastors, Evangelists, Teachers, Apostles and Prophets. Some of them the truth which they have once preached, they are now countering because they have gone apostate. They have now become the preacher of once saved is forever saved not minding the incessant sin after salvation. They rule out what the Bible says in Philippians 2:12 that "wherefore my beloved, as ye have always obeyed, not as in my presence only, but now much more in my absence, work out your own salvation with fear and trembling". The reprobate mind pastors or Ministers are never sincere to their followers, for they know the truth but because of the state of their mind, they kept on deceiving their followers by telling them sweets things that aggravates sin in them and chase out the Spirit of God from them. Imagine a preacher telling his members that what they wear does not matter holiness is of the heart and not of the outside of the body. When the Bible says in I Thessalonians 5:23 that "And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless into the coming of our Lord Jesus Christ". This passage of the bible is talking about complete sanctification. Not the sanctification of the inside (spirit and soul) only but of the body (matter) that can be seen, and that can be touched. Infact, Christ came to save your spirit and as your spirit is saved through the work of salvation wrought by Jesus, then through the spirit you work hard to purify your soul as it is written in I Peter 1:22 "Seeing ye have purified your souls in obeying the truth through the Spirit unto unfeigned love of the brethren, see that ye love one another with a pure heart fervently." You work hard to obeying the truth even the word of God that washes (Eph. 5:26) to wash your soul and the body. When your spirit is saved, then, it will affect your soul and your body also. If you now say that holiness is of the inside, then, something is wrong with your salvation. The holiness inside ought to be seen outside even by those you are living with, working with etc. The holiness inside ought to be seen in the way you talk, the way you dress, the way your relate with people".

Look, when your body is not preserved blameless how will your spirit and soul be free from blame. Remember, your heart that has the whole of the composition of the soul and part of the spirit will never cease dictating things that will corrupt the body and the spirit through what your heart may be feeding the whole body. That is where the word of our Lord Jesus is justified that says, "That, which cometh out man, defileth the man. For from within, out of the heart of men, proceed evil thoughts, adulteries, fornications, murders...." Mark 7:20-23. If you are saved and your soul is purified by obeying the truth through the spirit, then your heart must have being purified by obeying the truth through the spirit then your heart must have being purified also, and so it will be seen in the body.

But reprobate minister will say holiness of the body is old school. The standard of God is ever constant, you can't increase it nor reduce it. It is better you realize your weaknesses or shortcomings and genuinely repent with dust and ashes by going to calvary to ask for mercy and the forgiveness of your before it is too late; instead of deceiving yourself and your followers.

I John 2:6 says "He that saith he abideth in him ought himself also so to walk, even as he walked." Christ Jesus is our perfect example. Even though he has the power to deal with his enemy, yet he surrendered to the authority of his creature. John 18:36. The holiness of Jesus which starts from the inside was seen demonstrated in the outside. Jesus was tempted at all point but never fall into any. If we say we abide in him, we ought to walk as he walked in holiness, righteousness, love to the enemies, praying without ceasing etc. Anything we are doing that is short of these and many unmentioned and yet claimed to be abiding in him is nothing but self deception (reprobate mind an unsincered mind.)

INNER TRANSFORMATION: HEART CIRCUMCISION

"And the LORD thy God will circumcise thine heart, and the heart of thy seed, to love the LORD thy God with all thine heart, and with all thy soul, that thou mayest live" Deut. 30:6. It is the Almighty God that is promising His people heart circumcision because, He knows that without it, they will not be able to serve Him rightly. The heart that is adamic in nature must be circumcised first before such a heart will be able to do the will of God without deception. God knows that the adamic heart is stiff-necked, that is why He commanded the Israelites to circumcise therefore the foreskin of their heart, and be no more stiff-necked Deut 10:16

God knows how deceitful and how wicked the heart of man can be of which cannot be known or recognized by any other persons excepts God Himself that created man. That is why He clearly stated that "The heart is deceitful above all things, and desperately wicked: who can know it"? (Jer. 17:9) A deceitful heart is an uncircumcised heart. A heart that will be speaking out something difference from it intent. A heart seriously nursing bitter hatred yet smiling and laughing. A heart that is cursing but blessing outside. A deceitful and a wicked heart. No wonder, God says "I the LORD search the heart, I try the reins, even to give every man according to his ways, and according to the fruit of his doings". (Jer. 17:10). The creator of the heart promises reward to the fruit produced by the heart but what kind of reward will He give to the produce of uncircumcised heart? The heart that kills other right from inside, yet loving it victim deceptfully, the heart that curses inside, but blesses outside deceptfully, the heart that envy others and because of that seeking their downfall at all cost etc. Surely, such a heart cannot be blessed by the Lord, such a heart will God not prosper but be destroyed. BUT God is ever not willing to cause affliction for people (Lamt. 3:33) He said further in 2nd Peter 3:9 "The Lord is not slack concerning his promise, as some men count slackness, but is longsuffering to us-ward, not willing that any should perish, but that should come to repentance". God is never pleased in the death of sinners, that is why He planned for divine heart circumcision or heart transplanting for man's transformation.

He knows that the heart of man is stony in nature, that is adamant, unyielding, unrulely, stubborn etc. That is why He says in Ezekiel 11:19 that "And I will give them one heart, and I will put a new spirit within you; and I will take the stony heart out of their flesh, and will give them a heart of flesh". An obedient heart, a God fearing heart, a God loving heart, a truth seeking heart, a heart transformed and renewed through the death and resurrection of our Lord Jesus Christ. "That they may walk in my statues, and keep mine ordinances, and do them: and they shall be my people, and I will be their God" Ezekiel 11:20.

The Psalmist (King David), though he was a man after God's own heart (1 Samuel 13:14), yet he discovered that his heart was not perfect with God. For his heart (me) in him pushed him to lust after another man's wife and caused him to commit adultery with her. His heart (me) in him pushed him to shed innocent blood of Uriah the husband of the woman he committed adultery with: for this reason he cried to God and said "Create in me a clean heart, O God; and renew a right spirit within me" Psalm 51:10.

This ought to be done by every so call believer. This prayer must be said right from the deepest of the heart of every believer that the Lord should create in him/her a clean heart. This will only be done by people that recognized their me (heart) and how dirty it is. This will only be prayed by those that knows that their me (heart) is the brain behind their drunkenness. Those that recognized their me (heart) as the foundation for their wickedness, those that sees their me (heart) as the source of their seductive way of dressing, fighting, etc. those that sees their me (heart) behind all their act of immorality. Those that sees their me (heart) as the source of lying telling, backbiting, lust, bitter hatred against brother without any reason etc.

Brother, do you want to please God? You need a new clean heart that God will create in you. Do you want to live a righteous and holy life void of mechanical management? You need a new clean heart that God will create in you. Do you want to love God as He wants you to love Him? Surrender your heart for new cleansing. Do you want to love people with the love of God (Agape Love)? You need God to cleanse your heart for you.

The heart circumcision that will establish this in you is the circumcision done by faith. This is when you see yourself by faith in the Lord Jesus when He was arrested, beaten and was nailed to the cross of Calvary. This is when you see your heart being pierced with spear as Jesus heart was pierced on the cross after He gave up the ghost John 19:34 "But one of the Soldiers with a spear pierced his side, and forth with came there out blood and water". This is when you see yourself being buried with Him by faith and at the same time resurrected with Him with a glorious body (heart) "Know ye not, that so many of us as were baptized into Jesus Christ were baptized into his death? Therefore we are buried with him by baptism into death: that like as Christ was raised up from the dead by the glory of the father, even so we should also walk in newness of life. For if we have been planted together in the likeness of his death, we shall be also in the likeness of his resurrection: knowing this, that our old man is crucified with him, that the body of sin might be destroyed, that henceforth we should not serve sin" Romans 6:3-6. After seeing yourself being resurrected with Him by faith, then you are now a new person. The power of sin is already dead and buried and never again resurrected with you. Your adamic nature that dominates your heart has perished in the grave and now, you have resurrected with Christ to have a new to have a new heart void of adamic nature. Your heart is now transformed and free from pollution, free from evil, free from the control of what you sees, hears, feels, smells etc. I use to know a brother who tried all the possible means to stop living a life of fornication and adultery, lust of the eyes etc but could not delivered himself. But when he met with Jesus and saw himself crucified, dead, buried and resurrected with Jesus he just discover that naturally and without any human effort, the love of such evil act just faded away and with ease, he has being living a life free from fornication, adultery, lying, cheating etc since then. Since then, he have been finding it easy to flee from every appearance of evil (1st Thess 5:22), just to avoid heart pollution.

The blood of Jesus sanctifies, when you surrender your life to Jesus; you are asking Him to sanctify your heart for you. When you surrender your life to Jesus, you are telling him that you have no power to purify your heart from evil but He (Christ) has the power through His blood that washes and cleanses from evil. No

wonder the Psalmist says in Psalm 51:7 that "Purge me with hyssop, and I shall be clean: wash me, and I shall be whiter than snow". Heb. 10:22 also put it to believers in Christ like this "let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from evil conscience, and our bodies washed with pure water". Before, it was ceremonial washing but now it is not by ceremonial washing nor by the work of self righteousness that one may be doing. That is why Titus 3:5 says "Not by work of righteousness which we have done, but according to his mercy he saved us, by the Holy Ghost." Regeneration comes through the blood and by the Lord Jesus Christ. First, your spirit is regenerated and then your soul, your heart and your body. This heart regeneration delivers your heart from those evil that comes from it to pollute or defy the body. This heart regeneration is the heart circumcision that the Almighty God has promised. This is the heart circumcision that removed the stony heart and replaces with the heart of flesh. Heart of flesh that fear God. Heart of flesh that is easy to forgive others when it is offended. The heart of flesh that love God and does His will at all cost. The heart of flesh that is always obedient to God's instruction. The heart of flesh that detest anything that is evil or unrighteousness. The heart of flesh is blessed with the fruit of the Spirit. The heart of flesh demonstrates love of God to his fellow human being. The heart of flesh that rates others than himself. The heart of flesh that proves it convertion (salvation) in the outside through what he/she wears, through what he/she speaks, through what he or she watches, through those he or she associates with. The heart of flesh that blesses other with whatsoever he/she has. The heart of flesh that displays the wisdom of God all the time. This is the heart that is transformed through divine heart circumcision. Allow Jesus into your life if you have not and begin to experience this wonderful gift of God. If you accepted Jesus and you still find it difficult to live this type of life; then check your salvation; is either you have backslide or you are not at all genuinely converted right from the onset.

The evidence of your genuine salvation is your inner transformation through the sacrifice of our Lord Jesus Christ. Proverb 13:8 says "the ransom of man's life are his riches...." your life and my life is more than whatsoever wealth we may be having. There is nothing that could be so precious to us to give away

for our lives. Therefore, we should be ready now to give away our stony, stiff-neck and evil heart to have a circumcised and transformed heart through the self sacrificed made by Jesus Christ for the redemption of all those that comes to Him. Jesus' heart was pierced for the circumcision of our hearts. Let us give our heart to Him for us to be free from spiritual heart disease and then receive the grace to serve God in righteousness and holiness.

THE REAL YOU AND YOUR DREAM

Collins Gem English Dictionary give the meaning of dream as "mental activity, usually an imagined series opf events, occurring during sleep". With this dictionary meaning, one can say that the man that dreams is the one that formed the mental image of what he sees in his dream. Well it may be true partially because dream atime comes through in much business of the day; it can also come through much thinking. Eccl 5:3 "for a dream cometh through the multitude of business" The dream that has to be the real you is none of the one defined above. The dream that prove your real self is a dream that is divine. The dream you never thought of but comes in your sleep. The book of Job 33:14-16 says "for God speakest once, yea twice, yet man perceiveth it not. In a dream, in a vision of the night, when deep sleep falleth upon men, in slumberings upon the bed; then he openeth the ears of men, and sealeth their instruction, that he may withdraw man from his purpose and hide pride from man". God do speaks to people through dream. He do speaks to them against what they may want to do i.e Gen 20:3 "But God came to Abimelech in a dream by night, and said to him, behold, thou art but a dead man, for the woman which thou hast taken, for she is a man's wife". Here Abimelech saw Sarah and took her for his wife whereas it was through this woman and her husband (Abraham) that God wanted to bring forth Isaac the child of promise from whom the blessing of God on Abraham will continue. Therefore, for His program not to be destroyed (because Sarah must not be defied) he quickly warn King Abimelech in his dream and he asked him to return Sarah back to Abraham her husband "And God said unto him (Abimelech) in a dream, yea, I know that thou didst this in the integrity of thy heart, for I (God)

also withheld thee from sinning against me: therefore suffered I thee not to touch her".

God do speaks to people in their dream to instruct them of what to do at one particular time or the other over a particular situation "And the angel of God spake unto me in a dream, saying, Jacob: And I said, Here am I and he said, lift up now thine eyes, and see, all the rams which leap upon the cattle are ringstraked, spackled, and grisled: for I have seen all that Laban doeth unto thee. I am the God of Bethel, where thou anointedst the pillar, and where thou vowest a vow unto me: now arise get thee out from this land, and return unto the land of thy kindred" Gen 31:11-13. God knew what will becomes of Jacob if he should continue with Laban: for already Laban children and people have started to gossip about the success of Jacob and so God spoke to Him in his dream to return back to his father's land.

When God knew that Joseph the surposed father of Jesus to be was confused about the pregnancy of his espouse wife (Mary) and was ready to divorce her secretly, an angel appeared to him in a "dream, saying, Joseph, thou son of David, fear not to take unto thee Mary thy wife: for that which is conceived in her is of the Holy Ghost" Matt. 1:20. The truth about the conception of Mary was made known to Joseph by God himself before taking her to be his wife. Furthermore, when God knew that King Herod was after the life of Jesus Christ, He warned Joseph in his dream that he should arise and take the young child and his mother, and flee into Egypt, and be there till he will be told otherwise Matthew 2:13.

The three wise men that went to Herod to enquire about where Christ Jesus was born were also warned in their dream never to return to Herod to tell him the location of where Jesus was, for God knew the intent of Herod against Jesus Christ.

God do warn people about the impending sin or error that could make Him to bring His divine judgment on them i.e He warned Nebuchadnezzar against the sin of pride that could make him to become an animal that will graze in the open

field for seven years before he will be restored back to his kingdom Daniel 4:5-19. This shows how merciful and gracious God is. But did Nebuchadnezzar, heeded the warning? No, he didn't until he went to University of green land to learn his lesson for seven years before he came to realize that God reigns and rules in the affairs of man.

God do let the people know what will happen either to an individual person, family, town, city, race or the whole world through dream. This we can establish in the book Daniel 7:1 "In the first year of Belshazzar king of Babylon Daniel had a dream and visions of his head upon his bed: then he wrote the dream, and told the sum of the matters". Daniel narrated the dream by unfolding what he saw in the dream. The four beasts he saw and what they all represented (1) The first like Lion and has the heart of man which stand for the Babylonian reign over the whole earth. (2) The second like a bear which also represented Medio-Persia reign over the whole world. (3) The third beast was described as a Leopard which also stand for the reign of Alexander the Great and (4) This was not likened to any beast but is described as a "dreadful and terrible, and strong exceedingly; and it has great Lion teeth; it discovered and brake in pieces, and stamped the residue with the feet of it: and it was diverse from all the beasts that were before it: and it had ten horns" Daniel 7:7. This also stand for the former Roman empire which will metamorphous to ten horns that is ten kings and another little horn (King) will rise to subdue three of the ten kings so completely that the identity of their kingdoms is destroyed.

God has first revealed to Nebuchadnezzar through dream about this four kingdoms described by Daniel. But it was revealed to Nebuchadnezzar as an image of a man that has the head of fine gold which represented Nebuchadnezzar and how his kingdom is superior to all other kingdoms that follow (Daniel 2:32,37). The breast and his arms of silver which represent Medio-persia. The belly and his thighs of brass which also stand for Greece (Alexander the great). While the legs of iron and the feet part of iron and clay stand for the Roman empire.

Through this dream of Nebuchadnezzar, God made him to know that he was the king of kings that God has given kingdom, power, strength and glory to him and more so, he was the head of gold which show how superior he was to any kingdom that came after him (Daniel 2:37-39).

From this account, Nebuchadnezzar knew who he was and so through dream Joseph also knew what God destined him to be; for he had two dreams that confirmed him to be a future ruler. Even though he was the second to the last born of his father. Yet God spoke to him through dream that he will rule. In his first dream he saw they were binding sheaves on the field, and his own sheaf arose and stood upright; while the sheaves of his senior brothers and his junior brother stood round about his own sheaf and made obeisance to his Gen 31:7.

The second one established the first one as he saw in his dream again that the eleven stars and the sun and the moon which represented his father and mother made obeisance to him. Gen 37:9. Through dream you can definitely know who you are. But if you know it, you must work towards it. Don't sit back and fold your hand and think that such dream will come to pass when you failed to do nothing about it; your dream is the real you, then diligently pursue it and be what He (God) destined you to be as Joseph diligently pursued his own to actualization.

Through dream Pharaoh knew what will befall his land and this helped him to plan ahead. Thank God that it was the season of plentifulness that will first be their experience which through the grace of God in Joseph, he was able to prepare for the raining day I mean, the years of drought and famine (Gen 41:25-36).

God can reveal to you in your dream to know what is about to happen so that you may know what to do to prevent it. Some people will say that dream is foolish; but they do not know that it is they themselves that are foolished for not understanding the massage sent to them in their dreams. Your dream life must not be taken lightly; for your dream is real you. Your dream may come in form of imagery as that of Daniel, Nebuchadnezzar, Pharaoh and Joseph; but know for

sure, that God is still speaking to you through them and He wants you to get the meaning for you to know His plan for you, or to intimate you with what Satan want to do against you or people around, for you to avert it if avertable.

In Genesis 40:5-16, Two of Pharaoh's officers that were in prison with Joseph had a dream the same night and because their dream was their real selves as it was interpreted to them so it came to pass for each of them. For the chief baker that saw the birds picking bake meats from the basket on his head was made to know that Pharaoh will lift up his head from off him and shall hang him on a tree; and the birds shall eat his flesh from off him (Gen 40:17-19)

While the chief butter that saw himself in his dream pressing grapes into Pharaoh's cup and gave the cup to Pharaoh was indeed restored back to his office as it was interpreted. (Gen 40:9-13). Once again I am telling you that your dream is real you; therefore, don't take your dream life for granted. If you are the type that doesn't dream, look you need to take it serious, no man sleeps without dreaming. If not that Nebuchadnezzar threatened to kill his wise men, if they failed to tell him his dream and it interpretation (Daniel inclusive) he wouldn't have knew what God shew him. There are spiritual dream thieves and rubbers, pray against them and deliver your dream life from their operations.

Have you been constantly seeing yourself giving authority to people in your dream? But what level are you in the physical? The Lord has destined you to be head and not a tail. You need to take step as you pray to be where He has destined for you. The real you is your dream. Joseph saw the sheaves of his brothers bowing for his and so it was for him in his latter life. Your dream is real you.

Have you been seeing yourself always distributing tracts, or preaching to people in your dream? Your divine real you is an Evangelist or Minister of the gospel. Or have you been seeing yourself casting out demon out of people in your dream? And yet you are not presently a worker in your church. Look! The Lord is telling you that the real you and the divine assignment given to you is to be a deliverance Minister.

The real person of so many is in a different place compare to where they are in the physical. That is why some will always find themselves in their old house whenever they dream and in the physical, may be that old house is no longer there. But they will never dream either to see themselves in their present new house or in the house they are presently living in. What such type of dream may be telling is that (1) Their real selves are in their old house (2) That they are not far from setback of which they might have been experiencing but never taken the recognizance of it.

Note: you can never be greater or successful than the level of your spiritual greatness and successfulness.

The real individual of many are there in the bush roaming about and they are in the city working and doing all kind of things without any headway. But they don't know that the reason why there is no headway in all their endeavour is as a result of where they are fond of seeing themselves in the dream roaming or wondering about in the bush. You may never see or experience rest until your destiny (the real you) is delivered from roaming the bush. If you are in a better place of work and you are well paid, and yet you are fond of dreaming this type of dream; please, you need to pray for your deliverance before you find yourself where the real you is in the physical.

The real personality of some are fond of packing snails in the dream. Of a true in the physical they may be doing many good businesses but they will discovered that the progress or their achievement is so mega compared to their input; such type of dream is only telling them that their real selves are already endowed with the spirit of snail which is the spirit of slow progress. Some are fond of seeing themselves dead and even buried in their dream. (1) Physically is possible they may die (2) Most of the time, they may not die but they will never see helpers to help them in life. Because their real personality have died and buried as constantly revealed to them in their dream. A sister who had a brother that was blessed financially and a philanthropist in deed; but never once gave any assistance to his younger sister right from her secondary school level to her tertiary level. But after the sister graduated and went for prayer in respect of

where God will lead her to work, eventually got deliverance from the power that had killed her and buried her spiritually. Then getting back home, her senior brother saw her and asked her where she has being to since all these years. The question indeed embarrassed the sister and when she said she has not gone anywhere the brother could not believe her. Then, she busted into tears and for the first time when Naira still have value, he gave her \$\frac{1}{2}\$ 20,000.00. The sister has been looking at her brother as a man that hated her in life. But she never knew that it was her real self that have been buried away from her brother.

When you always see yourself naked in your dream know for sure that the real you (1) Is not safe from any attack (2) That is telling you that your glory has gone."And the eyes of them both were opened, and they knew that they were naked; and they sewed fig leaves together, and made themselves aprons. And they heard the voice of the LORD God walking in the garden in the cool of the day: and Adam and his wife hid themselves from the presence of the LORD God amongst the trees of the garden. And the LORD God called unto Adam, and said unto him, where art thou? And he said, I heard thy voice in the garden, and I was afraid, because I was naked; and I hid myself. And he said, who told thee that thou wast naked? Hast thou eaten of the tree, whereof I commanded thee that thou shouldest not eat?"(Gen 3:7-11). (3) It may mean that people will be deserting you without any reason. Even those who suppose to rise for you in the time of problem. It is telling you that you are lonely in the journey of life. You may presently be experiencing opposite of what you are seeing in your dream; if you fail to attack it earlier the real you in nakedness may at anytime manifest in the physical. Maybe you are there, that use to see your dead relations or dead friends maybe playing together working together, or walking, or talking together etc. Well, you may not actually died physically but all good things around you may be dead. That is, when your work should progress, instead it is otherwise. It may have to do with the type of sickness that killed those individuals you are relating with in your dream that the devil want to use to attack you with and to kill you. Furthermore, it may be telling you that the age at which those people died may be the time they program the death of such a real individual. You will not die prematurely in Jesus name. Look! The living has nothing to do with the dead. The real you must be separated from the dead.

Are you married and you use to dream you are getting married again either to your physical spouse or the one you do not know at all. Lo and behold, the real you has lost his/her physical spouse and he/she is getting married to another. The spouse you may be marrying to may be your spiritual spouse that your real you has spiritually married to, failure to pray hard and pray through could make such an individual lose his/her spouse in the physical life because his/her real self has already married to a spiritual spouse. A woman who had married to a man and was blessed with children, after some years, she had a dream that she was marrying a king in her dream. The sister thought it was the spiritual title of her husband; but she never knew that she was marrying to a spirit husband who was a king. Not quite long after this dream, her husband had accident and died. You will not lost your spouse prematurely in Jesus name.

Do you use to dream about a he goat tied down and you are a man. Note, the real you is inside the goat. And if you are lady and you use to dream of hen or ewe or any female animals or birds tied down or caged somewhere; please pray very well for your deliverance for it is most likely the real you is in that animal. I heard of a woman who use to see a she goat tied to a tree but she never knew that her real self was in that she goat. As she continues in life, she had no husband, even no man came to her. But after prayer and counseling from a man of God, she went to enquire about her conception and her birth from her mother. Then the mother told her that she had late child bearing which made her to go and visit an herbalist and she was promised that she will be blessed with a baby girl and when that happened, she should go and tie a she goat to one particular tree in the bush as thanksgiving offering to her god. And she did it after given birth to her. It was there she understood the reason why she use to see a she goat tied to a tree in the bush. Where is the real you? Where the real you is will determine what will happen to the physical you. The real you and your dream. This is telling you precisely where you are, what is happening or what is to happen to you.

You have been looking for the fruit of the womb for years and you've got nothing. You have done all the necessary test and it shows that you are fertile and ought to conceive and bear children but still no conception. But in almost all your dreams, you use to see yourself in pregnant, delivered of baby and breast feeding and you are always happy whenever you see yourself like this thinking that, in the physical it will manifest but up till now there is nothing. Sister, the real you is the one conceiving and delivery babies into the spirit world. This is a proof that you have spirit husband until your spirit husband is destroyed with all the spiritual children you bare before you can have your own physical children in life.

Eating always in the dream is an indication that the real you is under the control of the night raiders. When a person is faced with this kind of dream he needs to pray very well to the Almighty God for him to recover his real self back from the affliction and sickness. I know a man now late that was given sweet in his dream and he woke up to find himself coughing. At the end of it all, this sickness claimed his life. A person that find himself eating in his dream may not be far from initiation to witchcraft. As they use to say that one cannot eat his cake and have it back. So is a person eating in his dream. If it is not for sickness it may be for failure in his/her endeavour. I met with a brother around 1995/1996. He was a fridge mechanic. He was gifted in doing this job. But whenever he saw an old woman from his town with pounded yam and a very delicious soup given to him in his dream, he will woke up from his sleep and be filled. This dream may continue like that for days. After some days, the fridges or freezers already working fine in his shop will just pack up. The one already tested and was okay and given to his customers will be returned back. This problem has brought this brother to the police station several time. Infact, it was this problem that brought him my way. But to God be the glory after prayer, the Almighty God intervene. The success and breakthrough of this particular brother was what the old woman collected through the food given to his real man in his dream. And since his real man have co-operated with failure and poverty, there is no way he can be successful in the real life. Is the real you free from eating in the dream? Have you being seeing yourself in the dream fighting and your cloth tore. Please, pray against lost of close relation or helpers. It is a sign of lone ranger. If you are a pastor, pray against crisis that could scatter your faithful pastors, workers and members from you. Have you being seeing yourself in the dream matching on faeces and you are a Christian I mean a born again Christian. Please, pray against falling into the sin of immorality (fornication or adultery). The real you is already getting corrupted but probably yet to manifest in the physical. I pray satan will never succeed over you in Jesus name.

Have you ever seen someone in your dream casting faeces on you, or dirty water? It is not just a dream, it is an attack on the real you. This may stand for rejection and hatred without cause from people that ought to love and care for you. I use to know a young man then around 2008 or so that wanted to go and kill himself because of the offensive odour that use to come out of him, especially whenever he was going for something good for his life. Thank God a brother saw him and he was counseled and he said it all started the day he saw a woman in his dream pouring the water extracted from soaked cassava on him. To God be the glory, the Almighty God helped us attended to him and he was delivered.

What has happened to the real you? Why can't you pray to God to reveal to you the state of the real you. Deut. 29:29 says "The secret things belong unto the LORD our God: but those things which are revealed belong unto us and to our children forever, that we may do all the words of this law". It is by the mercy of the Lord we dreamt and remembered. If it were the wish of the enemies they want us to forget everything so that we may not discover our real self, nor know any kind of evil already projected into our life. But if you are the type that think that you does not dream, the enemy must have perfected their works on you. Therefore, pray against dream rubber. To some, they do manipulate their dreams. Pray against dream manipulators and begin to discover your real you from your dream. Once again, you cannot be greater than your dream. You can never be better than the way you use to see yourself in your dream. It was the way Joseph saw himself twice that made him to keep himself from glory stealer (Potiphar's wife) who wanted to lure him into immorality. Joseph knew through his dream that he would rule and reign over free people and not only over the other slaves of potiphar's house. Therefore, he ran away from potiphar's wife for his glory not to be buried in potiphar's wife's lap. Know who you are and protect it through God's grace.

THE REAL YOU AND YOUR POTENTIAL TALENTS

The word Potential can be termed to mean currently unrealized ability or the ability that is existing in possibility and not yet in actuality. While the word Talent means natural abilities or qualities in a person. It also means a person who possesses unusual innate ability in some field or activity.

Potential talent can therefore mean the unusual innate ability in aperson but not yet realized nor put into actuality.

People are naturally with different gifts and talents. No body without his/her own talents but many are yet to discover theirs. Many have discovered but have no means of actualizing it. While some, they have the means but nonchalant to it as a result of laziness. God has uniquely created us. And one of the things that makes us unique to one another is our different innate talents. As the adage says that "Variety is the spices of life." So is our different unique talents in the society to one another.

Joseph discovered his potential talent of dream and interpretation of dreams and that was why he went to the officers of Pharaoh that were in prison with him to ask them to narrate their different dreams to him. "And Joseph came in into them in the morning, and looked upon them, and behold they were sad. And he asked pharaoh's officers that were with him in the ward of his lord's house, saying, wherefore look ye so sadly today? And they said unto him, we have dreamed a dream, and there is no interpreter of it. And Joseph said unto them, Do not interpretation belongs to God? Tell me them I pray you" Gen 40:6-8. Joseph knew his potentials, and he was ready to display it to these officers of Pharaoh. Instead for them to remain sad and still died in their ignorance he pleaded with them to narrate their dreams to him believing that the grace of God

in him will unfold to them the massage that God want to pass to them through their dreams.

Joseph gave to every one of them the meaning of their dreams and as he gave the interpretation, so it came to pass. Hear the testimony of the chief butler about Joseph to pharaoh "....and there with us a young man, an Hebrew, servant to the captain of the guard: and we told him, and he interpreted to us our dreams; to each man according to his dreams he did interpret. And it came to pass, as he interpreted to us, so it was; me he restored unto mine office, and him he hanged" Gen 41:9-13

Another Potential talent that was in Joseph was planning and administration. This he demonstrated to Pharaoh after given him the interpretation of his two dreams. He did not only interprets his dreams but gave him the ways to avert the evil that was ahead of the time of plentifulness. Gen 41:33-36. Pharaoh indeed appreciated the counsel of Joseph and with all joy fulfilled what the Bible says in Proverb 18:16 that "A man's gift maketh room for him, and bringeth him before great men". Of a true, the gift of Joseph brought him before great Pharaoh of then and not only that, this gift created room for him in the reign of Pharaoh and this was fulfilled thus "And Pharaoh said unto his servants, can we find such a one as this is, a man in whom the Spirit of God is? And Pharaoh said unto Joseph, foreasmuch as God hath shewed thee all this, there is none so discreet and wise as thou art: thou shall be over my house, and according unto thy word shall all my people be ruled: only in the throne will I be greater than thou" Genesis 41:38-40

Administratively, Joseph also displayed a lot of his potential talents and this made him to play safe before Pharaoh and the whole Egyptians. His administrative acumen, brought peace upon the land and greatly brought riches and wealth unto Pharaoh. Gen 47:13-20 Joseph was able to show himself to Pharaoh's officers because he knew the talent that was in him. This talent brought him before Pharaoh and he was by the help of that talent became the prime minister of Egypt. You too ought to first discover your potential talents. Failure to discover this, may make you to lose your original identity. Also many

that God will use you for will suffer for life when you failed to discover your talent except God will have mercy on them. Your potential talent is real you.

The Israelites would have remain under the oppression of the Midianites for more than seven years if not for God that sent his holy angel to the man who failed to discover his potential ability. The man who suppose to cry to God and bring the Israelite together was only fending for himself and his family. The man who suppose to rally the men of war of Israel together and fight off the Midianites was hiding his wheat away from the enemy. At this point, the angel of the Lord appeared to him and said "The Lord is with thee, thou mighty man of Valour" Judges 4:12^bGideon never saw himself the way the angel of God addressed him. Had it being he saw himself that way, probably he would have done the right thing earlier than the time the angel came to encourage him. Though he was still complaining to the angel but the reply given to him was that "And the LORD looked down upon him, and said, go in this thy might, and thou shalt save Israel from the hand of the Midianites: have not I sent thee?" Judges 6:14 Gideon discovered his potential talent and he took up the challenge before him. And what was the result? It was total victory for the Israelites.

God was the one that first spoke about the talent of Bezaleel the son of Uri, the son of Hur, of the tribe of Judah to Moses even while he was still with him on the Mountain. "And I have filled him with the spirit of God, in wisdom, and in understanding, and in knowledge, and in all manner of workmanship, to devise cunning works, to work in gold, and in silver, and in brass, and in cutting of stones, to set them, and in carving of timber, to work in all manner of workmanship" Exodus 31:3-5.

When God was showing Moses the Pattern of the Tabernacle he was going to build for him in the midst of the children of Israel, God Himself has prepared talented people who will do the work to His taste and so He recommended Bezaleel and Aholiab the son of Ahisamach, of the tribe of Dan for Moses. With this two men, and their potential talents in them, they fill in the gab that Moses may not find easy to fill and so the Lord God of Heaven and earth was pleased after the exercise "According to all that the Lord commanded Moses, so the

children of Israel made all the work. And Moses did look upon all the work, and, behold, they had done it as the LORD had commanded, even so had they done it; and Moses blessed them."Exodus 39:42-43.

It is important for one to discover his potential talent for it will not only bring blessing from people of God alone but from God Himself, from other people your talent has been a blessing to and so it will open the doors of financial blessing, material blessing, divine connection etc for you.

This Talent in the life of Huran, the son of a woman of the daughters of Dan, and his father of a man of Tyre brought about wealth to Tyre during the reign of Solomon. Though the man was an half Israel and half Tyre, but because the father is from Tyre, the consent of the king must first be sought for even if he knows where the man is. This talent of his did not only brought material, financial, connection etc to him alone but to his own nation. 2Chronicle 2:15 "Now therefore the wheat, and the barley, the oil, and the wine, which my lord (King Solomon) hath spoken of, let him send unto his servants". This is part of the length to which your potential talents and you can take you to and beyond if you recognized and developed them.

Another person I want to talk about his innate ability before I round it up is David the son of Jesse. David was the last born of his father, he was the eighth to Eliab the first male son of Jesse. As the younger male child of the family his own assigned duty was to take care of the sheep of his father. Before God asked Samuel to stop mourning for Saul but to fill the horn with oil, and go to Jesse the Bethlehemite, to anoint one of his sons as king over Israel in replacement of Saul (1Samuel 16:1); no one ever heard of David. In fact, David was only getting wasted in the bush behind the flock of his father with the potential talents that God gave to him. Jesse, the father of David did not even think that David the youngest of his son would be the reason why God will send Prophet Samuel to Bethlehem. This may be the reason why he was not initially invited to attend the sacrifice. Hear what transpires "Again Jesse made seven of his sons to pass before Samuel. And Samuel said unto Jesse, The LORD hath not chosen these. And Samuel said to Jesse, Are here all thy children? And he said, there remaineth yet

the youngest And Samuel said unto Jesse, send and fetch him: for we will not sit down till he come hither" 1 Samuel 16:10-11. I pray for you that where you are not remembered for wonderful and glorious thing, God's grace and talent in you will showcase you in Jesus name.

Shortly after David's anointing, the spirit of the LORD departed from Saul, and was replaced with evil spirit (I Samuel 16:14). Now here comes the need to seek for a man that is talented in playing on harp (I Samuel 16:16). And in the whole of Israel who is he that is talented on this, that would be able to play on harp to heal the madness of the king? It was same David that was left in the bush following the sheep of his father. "Then answered one of the servants, and said, Behold, I have seen a son of Jesse the Bethelehemite, that is coming in playing, and a mighty valiant man, and a man of war, and prudent in matters, and a comely person, and the LORD is with him. Wherefore, Saul sent messenger unto Jesse, and said, send me David thy son, which is with the sheep" I Samuel 16:18-

As the higher authority delivered David from following the sheep of his father, so the Lord will deliver you from where you are being tolerated to where you will be celebrated in Jesus name.

The talent in you, will plant you in the palace meant for you in the name of Jesus.

All the power, spirits and people caging the grace of God in you, shall be suppressed for your lifting up in Jesus named. David have been playing his harp to the sheep in the bush with no one to appreciate him. But as the Lord will have it, the talent in him took him from following the sheep in the bush straight to the palace. The real David and his potential talent is music and no wonder, he played music to heal demonise king. He through the grace of God in him wrote majority of the book of Psalm. When David was being described to king Saul, he was said to be a mighty valiant man, a man of war and prudent in matters. But with all these qualifications still he was using them to look after the few sheep of his

father (I Samuel 17:28). Grace will place you in the the right position in Jesus name.

For good forty days and nights Goliath of Gath whose height was six cubits and a span held Israelites into ransom (I Samuel 17:4&16) and the commander of Israel (King Saul) could not do anything than for him to go and hide for his life. But on the fortieth day of Goliath threat, the young man described in I Sam16:18 came to the camp of Israel on the instruction of his father to give food to his brethren. On his arrival he heard the champion of the philistine (Goliath) challenging the hosts of Israel to battle and no man surfaced. The potentials already mention about David by one of the servants of Saul in I Samuel 16:18 and his confidence in God of Israel made David to see Goliath as nothing but one of the dead Lion and bear which he had onced killed before him. And so with the permission of king Saul he went against the Philistine in the name of the God of host and killed Goliath with just a sling stone. This is the potential talent he had been using to keep the sheep of his father. This he used to deliver the sheep of his father from the month of lion and bear and he killed both the lion and the bear at different time as they rose against him. Now the same potential God stirred up in him to deal with the enemy of Israel. With this act, he was not only a musician to Saul again but an harmour bearer and from this level to a captain in the army. If David did not come to the camp of Israel who would God use to deliver Israel from the philistine that day? No wonder he told his brother Eliab when he was accusing him of coming to see the battle by saying in (I Samuel 17:29) that ".... is there not a cause?" The cause is to deliver the Israelite from molestation of Goliath and to finally kill him. Praise God.

What is your own potential talent? You must discover it if you have not, for your potential talent is real you. What do you find so easy to do and with joy and great happiness, that may be your talent. Why don't you improve on it and be what God destined you to be.

TO DISCOVER YOUR POTENTIAL TALENTS:

- 1. Have a reflection on yourself by opening your mind to all those things that are possible for you to do even with ease and joy.
- 2. Have a flash back of all those things you have done in the past excellently with ease and joy. As a kid in your past years what are the things you enjoy doing most, what were you known for? Reading, telling of stories, football, creative art etc. in your past years be it as a youth or still an adult. When you are faced with hard situation how do you handle it? Though rough but what was your composture. This could help you to discover your talent.
- 3. What are the things that give you joy when doing it. What is that thing that people use to commend you for after doing it? What is the thing that use to take your time above the time schedule for it?
- 4. You can also have the list of those things you love to do. Try to thinkabout them to know why you love doing them.
- 5. Ask people about yourself and what you have been doing for them to tell you their own view about you and what you been doing be it with easy or with toughness.
- 6. What are those things hat people use to advise you to do for you are good at doing them even you yourself never take recognizance of those things?
- 7. Have you any skill? Build on it for it may turn to be the greatess of all your talent.
- 8. Don't see anything hard or difficult to do; for you may find it easy when you try it. Though it may be difficult indeed for others and because of that you think it will be difficult for you too. It may be the thing that will showcase you because you are talented in doing such.
- 9. When you discover your talent, try to develop it by using whatsoever means available to you. Reading the necessary books to develop yourself, traveling when necessary, praying, research on that talent etc.

The real you is your potential talent discover it, develop it and be fit into where God has destined for you. Your talent is you: to show forth the glory of God for you are fearfully and marvelously made by God. You are unique. Failure to fill

up the vacuum meant for you, may cause you a lot of havoc for the people around and even the entire nation. If David did not go to the camp of Israel the philistine would have continue to embarrass the army of the living God. If Gideon did not discover himself, the Midianites would have continue to afflict them. If Joseph did not surface to interpret Pharaoh's dream the famine would have caught up with the land and destroy the land of Egypt and Joseph's family may not also escape from it.

The gift and talent given to you is to promote you and to be use to bless the people around you. Make use of your heart rightly to discover the potential talent that God has deposited in you. Allow the Holy Spirit to take over your heart and so your heart will be bringing forth positive output that will be of blessing to you and the people instead of thought that will be bring pollution to your spirit, soul, body and people around you.

The real you is your heart. For out of the abundant of the heart mouth speaks, out of the abundant of the heart, you act and react, out of the abundant of the heart, you show forth who you are, out of the abundant of the heart, you make known in the physical what your potential talents are. Your heart is you.