

Mike Hoesch: Getting Sickness Out of Your Mind Video 2 Study #1

“How Sickness Gets Written On Your Heart/Mind”

We were talking in my first video on this topic about 1 Corinthians 10 where Paul was using the Israelites as an example and he warned us not to think of ourselves more highly than we ought to in case we fall.

New International Reader's Version

12 So be careful. When you think you are standing firm, you might fall.

Read 1 Corinthians (NIRV)

1 Corinthians 10:

.....Spiritual experience does not guarantee infallibility (J.B.Phillips)

.....11-12 These (stories of Israel’s deliverance from Egypt) are all warning markers—danger!—in our history books, written down so that **we don’t repeat their mistakes**. Our positions in the story are parallel—they at the beginning, we at the end—and **we are just as capable of messing it up as they were. Don’t be so naive and self-confident. You’re not exempt. You** could fall flat on your face as easily as anyone else. Forget about self-confidence; it’s useless. Cultivate God-confidence.(Message)

Mike:

If you're thinking one thing that doesn't agree with the Word it could lead you to a fall. The Israelites were doing the same thing. They saw miracle after miracle, a physical demonstration of God’s Power before their very eyes. They saw it time and time again things that were of biblical proportions, yet when things came up(hunger/thirst etc) **they defaulted to what was written on their heart. (Default: automatic response)**

5:04 - time in video

Proverbs 3:3: speaks of ‘writing’ something on the table of your heart/mind. **And that's how sickness gets into your mind** (or any other negative thing), it gets ‘written’(Hebrew: inscribe/engrave/decreed).

Example: Some people have a 'poverty mindset' where they just feel they're not going to succeed, they're not going to be prosperous or they're never going to have enough."

Point #1

I want to stress this point:

I was sick for **as long** as I was **not because** I had a **physical** problem but because I had a **spiritual** problem.

What was the spiritual problem?

It was what ***I had written on my heart/mind***.

Using myself as the example, what was it that **I had written**?

I was believing that my performance had to be at some certain level in order for God to release the healing that Jesus purchased for me.

I was **not realizing** or **considering** that **even that** **thought/belief in itself**(that I had to do something) was saying, "Jesus did not do enough"!

When I understood it from **that** point of view, it raised an indignation within me against the enemy and THAT INDIGNATION was what allowed **my mind to be purged from that sickness mentality**.

Had I seen from the beginning that what **JESUS DID** was enough, I would have never **tried to get** healed. I would have **just accepted** that I was healed **and rested** in that and from that(**mental** position) the enemy would have had no place to perpetuate the sickness or disease in my body.

Going on: In Exodus, time and time and time again when the children of Israel were murmuring it was about something to do with their **physical body**(showing where their central focus/mindset was).

8:20

Every time that came up do you know what they were **thinking**? We're going to die! We're going to die of thirst! We're going to die of hunger! We're going to be killed by the Egyptians!

A full year they have traveled from Egypt, all the way to Kadesh Barnea. It's just a couple of months into the second year, keep that in **mind**. they've had all this experience with the Lord about how He took care of every need that they had. Their cattle were fine, they were fed, they had regular food, (bread in the morning, meat at night). The Lord just blessed them and they were taken care of. Everything that God had promised them He was fulfilling.

Moses then sent 12 men, leaders of the people to spy out the land; there was Caleb, Joshua and 10 others. And this is what happens:

The 'evil report': written on their heart:

Exodus 13:32: The 10 brought up an evil report of the land which they had searched unto the children of Israel saying: The land through which we have gone to search, it is a land that eateth up the inhabitants thereof and all the people that we saw in it were men of a great stature and there we saw the giants, the sons of Anak which come of the giants and we were in our own sight as grasshoppers and so we were in their sight. 14:1 and all the congregation lifted up their voice and cried and the people wept that night and all the children of Israel murmured against Moses and against Aaron and the whole congregation said unto them: Would to God that we had died in the land of Egypt or Would to God we had died in this wilderness and wherefore hath Jehovah brought us into this land to fall by the sword that our wives and our children should be a prey. Were it not better for us to return to Egypt? (their default mindset)

11:00

Listen to what they're saying - this is coming out of their heart. They're **thinking** they're going to fail. They're going to die. Something bad is going to happen to them. They never once **as a group thought**: "Wow, the Lord's going to come through big this time. This is going to be awesome to see how he delivers us in this case!"

They're not **thinking** that at all. They're **thinking**: we didn't die by thirst; we

didn't die by hunger; our animals weren't killed in this hard journey; but now when we get to the land He's giving us we're going to die by other people killing us! And what do they want to do? Go back to Egypt!

Folks, **there's a point here that we don't want to overlook.** (conditioning by past experiences)

Do you know(are you mentally aware) that when you have been in a situation for an extended period of time it also writes something on your heart?

12:03

The Israelites were in the land of Egypt for about 180 years, most of that time was after Joseph died. The remembrance of Joseph was gone and the (Egyptians) began to oppress the Israelites because they were afraid of them. The Israelites were so blessed by God and they were multiplying; their herds were getting bigger; they were prosperous and so Egypt was afraid and they enslaved them. **Being in that situation writes something on your heart** and I know all about having something written on your heart and for me it was quite quickly that something got written on my heart.

13:05

Once I heard the diagnosis in my situation was cancer, the only thing I had 'written on my heart' to draw on (remember) were bad experiences that I had with other people that I knew who had cancer and died. That was my limited experience. So the enemy was able to play that card in my (thought) life like: "Well you only know two people that survived cancer and probably they really didn't have cancer. It was probably a misdiagnosis. They just probably had a benign tumor that was removed.

Point #2 So the **point I'm making is: the longer you're in an ungodly situation, the more opportunity the enemy has to write something on your heart and he does it little by little.** *(Note: Mike is calling being sick being in an 'ungodly' situation. That will stir up your indignation!)*

We've all gone through this. I can speak this worldwide. It's not unique to anyone. (reread last paragraph, Pg. 4)

14:05

During a recent “scam demic”, Everywhere you looked, you heard this same inflammatory information, it was constant. There was nothing verified by science in any way. It was just all this hype about a problem and then they started offering a solution.

Point #3 So my point is this: if you're subjected to just one point of view over and over and over again, did I say over again? Yes, over and over again.without you addressing it each time, it's going to begin to tip the scale of your heart to where like, “Well maybe there could be something to this.

15:04

Then if something happens to someone you know that's been negatively affected by what you've been hearing about, then you're going to think: “What's going to separate me from them(the same thing could happen to me). Do you see how the enemy is working in that?

So think about these Israelites: They have been in Egypt all this time and they have an oppressed mentality/mindset so they are willing to accept anything on this journey as long as it's not too bad. And if it gets too bad? Well, they want to go back to what they had before in Egypt! (default) Think about that!

16:01

Was it good what they had before? No in fact it was terrible, that's why God sent Moses to deliver them amen?

I'm expanding this explanation because I really want you to get a hold of what Paul said: We are no different than these people. We can learn from their example. (We are susceptible to 'like passions as they')

So if the culture around you is telling you all these negative things and you're accepting them: what the world says about sickness; what the world says about disease; what the world says about how to take care of your body; what the world says about proper nutrition, then that's going to tip the balance scale of your heart and what's going to happen?

Eventually that's going to trickle down/write itself on your heart and when something evil does come against you, if it should, your heart/mind is not ready to stand against it.

17:01

In fact you could say, it's been indoctrinated in your mind into an expectation of evil just like the children of Israel.

But listen it says in Numbers 14:6: *Joshua, the son of Nun and Caleb, the son of Jephuna were of them that searched the land and they rent their clothes and they spake unto the company of the children of Israel saying, The land which we passed through to search it is an exceeding good land. If Jehovah delight in us, then he will bring us into this land and give us a land which floweth with milk and honey, only rebel not against Jehovah, neither fear the people of the land, for they are bread for us. Their defense is departed from them and Jehovah is with us. Fear them not.*

18:01

Two out of the 10 embraced what they had seen for the previous year or more with the Lord and they're thinking, "Wow! If he did all that then, we're going to easily triumph over these people now. Let's not be afraid of them. **If we're afraid** of them, then they'll **have an advantage over us**

Remember what we talked about in the first part about Job? How he gave place to the enemy through his fear and that's what happened here. These people were giving place to the enemy through their fear. **Where did that fear come from? It was written on their heart by their past experience in Egypt and what they failed to do once they started having a new experience, they failed to cast down the old experience.**

In other words they forgot to say, "Wait a minute! We're not in Egypt anymore. We are not slaves to Egyptians. We are children of God and now He's taking care of us."

Had they done that we would be reading a different story. There would have been no wandering for 40 years and do you know what's similar to them as it was to Job? It says that the thing Job feared most came upon him. That's what Job SAID. And I realized, the thing that I had gotten in fear about(cancer), that very thing came into my life.

Do you know what happened to these people? The very thing that they feared came upon them and that was: they would die in the wilderness and that's exactly what happened to them! Every one of them that was of age 20 years and older who had this mindset of fear, none of them went into the promised land. They got exactly what they were afraid of.

Remember Paul said: these things were written **for an example to us.**

Next: "How To Get Sickness OUT of Your Mind"

Ask yourself: "In my situation, am I reaping what I have sowed? Have I opened a door to Satan through the way I think about sickness?"

If the answer to that is "Yes", there's no condemnation about it, not from our Father. He's never going to condemn you because you're in Christ but He IS going to give you Revelation to **renew your mind**

Here is an example of **how you get rid of thinking that way**: when a sin comes to you, a temptation to sin, **how is it that you're able to recognize it and what do we say**, "Oh no! I'm not going to partake of that, I don't want to do that. That would be wrong and I don't want to give the enemy a place in my life through that sin."

I think most of us are very diligent about what to do, we say: "No, I'm not going to commit adultery! No, I'm not going to lie! No, I'm not going to steal." I mean, we're pretty diligent about that. But how did we get that way?

21:24

Turn with me to Psalms 119: this is how we got that way.

In Psalm 119:11 it says, *Thy Word have I hid in my heart that I might not sin against thee.*

How is it that we chose not to be able to sin: we hid the Word in our heart.

Think about Jesus in the wilderness when he was tempted.

How was he tempted? The enemy spoke to his **mind** to discourage him, but how did he keep from being discouraged?

How did he keep from caving in or just leaving the wilderness to get food or water or something? How did he avoid doing that?

He went to what was written in the Word and **where was that written? In him.** (He didn't have a Bible to pull out & look up a Scripture!)

It wasn't just on a 3x5 card or a note that he had from a sermon that he heard at synagogue. **It was written on his heart.**

He wrote it there.

How did he write it there?

It says right here in Psalm 119:2: Blessed are they that keep His testimonies and that seek Him with a whole heart.

Jesus was seeking our Father with his **whole** heart. He wasn't divided.

In other words, he wasn't **thinking**, “You know what, it probably would be good to get some information about nutrition and really understand the body and also some proper exercises. It would be good to learn all that.” (That’s what Mike did - get immersed in nutrition and diet to help cure the cancer, which didn’t work.)

Jesus didn't say that. He said, “No I don't need any of my heart to follow after the flesh because my Father said that if I seek after His Word **that's how I will live.**”

He put it this way: “Man does not live by bread alone but by every word that proceeds from the mouth of God.” (Dt. 8:3) That's what Jesus' understanding was about how to take care of the flesh.

24:07

“No, I'm just going to honor my Father and my flesh will be taken care of.”

You could go to Exodus 23:25&26 also. Jesus understood that the Father would bless the bread and the water that he ate and drank and that his Father would fulfill the number of his days. So Jesus wasn't concerned about those other things. He said, “I'll leave that to my Father.”

It goes on to say here (Psalm 119) that when you seek the Father with a whole heart, you don't do iniquity. that you walk in his ways. Going on down to Psalm 119:9 says: Wherewithal shall a young man cleanse his way? By taking heed thereto according to Thy word.

This is saying if you want to walk in a clean path how do you do it? You take heed according to the Word. That's how Jesus did it. he said, “With my whole heart have I sought thee.”

25:03

He wasn't divided like we spoke about with James(a double minded man). There was no division in Jesus' heart, so when the enemy came to tempt him, what was written on his heart, what was the abundance of his heart, THAT was overflowing in response to the Temptation that the enemy brought. it was the Word of God the Word that his Father had taught him. the Word that he had lived by.

Do you know if you choose to live by that same Word what the end result will be? it will be life and life above the common.

the same way that the Israelites had all that **bondage experience** write something on their heart that led to fear and anxiety and turmoil and thinking they're going to die every time something bad happened, **in the same way** that was written on their heart through them repeatedly focusing on those negative things that were happening, SO THE REVERSE OF THAT IS TRUE:

If we will focus on the Word in the same way, we will **rewrite** a reality on our heart. instead of it being just the **experience** of the flesh, it'll be actual Truth and that Truth will make us free when we're challenged.

Mike's points in this portion:

- 1) I was sick as long as I was because of what I had written on my mind. I believed my performance got God to release His healing power.
- 2) The longer you are in a situation, the more the enemy has opportunity to write on your heart....little by little.
- 3) Each time you have to address the ungodly point of view (Psa. 1), otherwise it will begin to tip the scales of your heart.

How sickness gets 'written' on your mind:

Past experience
Judgment calls
Wrong doctrine

A current crisis
Teaching/Indoctrination
Flesh focusing

Opinions
Relationships

Extended situations Susceptibility to the culture around you
Your thoughts about YOU: “We were like grasshoppers in our own sight”

PURGING THE SICKNESS MENTALITY/James 1 having a divided heart/mind

Develop your indignation toward lies you may believe or hear.

Develop a ‘trust not try’ mentality.

Watch out for falling in the performance/works legalism.

Remember past victories - don’t react in fear of what’s to come.

Ask yourself: have I opened the door by the way I think? (this will require some diligence to ‘examine’ what you think about. Is this a belief I have developed? Do I default to this?)

Resist temptation to give sickness a place in your mind. Resist as you would resist sin.

Psalm 119

Jesus: The Word was ‘written’ in Him.

Focus on the Word as intently as you focused on sickness
and you **will** REWRITE what’s on your heart.

Then when you are challenged - THAT TRUTH will keep you free
from getting ‘sickness IN your mind’.

You will REMEMBER not REACT.

