

## Mike Hoesch Getting Sickness Out of Your Mind Video 2 Part 2

by Ann Windsor May '24

Recap: In the previous 'deep dive' into this video, Mike was discussing HOW SICKNESS GETS **INTO YOUR MIND**. Now we are going on into his instructions of HOW TO GET SICKNESS **OUT OF YOUR MIND**. He proposes several questions to get you thinking, but then he also provides the answers. I have made a list of these in the summary of this study.

\*\*\*\*\*

Mike:

Here in Psalms 1:1 it says: *Blessed is the man that walketh not in the counsel of the ungodly.* **What is the counsel of the ungodly?**

**It's advice from anyone that is speaking something contrary to the Word of God.** That's ungodly. Any counsel? Yes, I'm including doctors in that. I'm including professionals in that. If they're not giving you counsel according to the Word of God, it is considered counsel of the ungodly. And what does Psalm 1:1 say? A man is blessed if he won't walk in that council.

See we have the choice always. Are we choosing to walk in the council of the ungodly, according to the wisdom of the world or are we walking in the counsel of our Father, according to the Truth of His Word Amen?

Psalm 1 goes on: *Nor sitteth in the seat of the scornful, in other words we're not joining those that are opposed to the Truth of God's Word.* We're not lending our ear to or having conversation or fellowship with those who are against the Lord and His ways, we're not!

28:06

An **unblessed man** is one who's giving his ear to the scornful and hanging out with those who are against God. Notice what it says: that a blessed man, his delight is in the Word of Jehovah and in his law he **meditates** day and night.

**Q.** Do you know that the Israelites were **meditating** day and night?

**A.** Their basis of evaluation (meditation) was what their flesh told them, not what God said. When the pressure got on they defaulted to the thing most abundant in their heart. That would be compared to walking in the council of the ungodly and sitting in the seat of the scornful. But God said, If you want to get rid of that and not be counted among the wicked, but be counted among the blessed, then what you'll do is, you'll delight in what I'm saying to you. And you know what else you'll do? You'll meditate in My Word day and night.

Listen to what He says **the fruit of meditating** in His Word day and night is, that *We will be like a tree planted by the rivers of water, that bringeth forth fruit in his season. His leaf also shall not wither (Psalm 1:3).*

If you read this account in Jeremiah 17:7&8, he says that even in a time of drought, when you're planted by the Lord in His Word, your leaf will not wither and you'll continue to bear fruit.

30:03

In other words, your **mindset** is not going to **think** just because I have a pain or a symptom comes into my body, "Oh wow I better get that checked out right away. It could be, you know, heart disease; it could be kidney disease; it could be cancer." That's the farthest thing from your **mind**. You are not even **thinking** that. You are like, "Father, I'm blessed, how should I respond to this?"

Or oftentimes the Spirit will rise up in you against something like that and you won't respond out of fear, you'll be responding because the Spirit of the Lord in you is indignant against what the enemy is trying to do to you.....in

the same **attitude** that Jesus cast out the money changers from the Temple. Not because he was mad or ticked off or afraid that he wasn't doing a good job for the Father. No! Because he had an indignation against the evil that was trying to corrupt the good thing that the Father had there, which was the House of Prayer. Now that's the **mindset** that you and I should have.

**Q.** How do you get that **attitude** of indignation against what the enemy is trying to do to you?

**A.** You get there by **meditating in God's Word day and night.** Yes, day and night. That's how you get there.

**Q.** And you know what?

**A.** It's our life.

It's not just **thinking** about the Word, it's not just a rote exercise, like the Muslims. They turn towards Mecca five times a day and they pray. It's not a religious thing like that to us.

32:07

Go to Psalms 119, listen to how this puts it here:

*Psalms 119:27: Make me to understand the way of thy precepts, so shall I talk of thy wondrous works. Verse 34: Give me understanding and I shall keep thy law. I shall observe it with all of my heart. Verse 105 says: Thy word is a lamp unto my feet and a light unto my path.*

33:06

**Q.** why we meditate in the word day and night, and notice: not just to memorize it, but **to do what?**

**A.** **To have understanding of it.**

Like David says here in Verse 18: *Open thou mine eyes that I may behold wondrous things out of thy law. Verse 97: Oh how I love thy law. It is my meditation all the day. Thou, through thy Commandments, has made me wiser than mine enemies for they are ever with me. Verse 104: Through thy precepts I get understanding, therefore I hate every false way.*

34:03

**Q.** Do you see what meditation does?

**A.** When you're meditating in the Word, it's writing something on your heart to where you're not walking in the council of the ungodly. You recognize that what you're hearing on the news is ungodly. You recognize what the doctor might be saying is ungodly. What the financial professional is telling you. What your neighbor, your friend, your aunt, your uncle, your mother, your father, what they're telling you is ungodly.

And you'll say, "No, that's the counsel of the ungodly. I am not going to follow that." But you're going to choose to meditate in the Word day and night and like our Father said to Joshua: *Meditate in that Word to observe to do all that is written therein for then you will make your way prosperous and then you'll have good success.*

35:03

It's not just by memorizing it or a religious exercise where you can parrot back all of Psalm 119 or all of the book of Hebrews. That means nothing.

**Q.** Is it written on your heart to where you don't have to say it "chapter and verse" but you live it and you are a walking epistle? Because that's what you live and move and have your being in. It's the abundance of your heart that you're living out of.

36:03

**Q.** So when you are challenged, what happens?

**A.** Here's what happens:

Your default is: "Father, what do you have to say about this?" Or like Jesus, "It is written...."

Your heart is fixed because you're trusting God. There's no other default in your life. You're not looking around to see who you need to ask for help, no. You know that God is your Refuge and your Fortress. He is your Shield and

your Exceeding Great Reward. That's what you understand. And how do you understand that? Because it's been written on your heart.

Go with me to 2 Corinthians 10:3: *for though we(you) walk in the flesh, we(you) do not war after the flesh, for the weapons of our(your) warfare are not carnal, but mighty through God (to what?) to the pulling down of strongholds.*

**Q.** If wrong thinking produces a stronghold in your life. What should your thought be?

**A.** "If I keep running into something that's stopping me from moving forward with the Lord, that's a stronghold and I need to break that stronghold."

38.00

Scripture says: *Though we walk in the flesh, we do not war after flesh. The weapons of our warfare are not carnal but mighty through God to the pulling down of strongholds (2 Corinthians 10:3-5).*

**Q.** So how do you pull down this stronghold?

**A.** Well it goes on to say: (You) *cast down imaginations and every high thing that exalts itself against the knowledge of God.*

**Q.** What if you don't know the knowledge of God? What if you don't have that written on your heart? what if you haven't been meditating in the Word day and night to where that has been written on the table of your heart?

**A.** Then you're going to have difficulty casting down that imagination.

This verse goes on to say good news: *And bringing into captivity every thought to the obedience of Christ.*

**Q.** How do you bring into captivity every thought to the obedience of Christ?

**A.** When a thought comes to you that produces anxiety or turmoil or some kind of ill feeling, that's when you want to say: "Wait a minute, I'm feeling anxious or fearful." That's when you want to recognize: "What thought was

I thinking? What thought do I have about this that's producing this anxiousness, this fear response?”. And that's the thought that you want to bring captive to the obedience of Christ. And how do you do that? You have to go to the Word and ask: “What does God’s Word say about this challenge that I’m experiencing?”

Think about this: Jesus was challenged in all of these things just like we are. Notice what it says in Hebrews 4:15: *for we have not a high priest who cannot be touched with the feelings of our infirmities but was in all points tempted as we are yet without sin.*

**Q.** So how did Jesus avoid the sin?

**A.** His whole heart was following after the Word. His mind was meditating day and night on that Word until that's all he had written on his heart.

45:05

**Q.** Am I doing what Jesus did? Am I yielding my heart to the Father like Jesus did? What would the result of that be?

**A.** If I do that and the Word is written on my heart, then the Spirit will have freedom to manifest through me in the same way that He was free to manifest through Jesus.

In Matthew chapter 16, Jesus is ministering to his disciples and he asked them a question, Who do men say that I am? They give him an answer and Peter confesses that “You are the Christ the Son of the Living God”. Jesus said, “Blessed art thou Simon bar Jonah, for flesh and blood hath not revealed this unto thee but my Father which is in heaven.” Then Jesus began to share more things with his disciples. It says in verse 21: *From that time forth Jesus began to show his disciples how that he must go unto Jerusalem and suffer many things of the elders and chief priests and scribes and be killed and be raised again the third day.*

*....then Peter took him and began to rebuke him saying, Far be it from thee Lord that these things shall not be unto thee.*

Here is Jesus' response when Peter says what we might consider something very loving: *But Jesus turned and said unto Peter: get thee behind me Satan for thou art an offense unto me for thou savourest not the things that be of God but those things that be of men.*

47:56

Jesus recognized, because of what he had written on his heart (concerning his death and resurrection), that what he was hearing from Peter was the counsel of the ungodly and he knew who the author of it was. He knew that Satan comes to kill, steal and destroy. He knew that Satan was his adversary, but he also knew that Satan speaks through people and especially people that we have feelings for.

**I say this just about every time I talk about this, but it's so important.** It helps us get this picture. **Jesus didn't say** to Peter, "Oh Peter, I know you love me. I love you too. But you know what? These things have to happen, that's what the Word says." **No he didn't do that because the Word was written on his heart** and he realized the enemy was trying to blot that out. He stood up in the power and might of the Spirit of God and he rebuked that thought. For whose benefit? Peter's? Well, it wasn't as much for Peter as it was for himself because Jesus knew the principle to not give place to the devil.

It's all throughout the Old Testament. He saw it time and time again. People that were anointed of God, who yielded to the devil, were taken off course and didn't finish their race well because they were deceived by the enemy and Jesus was not going to give the enemy that opportunity.

**Q.Are we giving the enemy that opportunity?**

**A.Well we are if we're not bringing thoughts captive to the obedience of Christ.** You don't have to know the whole Bible to do that. The Spirit of God is bearing witness in you to Truth. So when you have that feeling of 'something's not right' or you feel fear or anxiety rising up, you know that's not from God because God doesn't minister to you through those spirits. He

ministers through peace and love; joy and kindness; mercy, wisdom and understanding. That's how he ministers.

So if you're having that feeling(fear, anxiety) go to the Word and find out what God says about that **thought** that you're having that's causing that and don't let it be written on your heart. After you realize that **thought** is not from God, then begin to fill your heart with the Word. write so much of the Word on your heart that there's not room for one sentence from the devil. You want your whole heart scribed over with the Word of God, Amen? Where the Light will be so bright that when any darkness comes in, it will flee because the Light is just so bright. That's where we want our heart, that's where we want our **mind**.

2 Corinthians 5:7: *For we walk by faith and not by sight.*

**Q.** Do you know what walking by sight would be?

**A.** It would be walking after your five senses. It would be walking after the experiences of your flesh. At the very best those experiences are unreliable. And I'm talking about good or bad experiences, they are unreliable. Do you want to rest on that unreliableness? I think not. You do not want to at all in Jesus' name!

**Q.** How are you going to keep from walking by sight?

**A.** Go to 2 Corinthians 4:18, it says, *We look not at the things that we can see.*

That almost sounds funny to a carnal mind. That's impossible. But to the spiritual mind, listen to what it goes on to say: *But we look at the things which are not seen, for the things which are seen are temporary, but the things which are not seen are eternal.*

Eternal things are not natural, they're spiritual. That's where our strength is. That's where our power is. That's where the fullness of our safety and protection is. Like this says right here, you'll be *'walking in the spirit and you'll not fulfill the lust of the flesh'*(Galatians 5:16).



**Q. Do you know what's in that faith that we get from the Word of God?**

**A. There is no sickness or disease in that thinking none whatsoever.** You'll not find one scripture, one scripture in the entire Word of God spoken by our Father, repeated by Jesus, where he says that sickness is part of something that we need to endure. Not one place. Nor will you find that it's something that we should expect to get in our life. It's not there

54:03

The opposite is what we just read in Psalms chapter 1 and Joshua chapter 1, where it makes it very clear that, look, if you're blessed when you're focused on the Word and you're observing to do what's written in the Word, you're going to make your way prosperous. It's not going to get bad, it's going to get better. and you'll have success. You won't have failure. You don't have to be afraid of failing.

That means if a symptom comes to your body where you feel something's not right physically, you're not going to be afraid of it because you know it can't stay. It's temporary. It has to go. why? Because there's no room inside of you. There's no place for the enemy and sickness is of the enemy. So ***getting that sickness and disease out of your mind starts by filling your mind with what the truth is. it's the truth that will make you free from wrong thinking.***

**Q. How do you get to where those negative thoughts aren't yours anymore?**

**A.** Go with me to Philippians 4. Listen to how Paul put it, he said: *Be careful, be anxious, don't be fearful for anything, but in everything by prayer and supplication with thanksgiving let your request be made known unto God and the peace of God, (listen carefully): and the peace of God which passes all understanding shall keep or guard your heart and mind through what? through Christ Jesus.*

**Q. How will the peace of God which passes understanding keep/guard your heart and mind?**

**A. Through/by Christ Jesus (your Shepherd, High Priest/Bishop of your soul)**

Wow, think about that for a moment and listen to this, such an encouraging word here: *Finally, brethren whatsoever things are true, lovely, honest, of a good report, just, of virtue, if there's any praise, think on these things.*

Don't think about what the enemy **can do** to you. Think about what God **has done** for you and how He **has delivered** you from the oppression of the enemy. How you **have been** translated out of the kingdom of Satan into the Kingdom of God's Dear Son, your savior Jesus Christ. You **have been** translated out of the Darkness into the Light. That's what you should be meditating on.

57:04

Like it says here in Colossians 3: *If we are risen with Christ, seek the things which are above, not the things that are on the earth.* We should be seeking after **the status** that we have with God at the right hand of the Father in Christ Jesus.

**Q.** Paul continued: *Set your affection on the things above and not on the things of the earth.* **Why?**

**A.** *For we're dead. our life is hidden with Christ in God.*

Let's **think about** who we are as Paul put it: *if you be dead with Christ, reckon yourselves also, think of yourselves also, to be alive, (unto what)? unto righteousness (1 Peter 2:24).*

Unto the status that we have with God. Do you know **there's no sickness in righteousness?** So if your **mind** is focused on who you are in Christ, the **very righteousness of God, there's no place for sickness or disease.**

58:08

You get that out of your **mind**, sickness and disease, and you know what's going to happen? Your body is going to recover because there won't be a place for sickness anymore, amen?

I just thank God that He is going to take these words that you have heard today and quicken them to your heart in a relevant way where you can be strong in Him and in the power of His might, amen.

God bless you thank you for joining me.

[Mike Hoesch: Getting sickness out of your mind Pt. 2](#)

### Colossians 3:1-3 Versions

If ye then be risen with Christ, seek those things which are above, where Christ sitteth on the right hand of God. 2 Set your affection on things above, not on things on the earth. 3 For ye are dead, and your life is hid with Christ in God. KJV

Let heaven fill your thoughts; don't spend your time worrying about things down here. 3 You should have as little desire for this world as a dead person does. Your real life is in heaven with Christ and God. LB

### He Is Your Life

3 1-2 So if you're serious about living this new resurrection life with Christ, act like it. Pursue the things over which Christ presides. Don't shuffle along, eyes to the ground, absorbed with the things right in front of you. Look up, and be alert to what is going on around Christ—that's where the action is. See things from his perspective. 3-4 Your old life is dead. Your new life, which is your real life—even though invisible to spectators—is with Christ in God. He is your life. MESSAGE

If then you have been raised with Christ [to a new life, thus sharing His resurrection from the dead], aim at and seek the [rich, eternal treasures] that are above, where Christ is, seated at the right hand of God. 2 And set your minds and keep them set on what is above (the higher things), not on the things that are on the earth. 3 For [as far as this world is concerned]

you have died, and your [new, real] life is hidden with Christ in God.  
AMPLIFIED CLASSIC

If you are then “risen” with Christ, reach out for the highest gifts of Heaven, where your master reigns in power. Give your heart to the heavenly things, not to the passing things of earth. For, as far as this world is concerned, you are already dead, and your true life is a hidden one in Christ. PHILLIPS

Set your sight on things above, not on things on the earth. JUBILEE  
..... Fix your thoughts  
.....Keep thinking  
.....focus your mind

Savour ye those things, that be above [Savour, or understand, ye those things that be above], not those that be on the earth. WYCLIFFE

The things above mind ye, not the things upon the earth, YOUNGS