



## HOW TO PREPARE YOUR HEART TO RECEIVE FROM GOD



Dear Readers,

I have spent the greater part of my life as a family physician dedicated to serving the needs of my fellowman always believing and hoping the very best for them. In the tradition of the family doctor, I treat the whole person, body, soul, and spirit. I rely on the inner strength of faith, hope, and love to compliment modern medical therapies. I view faith, hope, and love as gifts of God and tools of healing.

### **Examining The Human Heart**

After the diagnosis is made and I have presented my options for treatment, a cooperative plan of treatment is decided upon. As part of my treatment plan, I often offer to join my patients in a prayerful petition to God to enlist His creative healing power, in order to secure their healing and well-being.

However, on too many occasions, I have observed a sincere, honest, well-meaning prayer go unanswered or be of no discernible effect in accomplishing the purpose of the prayer. These apparent failures have caused me to critically analyze the variables involved in communicating and receiving healing from God. This analysis has led me to believe that a person's heart, mind, and conscience are in one of two states of being, prior to offering a prayer to God.

The state of your heart, mind, and conscience is either in a state of fear, which is doubt, worry, anxiety, un-forgiveness, shame, and unworthiness, or in a state of faith, which is expectation, love, praise, thankfulness, gratitude, joy, hope, confidence, and a fully persuaded faith in Jesus and the works that He did. Your spoken words, thoughts, emotions, and imaginations are a reflection of what state your heart, mind, and conscience are in.

Why is this important? Because FEAR words and thoughts produce 1,300 biochemicals and hormones that are detrimental and destructive to human cells and organs causing the state of disease and death. FAITH words and thoughts produce 1,300 biochemicals and hormones that produce growth, repair and regeneration of human cells and organs producing health and healing. Humans have between 60-70,000 thoughts per day each producing the biochemical and hormone soup that the cells live in. This biochemical soup is the fluid and the blood that is in and around your cells and organs. On average, of the 70,000 thoughts humans have in a day, 85% are Fear-Filled thoughts and 80% of your thoughts of today become your thoughts of tomorrow.

### **The Importance of Thoughts**

Why the emphasis on thoughts rather than on what you eat or drink or do? Because Jesus teaches us that it is your thought life that comes from an unprepared heart that defiles you, pollutes you, and makes your body and soul sick.

*"It is the thought life that pollutes. For from within, out of mens hearts (a unprepared heart) come evil thoughts of lust, theft, murder, adultery, wanting what belongs to others, wickedness, deceit, lewdness, envy, slander, pride, and all other folly. All these vile thoughts come from within: they are what pollute you and make you unfit for God" (Mark 7;20-23).*

As you can see, Jesus emphasized the power of your thoughts above all other physical

processes and actions of life. Jesus is teaching that the vile thoughts that come from an unprepared heart leads to sickness and results in you being unable to receive God's blessings and promises, including healing. God's Word gives you this admonition as a forerunner to Jesus coming to teach you the importance of your thoughts as they relate to the state of your heart.

"For as he thinks in his heart so is he" (Proverbs 23:7).

The importance of your thought life as it relates to the state of your heart is further emphasized in God's Word.

"Keep your heart with all diligence for out of it springs the issues of life" (Proverbs 4:23).

### **The Importance of Words**

Why the emphasis on your words? Words are the outward expression of your thoughts and thoughts are the inward expression of words. Both thoughts and words are an outward expression of the state of your heart.

*Jesus said, " A good man out of the good treasure of his heart, brings forth good things, and a evil man out of the evil treasure brings forth evil things... But I say to you that for every idle word men speak, they will give an account of it in the day of judgement" (Matthew 12:34-35).*

*"Put away from you a deceitful mouth, and put perverse lips far from you"(Proverbs 4:24).*

I conclude from my own observations of myself and mankind that our words, like our thoughts, are capable of making us sick, miserable, afflicted by diseases. and even cause death.

"Death and life are in the power of the tongue" (Proverbs 18:21).

## **The Origin of God's Faith Thoughts and Words of Light and Life**

*"In the beginning, God created the heavens and the earth. The earth was without form and void, and darkness was on the face of the deep. And the Spirit of God was hovering over the face of the waters. Then God said, 'Let there be light,' and there was light." (Genesis 1:1-3).*

Since healing involves the repair and regeneration of human cells, back to their original structure and function, it is logical that we learn what information and energy directed their creation in the first place. The information and energy that God used to create the whole universe, including the cells of human beings, can be reduced down to the information contained in God's spoken Words and the information contained in His Thoughts. The energy of creation likewise came from the waves of energy produced by the sounds from His Voice and the lightwaves of energy produced by His Thoughts, Emotions, Beliefs, Hopes, Imaginations, and Faith.

In the beginning, God created human beings in His likeness and in His image and gave human beings the power and authority over all the earth and everything that moves on the earth (see Genesis 1:26-28).

After Adam and Eve disobeyed God and ate of the forbidden tree of the knowledge of good and evil, human beings surrendered their authority and power over to satan.

At that moment, satan displaced human beings (you and I) who Jesus said *"were the gods of this world."* (see John 10:34 and Psalm 82:6). Satan then became the *god of this world* being empowered with dominion and authority over the earth, which he was given when Adam and Eve forfeited it over to him, in the Garden of Eden.

*And the devil said to Him (Jesus) "All authority I will give You, and their glory; for this has been delivered to me and I give it to whomever I wish." (Luke 4:6).*

## **Our Buyback of Dominion, Power, and Authority**

Jesus came to purchase back our dominion, power, and authority over the earth from satan. through the blood of His own personal punishment and sacrifice, This process is a buyback based on what Jesus did at the cross not what you and I have done, or will ever do for God! When you accept this truth into your heart by faith alone and confess it with your mouth that Jesus is your Lord and Savior, the free gift of salvation is yours! You will become indwelt by the Holy Spirit, and with the heart, mind, and conscience of Christ, which makes you a new creation in Christ Jesus. This transformation in your heart, mind and conscience is called being born-again (see John 3:3).

*"For who has understood the mind of the Lord so as to instruct Him?" For we have the mind of Christ." (1 Corinthians 2:16).*

*"Let this mind be in you which was also in Christ Jesus, ..." (Philippians 2:5).*

After your salvation, you become once again filled with God's creative heart, mind, power, and authority over the earth, through Christ Jesus. You become co-partners with Jesus, in having and using Jesus' power and authority over all the heavens and the earth, through the power of the spiritual force of faith.

After Jesus rose from the dead, He came back to tell His followers that *"All power is given unto Me in heaven and in the earth." (Matthew 28:18).*

Here we see Jesus affirming His buyback from satan; the dominion, power and authority over the heavens and the earth.

*Jesus said, "Do not be afraid; I am the First and the Last. I am He who lives, and was dead, and behold, I am alive forevermore. Amen. And I have the keys of Hades and of Death." (Revelation 1:17-18).*

Jesus proceeded to share His dominion, power and authority with those who chose to believe in Him and follow Him, including you and I who are born-again.

*"And He called the twelve together and gave them power and authority over all demons and to cure diseases. And He sent them to preach the kingdom of God, and to heal the sick." (Luke (9:1).*

*Many well-meaning followers of Christ believe that Jesus made this announcement only to His twelve disciples and not all of His future followers who are like you and me. This belief is refuted in Luke 10:1, where Jesus appointed the same power and authority to the other seventy who believed in Him and followed Him.*

*"After these things, the Lord appointed seventy others also and sent them two by two before His face into every city and place, where He Himself was about to go. Then He said to them, 'The harvest is truly great, but the laborers are few; therefore, pray the Lord of the harvest to send out laborers into the harvest.' " (Luke 10:1-2).*

*"Whatever city you enter, and they receive you, eat such things as are set before you. And heal the sick there, and say to them, the kingdom of God has come to you." (Luke 10: 8-9).*

In this reference, God's Word is including all new creations in Christ as being part of the seventy, who was appointed by Jesus with all power and authority to heal those who received them. The reference to those who received them is a reference to those who have prepared their hearts, minds, and conscience, through their knowledge and understanding of the good news gospel message of Jesus Christ, and the message of the gospel of the kingdom of God. This knowledge and understanding prepared their hearts, minds, and conscience to receive the gift of God's salvation and healing. Jesus has given you and I, who are new creations in Christ, and who have the indwelling Holy Spirit, and the Mind of Christ, with the same power and authority Jesus gave to the seventy; dominion, power and authority over all human diseases, sufferings, and afflictions.

*"Bless the Lord O my soul, and forget not all His benefits: Who forgives all your iniquities, Who heals all your diseases, Who redeems your life from destruction, Who crowns you with loving-kindness and tender mercies, Who satisfies your mouth with good things, so that your youth is renewed like the eagles." (Psalms 103:2-5).*

God created His new creations in Christ to fly like eagles and not be weighed down by the burdens of life, which force you to walk around on the ground with your head down like a turkey.

Preparing your heart to receive healing is simply the unloading of the burdens of your life by reassuring your heart and purging your conscience that those burdens are not yours to bear.

### **How Do You Assure Your Heart and Purge Your Conscience?**

*"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." (Hebrews 10:22).*

*"How much more shall the blood of Christ, who through the eternal Spirit offered Himself without spot to God, purge your conscience from dead works to serve the living God." (Hebrews 9:14)?*

### **My Righteous Friend, Jesus, is Also My Righteous Brother-Together We Are "The Righteous Brothers"**

As a born-again believer, you are now redeemed and reconciled back to a relationship with God, in your original state God intended for you, in the Garden of Eden. In this spiritual state, there are no barriers between you and God.

Jesus said to His followers, *"No longer do I call you servants, for a servant does not know what His master is doing; but I have called you friends, for all things I have heard from my Father I have made known to you." (John 15:15).*

As a result of becoming a new creation in Christ, you are now in a position of right-standing and fellowship with God. This position is equal to the sonship of Jesus with God and a friend to Jesus. You are now sons and daughters in God's own family.

*"Jesus said, 'Come to Me, all you who labor and are heavy laden, and I will give you rest.' " (Matthew 11:28).*

*"And I will be a Father to you, and you shall be sons and daughters to Me, says the Lord Almighty." (2 Corinthians 6:18).*

In this position, you have the righteousness of Christ, which includes His right-standing with God, His state of Heart, Mind, and Conscience, and His Power and Authority to heal the sick and afflicted. You are in this world as He is.

*"Herein is our love made perfect, that we may have boldness in the day of judgment: because as he is, so are we in this world." (1 John 4:17).*

This means that as a new creation in Christ you have no burdens, responsibilities, debts, failures, or sins you can be accused of or blamed for by others or yourself. Why is this so important? Because satan, the great deceiver, has perverted your carnal mind to act as your accusing conscience. But God's Word has shown the light on this deception in John 16:9, where God tells you that the only sin, He will accuse you of, as a new creation in Christ, is the sin of unbelief in His Son, Jesus.

God does not accuse you as a new creation in Christ of past, present, or future wrongdoings or sins. God tells us in Hebrews 10:17 that *"Their sins and their lawless deeds I will remember no more."*

That means that when you completely and totally believe this "too-good-to-be-true good news" of the message of the gospel of Jesus into your heart, mind, and conscience, you should naturally be totally free to resonate and be in agreement with God's Heart, Mind, and Word. Satan does his accusing in hopes that it will keep your heart, mind, and conscience in a state of shame, judgment, unworthiness, and condemnation, which is out of harmony and out of agreement with God's Heart, Mind, and Word. When your heart, mind, and conscience is focused on, in synchrony with, and believing the thoughts and lies of satan, from the spiritual kingdom, your life will be open to satan's attempts to steal, kill, and destroy you; this includes sickness and disease as coming from satan.

"Be sober, be vigilant; because your adversary the devil walks around about like a roaring lion, seeking whom he may devour. Resist him, steadfast in the faith,... ." (1 Peter 5:8-9).

Satan's lies and deceptions are what keep you from living presently in God's Light, Rest, and Eternal Life.

You can find multiple reasons why you are undeserving of receiving God's love, grace, mercy, blessings, and healings when you think and believe that God will judge you on the merits of your own heart, mind, conscience, and actions. Your heart can only be prepared to receive from God when the focus of your thoughts, beliefs, hopes, and imaginations are not on your own merits and performance, but on the merits and performance of Jesus. In and of yourself, you must know and believe that you deserve nothing from God. Grace is God's unmerited favor.

You must also be fully persuaded with boldness, conviction, trust, and confidence that when you acknowledge the righteousness of Christ that is in you, you have the legal right to expect to receive the blessings, promises, and healing power through God's grace. Your receiving from God is based solely on you believing in your heart and confessing with your mouth the true gospel of Jesus (Romans 10:8-13). God's Word tells us in Romans 1:16 that the power of God is in the gospel of Christ Jesus.

*"For I am not ashamed of the gospel of Christ, for it is the power of God to salvation for everyone who believes, for the Jew first and also for the Greek."* (Romans 1:16).



When you believe the gospel of Christ Jesus, you are then able to come boldly to the throne of grace with confidence, and with conviction, belief, and expectation to obtain mercy, grace, and help in the time of need (see Hebrews 4:16).

God is your heavenly Father. He is anxiously and willingly waiting with open arms ready to give you all of the blessings and promises of Abraham (see Genesis 12:1-3).

*"Christ has redeemed us from the curse of the law, having become a curse for us (for it is written, "Cursed is everyone who hangs on a tree"), that the blessing of Abraham might come upon the Gentiles in Christ Jesus, that we might receive the promise of the Spirit, through faith." (Galatians 3:13-14).*

### **Look What You Have Inherited**

For the born-again believer, the following are the inherited blessings and promises from God, through Christ Jesus.

*"And all these blessing shall come upon you and overtake you if you heed the voice of the Lord your God:*

- *Bless shall you be in the city and bless shall you be in the country.*
- *Bless shall be the fruit of your body, and the produce of your ground and the increase of your herds.*
- *Bless shall be your basket and your kneading bowl.*
- *Bless shall you be when you come in and bless shall you be when you go out.*
- *The Lord will cause your enemies who rise against you to be defeated before your face; they shall come out against you one way and flee before you seven ways.*
- *The Lord will command the blessings on you in your storehouses and in all to which you set your hand, and He will bless you in the land which the Lord Your God is given you.*
- *The Lord will establish you a holy people to Himself, just as He has sworn to you, if you keep the commands of the Lord your God and walk in His ways. Then all peoples of the earth shall see that you are called by the name of The Lord and they shall be afraid of you.*
- *And the Lord shall grant you plenty.*
- *The Lord will open to you His good treasures.*
- *The Lord will make you the head and not the tail: you shall be above only and not be beneath." (Deuteronomy 28:1-14) .*

### **Greater Works Than Jesus**

As your heavenly Father, God has given you the power and authority to use His Son's

name, Jesus, to speak His Words and to use the Light of His glorious thoughts, emotions, beliefs, hopes, imaginations, and faith found in His Word, to do greater works than Jesus.

*"Most assuredly, I say to you, he who believes in Me, the works that I do he will do also, and greater works than these he will do because I go to My Father. And whatever you ask in My name, that I will do, that the Father may be glorified in the Son. If you ask anything in My name, I will do it." (John 14:12- 14).*

*"So Jesus answered and said to them, 'Have faith in God. For assuredly, I say to you, whoever says to this mountain, 'Be removed and be cast into the sea,' and does not doubt in his heart, but believes that those things he says will be done, he will have whatever he says. Therefore, I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them.' " (Mark 11:22-24).*

Notice the only condition that Jesus gave you is that you believe in Him and the works that He did and do not doubt in your heart. In this position of belief, you are in right-standing with God and you have full access to Him and the blessings and promises from His grace. In this position of belief, your heart is unburdened and filled with love, praise, thankfulness, gratitude, joy, hope, and a fully persuaded faith in Jesus and His works. These are the qualities of the heart that God is looking for. When the human heart is filled with these qualities, it is in harmony and in agreement with God's Heart and God's Word, which attracts to you the blessings and promises of His Word. These are the same qualities that are in the heart of Jesus.

In order to prepare your heart to receive from God, you must acknowledge every good thing that is already in you, because of Jesus and return to the joy of your salvation.

*"...that the sharing of your faith may become effective by the acknowledgment of every good thing which is in you in Christ Jesus." (Philemon 1:6).*

As a new creation in Christ Jesus, you must repeatedly and constantly convince and assure your heart, mind, and conscience that you are as Jesus is in the right here and now, in the present. I am convinced that your heart will receive the power from God equal to the knowledge and understanding you have in your heart, mind, and conscience of the personal freedom and liberty Jesus purchased for you.

*"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. Let us hold fast the*

*confession of our hope without wavering; for He who promised is faithful. And let us consider one another to stir up love and good works: not forsaking the assembling of ourselves together, as is the manner of some is; but exhorting one another: and so much the more as you see the Day approaching." (Hebrews 10:22-25).*

What follows this assurance of your heart, is that you should no longer be conscious of or even aware of your old sin nature, which is dead to your past, present, or future sins, which Jesus paid for and took the punishment for through His personal sacrifice on the cross.

God's Word tells us that once a born-again believer has been purified by the sacrificial blood of Jesus they should not longer be conscious of their sins.

*"For the worshippers once purified would have had no more consciousness of sins." (Hebrews 10:2).*

In order to maintain a position of not being conscious of your sins, you should keep your mind set on the loving, forgiving nature of Jesus that is in you.

*"Set your affection on things above not on things on the earth. For you are dead and your life is hidden with Christ in God." (Colossians 3:2).*

*"You will keep him in perfect peace, whose mind is stayed on You because he trusts in you." (Isaiah 26: 3; also see Philippians 4:8).*

The simple essence of preparing your heart to receive from and to attract God's blessings and promises into your life is to fix and hold your heart in a state of love and hope, which activates and releases the power of faith. It is the power of the spiritual energy of faith that you release from your heart that attracts all of God's grace to you (see the woman with the issue of blood for twelve years who was healed, in Matthew 9:20-22).

It is the spiritual energy of faith that you hold in and release from your heart that brings God's grace out of the spiritual kingdom into the reality of your life into the physical kingdom. It is *"faith working through love."* (Galatians 5:6).

*"Therefore having been justified by faith, we have peace with God through our Lord Jesus Christ, through Whom also we have access by faith into this grace in which we stand, and rejoice in hope of the glory of God." (Romans 5:22).*

Focus on the essence that "God is love." 1 John 4:8). Then focus on the essence of the true liberty, freedom, and power in the gospel message of Christ found in God's Word, and your faith will be activated, strengthened, and released. Your heart will then be transformed by the presence of the fruits of the Holy Spirit, which your new creation in Christ has already received. "The fruits of the Spirit are love, joy, peace, long-suffering, kindness, goodness, faithfulness, gentleness, and self-control." (Galatians 5:22-23).

Now, I say to you as Paul said to the Philippians, "think and speak on these things:"

*"Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy- meditate on these things. The things which you learned and received and heard and saw in me, these do, and the Lord of peace will be with you."* (Philippians 4:8-9).

In this state, your heart, mind, and conscience are fully prepared to receive God's blessings, promises, and healing. In this state, your body and soul will be directed by your newly created perfect spirit to perform as God intended, which is to heal your brain, body, and soul.

Blessings to you all and freedom in Christ,

*Mark Paul Bishop, M.D.*

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To be continued in Volume Three of Dr. Bishop's new book entitled: "Your Unlimited Heart".

We are excited to announce that Dr. Bishop's three-volume series of books will be released in the Fall of 2021:

- **Your Unlimited Mind** - Volume One
- **Your Unlimited DNA** - Volume Two
- **Your Unlimited Heart** - Volume Three

**Footnote:** All scriptures are taken from New King James Version and ESV.