



# The *Mind-Body* CONNECTION

BY ANNETTE CAPPS

**H**ave you ever heard someone say, “That just galls me!” when irritated with someone? What about, “I was scared stiff!”, “I was so ashamed I couldn’t hold my head up!”, “He/she is a pain in the neck!”, “I am so mad I can’t see straight!”?

Sayings such as these seem to indicate that there is an internal knowledge among humans that our minds and attitudes affect our physical bodies. What we think and hold in our minds can make us sick, not just in the short term, but can make us have chronic health problems.

Is it any wonder that God called those who resisted Him and would not yield, “stiff-necked”? *Ye stiffnecked and uncircumcised in heart and ears, ye do always resist the Holy Ghost: as you fathers [did], so [do] ye.* (Acts 7:51) (Also see II Chr. 30:8 & II Kings 17:14)

The next time someone tries to talk you into something you don’t want to do, check your neck muscles! Or just watch anyone else who is being

stubborn and inflexible at the moment. Watch the shoulders rise, the neck muscles get stiff, and the jaw muscles bulge. And you don’t think that our attitudes affect our bodies? They most certainly do, and not just on a temporary basis.

## *FACE READING*

There is now a new technique called “face reading” that has amazed people by its accuracy. The basic premise is that all the experiences of your life create readable facial lines and expressions. Our thought patterns and emotional responses to those experiences become a living record etched in your face. Have you ever looked at someone and thought, “Wow, they look like they have had a hard life.” Grief, pain, substance abuse, and kindness are manifest in the cells of the human body, and can be read in the most obvious part exposed to the world, the face.

If our minds and emotions show in our face, think what

happens in the other cells of the body...the liver, pancreas, heart, kidneys etc. It is not what happens in life that affects our cells as much as it is our reaction to those experiences.

## ***LET GO OF WHAT MAKES YOU SICK***

In Luke, chapter 5, verse 15, the Bible says, *“But so much the more went there a fame abroad of him: and great multitudes came together to hear, and to be healed by him of their infirmities.”*

The people came to hear and to be healed. Something that they heard helped them to be healed. Yes, they heard that Jesus was anointed but they also heard His message. The Sermon on the Mount was probably the essence of Jesus’ message. (Matt 5, 6, & 7) That message was one of love, forgiveness, and overcoming evil with good. The people that Jesus was speaking to were terribly oppressed by the religious leaders of the day. They had good reason to hate and hold grudges, but Jesus taught them how to let go of what was eating them alive. (Resentment and bitterness can literally eat you alive and make you sick.)

Yes, the anointing will heal, but what if the root of the disease was not dealt with? The hatred would cause the physical problems to return. Yes, the anointing was present to heal, but

it was also present to teach them how to maintain that healing. A big part of the healing ministry was to teach people to let go of things that make them sick.

You may have stepped into the prayer line for healing of a tension headache and when hands were laid on you the headache left. You have temporary relief. But if you don’t learn to deal with the tension in a healthy manner or eliminate some of it, you will continue to have tension headaches. Now, lest you go around judging those who are seeking treatments for stiff necks and headaches, let me say that there are organic and situational causes for sickness and disease also. Perhaps that person with a stiff neck was in an auto accident and has whiplash. There are genetic predispositions, as well such as diabetes, heart problems, cancer, etc. However, with the Word of God and our confession, we can reverse those tendencies. James says that we can set on fire the wheel of nature, that is our genetic inheritance. (James 3:2-6)

If you have a chronic condition that you are troubled with, ask the Holy Spirit to reveal to you any areas in your attitudes and thought life that are affecting you. Let Christ really heal you down to the root of the disease. *“If the Son therefore shall make you free, ye shall be free indeed.”* (John 8:36)

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*by Annette Capps*

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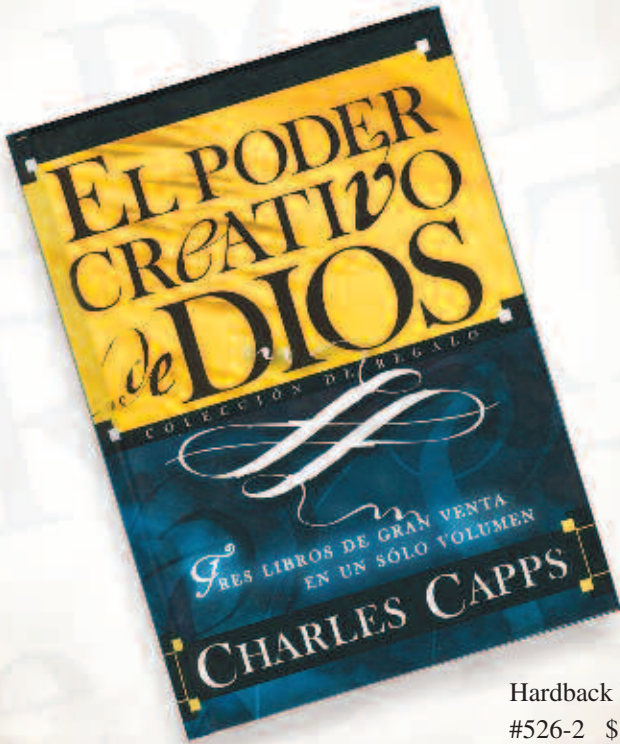
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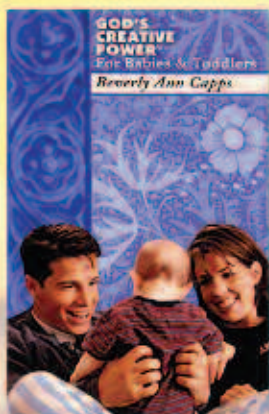
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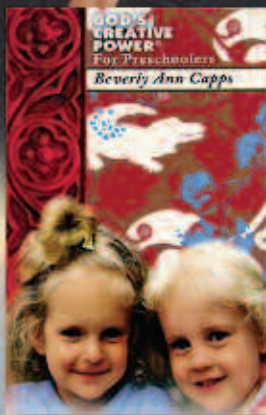
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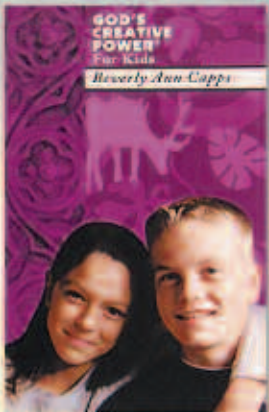
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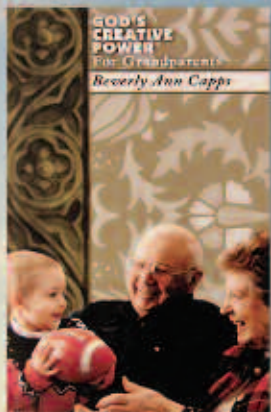
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# Concepts

# OF FAITH

Charles Capps Ministries

1st Issue 2008



## GOD'S MEDICINE & YOU

by Charles Capps

**M**edical Science tells us there are many incurable diseases, such as some forms of cancer, arthritis, heart disease and AIDS, just to name a few. Even though there are no known medical cures for many diseases, God's Word is a supernatural cure and offers supernatural hope to all who are afflicted.

The Bible is the manufacturer's handbook revealing how to take care of what God has made. In the book of Proverbs, God reveals some vital information concerning your health and well being.

**"My son, attend to my words; incline thine ear unto my sayings. Let them not depart from thine eyes; keep them in the midst of thine heart. For they are life unto those that find them, and health to all their flesh."** (*Prov. 4:20-23*)

There is probably no other truth any more important to healing and health than these verses admonishing

us to keep God's Word in our hearts. This is the basic principle of calling things that are not. This one principle could be the key to being a partaker of God's provisions concerning health.

Calling things that are not is the principle by which Abraham became fully persuaded that God would do what He had promised. Paul said that Abraham believed God, **"...who quickeneth the dead; and calleth those things which be not as though they were"** (*Romans 4:17*).

Paul was referring to Genesis Chapter 17. God called Abram the father of nations before he had the promised child, and He taught Abram to do the same.

God changed Abram's name to Abraham, which meant *"father of nations, or multitude."* This was the means He used to force Abraham to call for what he did not yet have in reality. God had established it by

promise, but Abraham had to call it into reality by mixing faith with God's Word. (*Hebrews 4:1-2*)

Every time he said, "*I am Abraham*," he was calling things that were not yet manifest. Abraham didn't deny that he was old. He didn't go around saying, "*I'm not old*," because he was old. But he said, "*I am Abraham*", (Father of Nations). This was God's method of helping him change his image, and it caused him to be fully persuaded.

Just as Abraham did you must also call things which are not yet seen in the natural, if you are to live in the reality of God's promise. For God uses unseen spiritual forces to overcome natural things. First Corinthians 1:27-28 says, "**God hath chosen... things which are not, to bring to nought things that are.**"

Your part is to speak what is true according to God's Word.

David said, "*I believe, therefore have I spoken...*" (*Psalms 116:10*). Quoting David, Paul wrote, "**We having the same spirit of faith, according as it is written, I believed, and therefore have I spoken; we also believe, and therefore speak**" (*2 Cor. 4:13*).

When it comes to divine healing this is a vital principle. For God's Word is life, health, and medicine to all your flesh.

Psalms 107:20 tells us that God "**...sent his word, and healed them, and delivered them from their destructions.**" (Notice that God did not send His Word to heal, but He sent His Word and healed.)

The truth is that by Jesus' stripes

"**...ye were healed**" (*1 Peter 2:24*). Your healing is a complete work as far as God's Word is concerned. Yet we must be fully persuaded of it and call it into manifestation.

## HEALING IS IN YOUR MOUTH

One way to administer God's medicine to your body is to keep God's Word in your mouth. Paul said, The Word is nigh you even in your mouth and then in your heart. But, instead of calling things that are not, most people make the mistake of calling things the way they are.

Many years ago, I heard about a lady who had a fever continually for several months. Doctors couldn't find anything physically wrong with her.

They questioned her thoroughly and discovered that when she was upset about anything, she would say, "*that just burns me up.*" She used that phrase several times a day. The doctors were not sure if it had anything to do with her condition or not, but they asked her not to use the phrase anymore.

Within weeks, her body temperature was normal.

Now let me ask you, how many times have you said, "*Every time I eat that it makes me sick...My back is just killing me...Those kids make me so nervous... I'm trying to take the flu...*"? Your own words are giving instructions to your body and it will be greatly influenced by those words. It may even shut down your immune system.

God's method is to call for positive things that are not yet a reality in your

body. Call them until they are manifested. Exercise your God-given authority over your body.

### APPLY SPIRITUAL MEDICINE

To exercise your authority over your body, God's Word must be allowed to become part of you. This process is called receiving the engrafted Word.

When you declare God's promises concerning your healing, you are establishing God's truth even before it is a reality in your body. This is not denying that sickness exists. It is denying sickness the right to exist in your body.

### *Exercise your God-given authority over your body.*

Just as you would take medicine into your physical body to aid healing by physical means, so you must receive God's Word concerning healing into your spirit for supernatural healing. Just as medical science aids healing through physical means by administering medicine into the physical body, God's medicine provides divine healing by administering the promises of His Word through the human spirit. God's Word will heal your body, but it does it through spiritual means.

Although it is a spiritual cure, God's Word is like any other medicine - in that it must be applied on a regular basis. You must apply God's Word to your individual circumstances or situation by the confession of your

mouth. No one else can do it for you. James admonished us to **"...receive with meekness the engrafted word, which is able to save your souls"** (*James 1:21*).

God's Word becomes engrafted into your heart as you speak it. It is first in your mouth, then in the heart...this is God's order.

**"The righteousness which is of faith...says...The word is nigh thee, even in thy mouth, and in thy heart..."** (*Romans 10:6-8*). Nothing builds your faith more than declaring with your own voice what God has said about you in His Word.

When you declare God's promises concerning your healing, you are establishing God's truth even before it is a reality in your body. Let me say it again, this is not denying that sickness exists. It is denying sickness the right to exist in your body. It is taking your rightful position as one who has been redeemed from the curse of the law and delivered from the authority of darkness (*Galatians 3:13; Colossians 1:13*).

Some people who have misunderstood this principle try to deny what exists. But there is no power in denying what exists. The power is in calling for healing and health, and you do that by mixing faith with God's Word.

If you are sick, you don't deny that you are sick. Then on the other hand, you don't want to always be confessing your sickness. Denying sickness will not make you well, yet confessing sickness establishes you in your present circumstance and gives you a mind-set of fear.

Make a decision to mix your faith with God's Word and call for God's promises to be manifest in your body. The mixing of your faith with God's Word will cause you to be fully persuaded. When you become fully persuaded, healing is the result.

Do you want your flesh to reflect the life of God's Word? Then let the Word become so infused into your spirit that it becomes a part of you. Not only will His Word become your thought and affirmation...but it will be you. When God's Word concerning healing takes root in your flesh, it becomes greater than pain, greater than disease, and that Word becomes a reality in your flesh.

### SEEING YOURSELF WHOLE

When the Word of God is allowed to be engrafted into you, it creates in you an image of what is already reality in the spirit realm. When you speak that Word from your heart, then faith gives substance to the promises of God. Those images become stronger every time you speak your faith.

A healing image is created in you by God's Word and your continual affirmation of agreement with what God has said. When that image is perfected by the Word of God you begin to see yourself well. The Word engrafted into you is infusing God's life into you (*John 6:63; Romans 8:11*).

This was demonstrated by the woman with the issue of blood, who followed Jesus saying, "**If I may touch his clothes, I shall be whole**" (*Mark 5:28*). The verb tense is made

more clear in The Amplified Bible, which says, "**For she kept saying, If I only touch His garments, I shall be restored to health.**"

This woman hoped to be healed as she pressed through the crowd. She continued to speak until she saw herself well. Her hope was that she would be healed, although she didn't feel or look healed. She continued to strengthen her hope with faith-filled words: "**I shall be restored to health...I shall be restored to health...I shall be...I shall be...**"

I'm sure her head demanded, When? You don't look, or feel, any better. She answered human reasoning by speaking the faith image that filled her heart; *When I touch His garment, I shall be whole.*

Those words penetrated her spirit and she began to see herself well. Images of despair and defeat gave way to faith-filled words of healing. When she touched Jesus' garment, her touch of faith made a demand on the covenant of God and the healing anointing which was on Jesus. Faith gave substance to her hope and healing was manifested in her body.

Hope is a goal-setter, but it lacks substance until it is filled with faith. Faith gave substance to her hope and laid claim to what was hers according to the promises of the covenant. Someone said Jesus healed her, but He didn't even know she was there until He felt power flow out of Him. Then Jesus said, "**Daughter, thy faith hath made thee whole...(verse 34).**" It was her faith in the covenant that made a demand on the anointing and healing was the result.

*Your own words give instruction to your body.***THE LANGUAGE OF HEALTH**

The words you speak are vital to your health and well-being. I believe there are some diseases that will never be cured unless people learn to speak the language of health the body understands. That language of health is the engrafting of God's Word into your spirit by giving voice to His promises.

Your words become either a blessing or a curse to you. I am convinced from my study of the Word of God that your own words can change your immune system either for better or worse. (See James 3:2-7).

Proverbs 18:21 tells us that **“Death and life are in the power of the tongue; and they that love it shall eat the fruit thereof.”** In a recent study, men and women 65 and older were asked to rate their health as excellent, good, fair and poor.

The study showed that those who rated their health as poor were four to five times more likely to die within four years as those who rated themselves as excellent. This was true even when examinations showed the respondents to be in comparable health.

People who have an image of themselves being in poor health will talk about poor health. Even though they may be in good health, they seem to live out the reality of the image they have of themselves even unto death.

Then on the other hand, I believe that people who continually affirm the Word in faith will build into their immune systems a supernatural anointing that is capable of eliminating

sickness and disease in a natural manner.

Now don't get the idea that I am against doctors. Thank God for medical science and what they can do today. But there are some things that doctors can't do, because they are limited in their ability.

When taught properly and by practicing the principles of faith, you can grow to the point where it will be a common thing for you to receive healing through the Word of God. Yet, this doesn't happen overnight. So use some common sense and don't do foolish things through spiritual pride and call it faith.

It takes time to develop faith to operate in these principles, so don't let anyone put you under condemnation for going to doctors or having an operation. You must operate on your level of faith, but don't stay on that level forever. Continue in God's Word until you develop faith in the healing power of God's Word.

Confess the promises of God's Word concerning your health and healing daily. Confess the Word audibly over your body two or three times a day. Confess it with authority. Confessing God's Word is a way you can fellowship with the Lord and increase your faith at the same time.

Take God's Word on a regular basis, just as you would take any other medicine. Practice God's medicine; it is life to you and health to all your flesh and there are no harmful side effects.

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