

Eternity Daily Bible Study - No.410  
Series: Solution-Focused Faith  
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In the last study we saw the five-step process of solution-focused faith: “Reframe”, “Believe”, “Activate”, “Wait”, “Receive & Rejoice”. In this study I want to explain that process a bit further and then apply it to issues of personal transformation.

Reframing is necessary because when we are problem-focused this activates the body’s “fight or flight” mechanism, which is designed to respond to threats and problems. For instance if you focus on the problem of a very critical boss at work then you become defensive and tend to either withdraw or resign (flight) – or to build up steam and lash out (fight). Stewing over problems produces a whole bunch of negative reactions in us that activate dysfunctional responses and grieve the Spirit.

In Psalm 37 David tells us not to be problem focused even when we encounter evil:

Psalms 37:7-9 ASV Rest in Jehovah, and wait patiently for him: Fret not thyself because of him who prospereth in his way, Because of the man who bringeth wicked devices to pass. (8) Cease from anger, and forsake wrath: Fret not thyself, it tendeth only to evil-doing. (9) For evil-doers shall be cut off; But those that wait for Jehovah, they shall inherit the land.

“Fret not thyself, it tendeth only to evil doing” – modern translation – “Don’t get your knickers in a knot because it only makes you do stupid things!”. Getting the right spiritual perspective is an essential part of having solution-focused faith. The right spiritual perspective in Psalm 37 is: “For evil-doers shall be cut off; But those that wait for Jehovah, they shall inherit the land.”

The wrong perspective can be summarized by 3 F’s – Fight, Flight or Freeze. The right perspective is Life Mastery Through Solution Focused Faith. The idea is not to run away or blow up or become paralyzed but to master all situations, through the power of the indwelling Christ, (Philippians 4:13).

Reframing moves us out of the problem-centered reactions of the flesh and of the natural man (fight, flight or freeze) and their manifestations (rage, conflict, cowardice, envy strife - see Galatians 5:19-21).

Reframing the problem as the imminent arrival of the Kingdom solution is a bit like playing golf. You can see your ball stuck in the rough as a problem and either lash at it in anger (fight) or drop out (flight) or sit there morosely (freeze) or you can master the situation, visualize the ball landing on the green near the hole, select the right club, play a great shot and win the game. Great golfers are calm, masterful and visualize great solutions. They don't slash, bash and stomp around. They are confident and they focus on the solution not on the problem.

Faith is based on confidence in God's goodness and love and His absolute control of events, confidence in the truth and reliability of God's Word and confidence in the powers of the Kingdom of God that have been given to us in Christ Jesus. By reframing from problem-focused to solution-focused we rest in confidence and faith and in spiritual life mastery.

Reframing in faith terms moves us into the light and into the positive nature of God and into the life in the Spirit, which involves grace gifts received through faith. Reframing moves us towards the fruit of the Spirit (love, joy, peace, patience...self-control) and enables us to gain mastery over our impulses and thus over our life in general.

Reframing also puts us in agreement with the Spirit and with the arrival of God's Kingdom on earth and thus sets us in position to have our prayers answered. God does not answer problem-focused temper tantrums, He answers positive believing faith in His word.

It is not just positive thinking to frame your prayers as a Kingdom solution – it is good spiritual practice that will lead you to a renewed mind and to life mastery.

I also want to comment a bit more on the concept of ACTIVATION. This is can be misunderstood as employing mysterious mumbo-jumbo to influence God. Rather it is just speaking the language of the Spirit, which is an eternal language. In Eternity things are either complete or incomplete, forgiven or unforgiven, resolved or unresolved, accomplished or yet to be accomplished. The spiritual realm is in some way related to the subconscious realm, I don't think they are quite the same but they use similar language and it is well known that there is no time in the subconscious and that it is also binary (on/off) and that it, for some mysterious reason "throws out the negative".

Thus if you say: "I shall not eat chocolate" it throws out the "not" and interprets it as "I shall eat chocolate" and you find yourself craving chocolate! This is because the subconscious operates in pictures (like dreams) and what is the mental picture you have when you say "I shall not eat chocolate" – it is you eating chocolate!

The answer is to change the mental picture and see the solution "I shall eat healthy foods, I am eating fruit, soy beans and tofu". One of the reasons people regain weight is that they are programming themselves to do so "I will not be fat" – becomes "I will be fat!", "I will not fail this diet" becomes "I will fail on this diet" because you are seeing the problem – when you say "I will not fail on this diet" you are visualizing failing and that is what you get! The answer is to visualize being slim

“ I am slim and trim and I am back to a 32 inch waist!” OR “The Kingdom of God is arriving in my physical body and setting the temple of God in order, I am fit and healthy and good looking, my blood pressure is 110/70, my heart rate is 60 and I have a 32 inch waist and can do 100 push ups easily.”

Now to a spiritual application: If we say “I will not sin” guess what? Your mind “throws out the negative” and you want to sin. Your mental picture is one of sinning and so you sin. This is part of what Paul meant when he said that the command “thou shalt not covet” aroused “all kinds of coveting” within him. (Romans 7) What is the answer then? The answer to sin is to state the solution in positive terms: “I am dead to sin and alive to righteousness, it is no longer I who liveth but Christ who liveth in me. The blood of Jesus Christ cleanses me from all sin. (Romans 6, 1 John 1:9 and Galatians 2:20).

Let’s try it again with smoking: “I can do all things through Christ who strengthens me and so I am free from the urge to smoke, I am breathing clean air, I can taste and enjoy my food, God has delivered me from all my cravings and I have given up for good.”

What about moodiness and depression: “Mood I rebuke you in the name of Jesus and break your grip over my mind and heart. God has restored to me the joy of my salvation and I am filled with the joy of the Lord, I will rejoice, even though the fig-tree does not blossom and there be no ox in the stall, yea I shall rejoice. The shadows flee and the darkness has gone and I have come into the light. The spirit of heaviness is gone and I receive the mantle of praise.”

This stuff really works! This is because the subconscious world and the spiritual realm and the eternal realms all operate in picture language. The prophets painted word pictures for the people, so did Jesus. Even the prayers of Paul give us wonderful pictures for our inner man. (Ephesians 3:14-21) It is a lot easier to pray powerfully if we have the right kingdom picture in our hearts and minds and spirit.

Activation uses the “words taught by the Spirit” to lay hold of the things prepared for us by God (1 Corinthians 2:9-16) for a man can receive nothing good unless it is given to him from above. (James 1:17, John 19:11) and puts us in tune with the spiritual language of the psalmist, the apostles and the prophets.

Try this, stand up, raise your hands up to heaven, palms outward and then speak the Lord’s prayer powerfully into the Heavens as if your powerful voice was reaching the throne. In a faith-filled commanding voice say “Our Father who is in Heaven, Hallowed by they name! Thy Kingdom come! Thy will be done! “ etc. You will be surprised how you become filled with spiritual confidence.

Activation does not make you a prophet but it enables you to learn from them. The Spirit will teach you His language and Christ’s mindset (1 Corinthians 2:12-16) and enable you to understand the things of God.

The Spirit sees the future as being accomplished and uses language such as:

- A) **Using the past or present tense for the future:** “Now, the ruler of this world is cast out” (John 12:31) OR “The wolf hath sojourned with the lamb.” Isaiah 11:60, see also the whole of Psalm 72 in any literal translation.
- B) **Invocations:** “Thy kingdom come, thy will be done on earth as it is in Heaven”
- C) **Participles** :”ing” words: See Daniel 2:20-23 “Daniel 2:21 YLT And He is changing times and seasons, He is causing kings to pass away, and He is raising up kings; He is giving wisdom to the wise, and knowledge to those possessing understanding.
- D) **Using definite futures:** e.g “is” “are” “shall” or “will”: e.g Mary “for all generations shall call me blessed” (Luke 1:48)
- E) **Using “may”:** e.g. “May you be”: “may you be made higher than all nations” “May it be done to you according to your faith”, “May no-one eat of your fruit again” (the fig-tree) 2 Corinthians 9:10 YLT and may He who is supplying seed to the sower, and bread for food, supply and multiply your seed sown, and increase the fruits of your righteousness,
- F) **Using commands:** “be loosed”, “Be made whole”, “be cleansed”, “in the name of Jesus Christ of Nazareth, rise up and walk”, “Be stilled”

This takes practice. As you walk in the Spirit you will learn how to use each of these kinds of prayers in its appropriate place. For sicknesses and demons – use commands, for blessings use “may you be”, for issues of justice use the past tense for the future “justice has arrived, the situation has been resolved, the teeth of the oppressor have been broken”. For obstacles use participles: The doors are being opened, the opportunities are coming, the ministry is growing”.

Activation is not instantaneous; it is not “abracadabra” stuff. Waiting on God and having faith in His nature is very important and all requests must be “according to His will” (1 John 5:14,15). Activation simply puts the positive solution-focused faith vision, which you already believe in, into the language of the heavenly realms.

Well that is the end of this series for now. Just remember the five steps of solution-focused faith: Reframe, Believe, Activate, Wait, Receive & Rejoice.

Blessings,

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