



Faith Squared Music

Christ-Centered Healing Through Neuroplasticity

I CHOOSE HOPE

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Verse 1

Have we ever faced
such times as these
With a future so uncertain?
So many days bring us to our knees,
Unable to pull back that curtain.
Will I yield to Satan's lies that
desperate prayers and angry cries
Fall on deaf ears in empty skies?
Oh no...

Chorus

For I believe in the power of hope
To lift us up and light the way.
I believe in the power of hope
To awaken us all to a brand new day.
The light of Christ
that connects each soul
Fills our hearts with song,
and makes us whole;
Glorifies His might,
and His love extols,
So for today right here right now,
I choose hope.

Verse 2

Confusion gloom and fear all cease
When I make that happy choice;
To look toward His promised joy
and peace,
Listening to my Savior's voice.
Growth and wisdom I have earned,
priceless lessons bravely learned,
As my face toward Him
is turned in faith;
Yes in faith...

Chorus

For I believe in the power of hope
To lift us up and light the way.
I believe in the power of hope
To awaken us all to a brand new day.
The light of Christ
that connects each soul
Fills our hearts with song,
and makes us whole;
Glorifies His might, and His love extols,
So for today right here right now,
I choose hope.

Bridge

We can choose to raise
our sights up higher;
Sparkling in each soul
an awesome fire.
Though some battles will be lost,
in that final hour
The war against despair will be won
in holy pow'r.

Verse 3

So despite how chaos
might have its way
In misery that seems unending;
When I let hope have the final say,
My eye is single to the happy ending.
No detailed scripts shared in advance,
But this victory isn't left to chance;
So I lift my arms in a joyous dance
To Him. Yes to Him!

Chorus

For I believe in the power of hope
To lift us up and light the way.
I believe in the power of hope
To awaken us all to a brand new day.
The light of Christ
that connects each soul
Fills our hearts with song,
and makes us whole;
Glorifies His might, and His love extols,
So for today right here right now,
I choose hope.
Yes, for today right here right now,
I choose hope.

ABOUT THIS SONG—It has been said that of all the things necessary to keep us humans alive, even more important than food, water, air, and light... is hope. Throughout history, stories of astounding survival against all odds demonstrate again and again that what made the difference for so, so many was their decision to cling to hope. Concentration camps, prisoner of war camps, battle fields, and horrific natural disasters... all bring to us inspiring examples of what the human spirit can endure and overcome when hope is what drives and carries them. Believing that there is someday an end to suffering, that there is a higher power who loves us and sees the end from the beginning, and that courage and perseverance though trials can one day serve a purpose... provide miraculous staying power where all other remedies and tactics fail. The same can be true in our individual lives. In the battles we each wage to find the strength to continue on, hope is always a choice. It is always the right choice. Choosing hope doesn't mean everything will always go right or get easier. It means that you've invited an incomparable supernatural power to come to your aid... especially when that hope is in Christ. *Alison*

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Faith Squared =

FAITH in God multiplied by FAITH in your brain
and its miraculous innate ability to create true healing
and wholeness in body, spirit, mind and heart.

Experts in neuroplasticity compare the limbic system to an alarm system. When activated, it responds by flooding the body with cortisol, norepinephrine, and adrenaline. This better equips us to respond to danger... especially if we need to run away or defend ourselves. But when your brain is overwhelmed by major traumas and/or long-term stress, it may become locked into believing it must work even harder to protect you from danger, even when there is none. This state of over-vigilance - and the continuing flood of agitating chemicals that go with it - can cause a variety of problems. These include mental or emotional illnesses, very real manifestations of physical symptoms, and significant spiritual challenges.

But there is good news! Brains that become

wired to over-react to perceived threats CAN be rewired. Properly applied principles of neuroplasticity can turn fear into peace, despair into joy, and illness into health. The other good news is that every science-based tool used in this process is deeply rooted in the basic teachings of the gospel of Jesus Christ.

Our bodies-including our brains-were made in the image of God, with the built-in ability to heal! We just need to learn some specific tools for aligning our thoughts, words, emotions, intentions, and actions with this gift. Combine that alignment with faith in a loving God's desire for our wholeness and happiness... and Christ-centered brain-rewiring is ours.

Be transformed by the renewing of your minds... Romans 12:2

Faith Squared Music is written with the intention of you as a listener learning the songs well enough to sing along, so that your brain hears your own voice repeat these messages. The lyrics are crafted for compassionate self-directed brain-rewiring, delivered through music that we hope and pray just *feels good*. Let it renew and transform not only your mind... but your heart, body and soul.

PROVEN PRINCIPLES OF BRAIN REWIRING—IN HARMONY WITH THE GOSPEL OF JESUS CHRIST

Daily gratitude practices have transformative power - 2 Cor 4:15, Psalm 147 & 100 & 92:1 & 95:1-2, Col 3:15, Rev 7:12
Meditation & prayer invite & expand healing & peace - 1 Tim 4:15, Phil 4:6-7, James 5:13-15, Eph 6:18, John 17, Matt 6:6
Use thoughts, words, & actions with intention - Prov 23:7, Heb 4:12, 1 Thes 1:5 & 3:12, Acts 11:23, Phil 4:8, Mark 4:14
Mindfulness & using our senses creates awareness - 2 Pet 3:1&2, Matt 13:16, Rom 10:17-18, Heb 5:14, Matt 12: 34-35
Forgiveness of self and others is crucial to healing - John 1:29, Matt 6:14, Luke 11:14, Eph 4:32, John 1:9, Mark 2:4-12
Self-care practices are vital to personal well-being - 1 Cor 12:12 & 25, 3 John 1:2, Acts 27:34, 1 Cor 6:19-20, Mark 6:31
Service to others increases confidence & self-worth - Isa 58:7-8, Prov 28:27, 1 Pet 4:8-10, Mark 10:42-45, Matt 25:45-40
Caring relationships add meaning and value to our lives - Prov 18:24, Eph 4:32, 1 Thes 5:11, John 15:9-17, 1 Cor 13:4-7
Connecting w/nature needs to be part of our healing - Luke 6:12, Jn 18:1, Ps 118:24, Job 38:7, Gen 1, Ex 19:3, Acts 16:13
We must choose taking responsibility over victimhood - Heb 12:6-7, Luke 15, John 5:5-9, Gal 6:4-5, 2 Cor 9:6, Luke 22:42
Repeating affirmations shapes perceptions & possibilities - Luke 18:27, Prov 4:23, Mark 4:39, Gen 1:3, 1 Pet 2:9, Ps 19:14
Emotions, beliefs, & expectations create your reality - Heb 4:3 & 16, 3:14, 12:2, Matt 15:28, 21:22, Eph 6:16-17, Jn 17:13
Joy is found in visualizing righteous desires - Heb 9:14, Matt 6:21, 17:20, Prov 13:12-19, 29:18, John 16:24, Ps 5:1-3 & 11
Love & light bring energy, connection & hope - Matt 11: 28-30, 13:43, 5:14-16, Eph 5:8, 2 Cor. 5:17, Rev 3:20, Ja 1:17

Col 1:16 Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.