



Faith Squared Music

Christ-Centered Healing Through Neuroplasticity

JUMPIN' OFF THE PAGE

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VERSE ONE

When I need to talk to God,
I do it through prayer.
To hear Him talk to me,
I am fully aware
Of the place that I must go
To open the door
And hear messages from heaven,
Inspiration galore.

For when I read the scriptures,
I always find
Something new to bring me
True peace of mind.
Even things I've read
Many times before
Suddenly will hit me
Like a lion's roar...

CHORUS ONE

Jumpin' off the page,
and into my heart.
Crying' out my name,
giving me a kick-start.
Jumpin' off the page,
prepared just for me.
Comfort and direction,
and it's totally free.

VERSE TWO

No matter what I'm facing,
No matter my beef,
Anger or rejection,
Confusion or grief...
Something's always waiting
For discovery
As the Holy Spirit underlines
The words just for me.

Chapter and verse,
Messages I need;
Customized, tailor-made...
My daily newsfeed.
Answers to prayers
I have reaped as I've sown,
Sometimes with such force
That my mind is blown...

CHORUS TWO

Jumpin' off the page,
and into my heart.
Crying' out my name,
giving me a fresh start.
Jumpin' off the page,
and makin' me see
Amazement at the ways
God keeps talkin' to me.

BRIDGE

So happy I have learned
the part that I play
In aligning expectations
with the words I pray...
Trusting in faith
He has me in His sights,
Grateful in advance
for His love and His light.

CHORUS THREE

Jumpin' off the page,
and into my heart.
Crying' out my name,
giving me a kick-start.
Jumpin' off the page,
prepared just for me.
Comfort and direction,
and it's totally free.

BRIDGE

So happy I have learned
the part that I play
In aligning expectations
with the words I pray...
Trusting in faith
He has me in His sights,
Grateful in advance
for His love and His light.

CHORUS FOUR

Jumpin' off the page,
and into my heart.
Crying' out my name,
giving me a fresh start.
Jumpin' off the page,
and makin' me see
Amazement at the ways
God keeps talkin' to me.
Yes, I'm amazed at the ways

ABOUT THIS SONG—Daily and purposeful scripture study is paradigm altering... especially when you begin with a prayer for guidance. Opening your heart and mind to what God would like to tell you through His word is like opening a conduit directly between you and heaven. Since I've become a student of the science of neuroplasticity, the evidence of the harmony between it and the gospel of Jesus Christ truly does jump off the page at me now. There are SO many scriptures about the power and importance of our thoughts, words, emotions, actions, desires, and intentions (and of REPETITION!)... it is a wonder that the puzzle pieces of Christ-centered brain-rewiring didn't fall into place for all of us much sooner. But fall, they eventually did for me, and it is a never-ending process for which I am endlessly grateful. If you haven't yet discovered this for yourself, there is no time like the present.

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.