I. Introduction.

“The soul never thinks without a picture.” (Aristotle)

A. God designed us with the capability to “think” in pictures.

1. Story: The Obstacle in Our Path.

2. “One picture is worth a thousand words.”

3. “My eyes make pictures when they are shut.” (Samuel T. Coleridge)

B. Throughout the Bible God used vibrant mental imagery to communicate with man:

1. He used visions throughout the Old and New Testaments to speak to His people. Abraham, Samuel, Nathan, Isaiah, Ezekiel, Daniel, Obadiah, Nahum, Habakkuk, Zechariah (the father of John the Baptist), Peter, James and John, and Saul all received visions.

2. He gave dreams to Abimelech, Laban, Joseph, the Butler and the Baker, Pharaoh, Nebuchadnezzar, Belshazzar, Solomon, Joseph (Jesus’ earthly father), and Pilate’s wife.

3. Jesus continually spoke parables, rich in visual imagery, in the New Testament to communicate vital truths to the people who followed Him.

C. Two questions:

1. What “images” are you holding in your mind right now? What “pictures” come to mind when you think of your health, your looks, your body, your finances, your marriage, your children, your home, your car, your boss, relationships with others, etc.

2. Do any of these pictures come with embedded emotional “attachments” like anxiety, frustration, discouragement, fear, love, joy, peace, gentleness, etc.?

D. Every visual image we hold in mind comes with the power to attract or draw to us, the very thing we are “seeing in our imaginations.”

Whatever you consistently visualize, you will ultimately materialize.

1. The more clearly you see the visual image in your mind,
2. The more frequently it is brought to mind,

3. The more intense the emotional attachment is, then the greater will be the power of that image to manifest what is being “seen” in the mind.

E. The same Law of Attraction that has the power to draw to you that which you are thinking about, has even greater power to draw to you that which you are “seeing” and holding in your imagination.

F. The Bible articulates this visual aspect of the power of the Law of Attraction as follows:

2 Corinthians 3:18 “And all of us, as with unveiled face, [because we] continued to behold [in the Word of God] as in a mirror the glory of the Lord, are constantly being transfigured into His very own image . . . ” (AMP)

Each of us is being changed into whatever image we are persistently holding in mind.

In this sense, what we “see” is what we get.

“Everything that’s coming into your life you are attracting into your life. And it’s attracted to you by virtue of the images you’re holding in your mind. It’s what you’re thinking. Whatever is going on in your mind you are attracting to you.” (Prentice Mulford)

Whatever we “behold” and “continue” to behold in the “mirror” of our minds, we are drawing into our lives through the power of the Law of Attraction.

G. The bottom line: we move toward whatever we are “seeing”.

II. The Power of Vision.

“We are limited, not by our abilities, but by our vision.” (author unknown)

A. The ability to “see” is crucial to success.

Proverbs 29:18 “Where there is no vision ( = mental sight, a dream, revelation), the people perish ( = to be exposed, uncovered, made naked) . . . .” (KJV)

Matthew 15:14 “ . . . And if the blind lead the blind, both shall fall into the ditch.” (KJV)

Just as in the visible, physical world, we move in the direction of our natural vision, so too in the spiritual world.
B. “Vision is the art of seeing what is invisible to others.” (Jonathan Swift)

Like faith, it operates in the realm of the unseen.

Hebrews 11:1 “Now faith is the substance of things hoped for, the evidence of things not seen.” (KJV)

“The unseen is the spiritual realm where the promises of God exist. Your faith brings those unseen things into this natural realm.” (Joel Osteen)

If you can “see” it with the “eyes” of your faith, you will obtain it, if you are patient and do not waver.

“Do not fear. I am a wall of protection around you. See this. To see this with the eyes of faith is to cause it to manifest in the material.” (God Calling, June 20)

C. Things that are not seen are more important than the things that are seen.

Hebrews 11:27 “It was by faith that Moses left the land of Egypt. He was not afraid of the king. Moses kept right on going because he kept his eyes on the one who is invisible.” (NLT)

2 Corinthians 4:18 “We set our eyes not on what we see but on what we cannot see. What we see will last only a short time, but what we cannot see will last forever.” (NCV)

“God wants to give you spiritual eyes. He wants you to see what you cannot see in the natural. He wants to open your eyes.” (Heidi Baker, 2/10/08)

D. Elisha and the chariots of fire.

2 Kings 6:14-17 “Therefore he (the king of Syria) sent horses and chariots and a great army there, and they came by night and surrounded the city. And when the servant of the man of God arose early and went out, there was an army, surrounding the city with horses and chariots. And his servant said to him, "Alas, my master! What shall we do?" So he answered, "Do not fear, for those who are with us are more than those who are with them." And Elisha prayed, and said, "LORD, I pray, open his eyes that he may see." Then the LORD opened the eyes of the young man, and he saw. And behold, the mountain was full of horses and chariots of fire all around Elisha.” (NKJV)
E. Even animals understand and comply with the power of vision.

**Genesis 30:31-40**  “‘What wages do you want?’ Laban asked again. Jacob replied, ‘Don’t give me anything at all. Just do one thing, and I’ll go back to work for you. Let me go out among your flocks today and remove all the sheep and goats that are speckled or spotted, along with all the dark-colored sheep. Give them to me as my wages. This will make it easy for you to see whether or not I have been honest. If you find in my flock any white sheep or goats that are not speckled, you will know that I have stolen them from you.’

‘All right,’ Laban replied. ‘It will be as you have said.’ But that very day Laban went out and removed all the male goats that were speckled and spotted, the females that were speckled and spotted with any white patches, and all the dark-colored sheep. He placed them in the care of his sons, and they took them three days’ distance from where Jacob was. Meanwhile, Jacob stayed and cared for Laban’s flock.

Now Jacob took fresh shoots from poplar, almond, and plane trees and peeled off strips of the bark to make white streaks on them. Then he set up these peeled branches beside the watering troughs so Laban's flocks would see them as they came to drink, for that was when they mated. **So when the flocks mated in front of the white-streaked branches, all of their offspring were streaked, speckled, and spotted.”** (NLT)

F. The power of vision helped many Jews to survive the holocaust.

“Jewish survivors of Auschwitz had a **compelling vision** of the future . . . something they **had to get done before they died.** The person who lost faith in the future died shortly thereafter.”  (Man’s Search for Meaning, Viktor Frankel)

G. In business, **visionary companies outperform non-visionary** companies by a factor of 10 or more.

“Executives **with clear vision** invent excellent futures for their firms: those who lack it set their companies adrift in dangerous waters.”  (Creating Excellence, Hickman & Silva)

H. **Vision** is a **catalyst** that accelerates the manifestation of whatever **image** you are holding in mind.

“What tends to do away with poverty is not the getting of pictures of poverty into your mind, but **getting pictures of wealth into the minds of the poor.**”  (Wallace Wattles)
I. “The image you choose to hold on the screen of your conscious mind determines what you will attract to you and what you will repel.” (Bob Proctor)

J. “I shut my eyes in order to see.” (Paul Gauguin)

“The most pathetic person in the world is someone who has sight, but has no vision.” (Helen Keller)

III. Our Greatest Enemy.

A. Our greatest enemy is not Satan. Nor is it sin. It’s ignorance.

Ephesians 4:17-18 “. . . you should no longer walk as the rest of the Gentiles walk, in the futility of their mind, having their understanding darkened, being alienated from the life of God, because of the ignorance that is in them, because of the blindness of their heart;” (NKJV)

Ignorance is the absence of knowledge. It means “not to know through lack of information.”

The greater the ignorance, the greater the risks that are faced.

B. The absence of knowledge leads to destruction.

Hosea 4:6 “My people are destroyed for lack of knowledge . . .” (NKJV)

“destroyed” means to be dumb or silent, to be brought to silence; hence to fail or be cut down.

C. The remedy for ignorance is to obtain knowledge.

When knowledge enters, ignorance flees.

Proverbs 1:7 “The fear of the LORD is the beginning of knowledge . . .” (KJV)
IV. The Problem.

“It is not circumstances that need altering first, but yourselves, and then the conditions will naturally alter . . . endeavor to put away from you every thought of trouble.” (God Calling)

A. The images we are holding may be out of alignment with the direction we’d like to go.

Sometimes we create and then meditate upon images of what we don’t want to happen instead of what we do want to happen.

B. Feeling sorry for ourselves only makes matters worse . . .

because the Law of Attraction will then go to work and bring to us, more things to feel sorry about.

C. Negative subconscious mental images can engage at any time and draw things to us that our conscious minds absolutely do not want.

“The subconscious mind makes no distinction between constructive and destructive thought impulses. It works with the material we feed it, through our thought impulses. The subconscious mind will translate into reality a thought driven by fear, just as readily as it will translate into reality a thought driven by courage or faith.” (Napoleon Hill)

**Proverbs 23:7** “For as he thinks ( = to split or open; a door, gate or opening) in his heart, so is he.” (NKJV)

Translation: the thoughts we allow to enter our minds will have direct access to our hearts. And the heart is where the mouth goes to get something to say.

**Matthew 12:34** “. . . For out of the abundance of the heart the mouth speaks.” (NKJV)

And it is the words we speak that will bring life or death to the situations we are facing.

**Proverbs 18:21** “Death and life are in the power of the tongue . . .” (KJV)
D. An operational model of the working of the mind of man:

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CONSCIOUS MIND
can accept or reject

SUB-CONSCIOUS MIND
can only accept

BODY

IMAGES

THOUGHTS

IDEAS

Baby’s sub-conscious mind at birth

BODY

CREATIVE CONCEPTS

POWERFUL IDEAS

VALUABLE INFORMATION

Your senses feed valuable information to your conscious mind from your outside world. You can understand and deal with this information intellectually and yet never act upon it because of old paradigms.

Paradigms

Valuable ideas for successful living

BODY

I believe I can multiply my income

I can’t seem to earn more money

CONFLICTING VIBRATION

INTELLECTUAL MIND

EMOTIONAL MIND
“To think bad thoughts is really the easiest thing in the world. If you leave your mind to itself it will spiral down into ever increasing unhappiness. **To think good thoughts, however, requires effort.** This is one of the things that discipline – training – is about.” (James Clavell)

V. Diets: Do They Ever Work? Will They Ever Work? Can They Ever Work?

“Insanity: doing the same things over and over again and expecting different results.” (Albert Einstein)

A. Is it possible for any diet program to have a chance of permanently changing our weight, if we are either consciously or unconsciously holding an image of ourselves as fat and overweight? Or, of being undeserving or unworthy of being thin?

“I do not believe in diets or deprivation.” (Patricia Bisch)

B. In a study of people who were at their desired weight, all had just one thought in common: they could eat whatever they wanted without gaining weight!

C. Could it really be that the weight of our bodies is controlled by the image of ourselves we are carrying in our minds?

“Whatever the mind can conceive and believe, it can achieve.” (Napoleon Hill)

“An absorbed Mental Picture goes to work at once. **It transforms our thinking.** Like a powerful current beneath the surface of the sea, it supplies energy and wisdom, even when we are not consciously aware of it. Quietly it works, giving us whatever we need for a conquest.” (Senn-Delaney Leadership Consulting Group)

1. If we have an image of ourselves as being overweight, then according to the Law of Attraction, much of what we eat **has to turn to fat** in order to “attract” that which we are holding in mind, i.e., a physical condition of being overweight.

2. On the other hand, if we carry an image of ourselves as being “skinny”, then we can, by this same Law, eat whatever we want and not gain weight.
The Bible seems to confirm this in 2 Corinthians 3:18, which says that each of us is "constantly being transfigured" into whatever image we have set before us, whether it is a "fat" image or a "skinny" image.

If this is true, then it is good news, indeed!

All we have to do is change the way we see ourselves.

D. God’s miraculous “glory” diet. (Video: It’s Supernatural, with David Herzog)

VI. Solutions: Getting Free from Negative Mental Images and Forecasts.

“Progress is impossible without change, and those who cannot change their minds cannot change anything.” (George Bernard Shaw)

A. Become aware of the images you are holding of yourself, physically, mentally and emotionally. Also become aware of any negative forecasting you may be performing on the various life situations in which you are involved.

B. Identify what you really want to have happen in each situation, and get a picture of that in your mind’s eye . . . in your imagination.

C. Begin to pull down and dismantle the negative, defeating images that are blocking you from achieving that which you truly desire:
1. Using your imagination, see yourself as **already having received or achieved that which you deeply desire**.

Form a **clear mental picture** of what you want. The **clearer** the picture, the **more powerful** its impact on your life.

“Remember that you are living really in the Unseen – that is the Real Life. Lift up your heads from earth’s troubles, and view the glories of the Kingdom. Higher and higher each day see more of Heaven. Speak to Me. Long for Me. Rest in Me. Abide in Me. No restless bringing Me your burdens, and then feverishly lifting them again and bearing them away. No! Abide in Me. Not for one moment losing the consciousness of My Strength and Protection. As a child in its mother’s arms stay sheltered and at rest.”

*(God Calling, September 3)*

“See the things you want as already yours. Think of them as yours, as belonging to you, as already in your possession.” (Robert Collier)

2. See the wayward child coming home.

3. See your financial needs met.

4. See yourself completely healed.

   “It’s already done and you’ve already won!” *(We Win, David Crowder Band)*

   “When you visualize then you materialize . . . If you’ve been there in the mind, you’ll go there in the body.” (Dr. Denis Waitley, Trainer of Olympic Athletes in Visual Motor Rehersal)

5. Keep the image of what you want in front of your eyes.

   Hold this picture tenaciously in your mind, moment by moment, hour by hour, day by day, month by month, and year by year if necessary, until you receive what you’re asking and believing for.

   “Imagination is everything. It is the preview of life’s coming attractions.” *(Albert Einstein)*

   Be persistent. Be tenacious. Be like the woman who came before the unjust judge and got her need fulfilled because of her **‘continual coming!’** *(Luke 18:1-8)*
6. Periodically throughout the day, take a few moments to relax, reflect and meditate upon that which you are believing for.

D. The vision of what you want must be **stronger than the vision of what you already have**, or you will continue to have what you already have.

   “I’ve told My people they can have what they say, but they’ve been saying what they have.”
   (The Lord to Kenneth Hagin)

E. Don’t waver!

   **James 1:6-8**  “But let him ask in faith, with no doubting, for he who doubts is like a wave of the sea driven and tossed by the wind. For let not that man suppose that he will receive anything from the Lord; he is a double-minded man, unstable in all his ways.”  (NKJV)

F. Give God “permission” to help you. He cannot and will not intrude unless He is invited.

   “Limitless is My Miracle-working Power in the Universe, though it has limitations in each individual life, but only to the extent of the lack of vision of that individual . . . Think how tenderly I respect the right of each individual soul. Never forcing upon it My Help, My Salvation. Perhaps in all My suffering for humanity that is the hardest, the restraint of the Divine Impatience and longing to help, **until the call of the soul gives Me My right to act**.”  (God Calling, September 27)

   “Call often my Name, ‘Jesus.’ The calling of My Name does not really summon Me. I am beside you. **But it removes, as it were, the scales from your eyes, and you see Me.**”  (God Calling, November 4)

G. Spend time with the Lord in silence and meditation.

   **Psalm 23:1-3**  “The LORD is my shepherd; I shall not want. He makes me to **lie down** in green pastures; He leads me beside the **still** waters. He **restores my soul**;”  (NKJV)

   “**Lying down**” speaks of **ceasing** from my own works, words, initiatives, etc.

   “**Still**” waters speak of **quieting** my mind, will, emotions and desires.

   “**Restore**” means **to return to the starting point**, to recover.

   “Live in My Secret Place and there the feeling is one of full satisfaction. You are to feel plenty. The storehouses of God are full to overflowing, **but you must see this in your mind**. Be sure of this before you can realize it in material form. Think thoughts of plenty. See yourselves as (Sons and) Daughters of a King.”  (God Calling, October 15)
H. Express gratitude.

“When you are grateful for the things that you want to come into your life (the perfect relationship, the dream job, absolute health, total abundance) before they actually appear, you are sending out a frequency to the Universe that you already have those things. The law of attraction does not know if you are imagining something or if it is real, so by giving heartfelt thanks for it now, you must attract those things to you. This is an immutable law, and when used correctly it is unfailing in its response.” (Rhonda Byrne)

“You must say ‘Thank You’ for everything, even seeming trials and worries. Joy is the whole being’s attitude of ‘Thank You’ to Me. Be glad. Rejoice. A Father loves to see his children happy.” (God Calling, January 12)

I. Practice, practice, practice visualizing your success and achieving what you desire.

Repetition is the first law of learning.

J. The importance and power of visualization:
(Video clip of The Blue Angels)

VII. Close.

“Turn your eyes to behold Me . . . Look away from sordid surroundings, from lack of beauty, from the imperfections in yourselves and those around you . . . In your unrest behold My calm, My rest. In your impatience, My unfailing patience. In your lack and limitations, My Perfection. Looking at Me you will grow like Me, until men say to you, too, that you have been with Jesus.” (God Calling, October 17)